



Katy Bourne

Kenton Eldridge

Jan Newhart

JoAnne Klinke

Don Eovino

It Takes All The Running You Can Do! By Gerry DeBenedetti

There is a great line in *Through the Looking Glass*, where the Red Queen tells Alice, "it takes all the running you can do, to keep in the same place. If you want to get somewhere else, you must run at least twice as fast as that."

We have some really good, and really fast runners at OCC. They've done many marathons, biathlons, and some triathlons, including the famed "born in Hawaii," Kona Ironman event.

Many have youth on their side, but the runners you have to admire are those that have either gone "over the hill," or can see that hill looming ahead, and continue to run and run and run, never mind if you want to get somewhere, they just run.

Don Eovino, age 58, came to Hawaii to visit in 1978 and found his spiritual home here. He had been a teacher on the mainland, and came to Hawaii to do his first marathon. After a time of 4:28, he got serious, and in 1979 he ran the marathon again, in a time of 3:16. He freely admits a rivalry with good friend Jim Stahl, as his spur to better times. He became a realtor to finance his running adventures and give him time to have a good time.

In 1984 he entered the Kona Ironman (as a lottery winner) but was injured in training and could not compete. Doing that event remains his goal, as a "someday".

As the OCC Running Chairperson from 1992-99, he is credited with producing the non-run Fun Run event at the Club. Major restaurants set up food booths around the Club, and those

attending mostly in running clothes, ran about from booth to booth, tasting and having fun. Masseur's set up neck massage chairs in the sand, and a good time was had by all.

The major beneficiary of this event was the Running Committee which used the money to finance the Hana Relay trips, in which the OCC continues to participate. Don has run all of the Hana Relays since he began in 1989.

Don says this is the most fun he has ever had in his life, meeting everybody, and beginning his adventure running career. He has been to the Senior Olympics, run the Great Wall of China and Tahiti (Moorea) in 2001, the Volcano marathon in 2002, Machu Picchu in 2003, and Rapa Nui in 2004. He trains for these major events by doing double Tantalus runs.

Supported in spirit and escorted by his wife Hiroko, she cheerfully goes along with all this adventure, not to mention helping to pick up the pieces. Don says he has broken his collar bone three times, and has probably injured every muscle in his body, and believes that he is "either injured or recovering from an "injury" all the time.

Equally dedicated to a running lifestyle, but not nearly as fanatic, is Kenton Eldridge, 61, a member of the Club since 1997. He came to Hawaii in 1983 as an executive for Duty Free Shoppers (DFS), having worked for them in Alaska and Japan, and ended up as President of DFS in Hawaii and three other divisions. He speaks passable

Japanese.

His educational background is in history, with an MBA and years of experience in DFS. He started running in 1966 in the Army, when a five minute run was issued as discipline, and found that he was having fun. There is nothing like a tour in Viet Nam (Army Intelligence) to get the speed up.

His personal best marathon is 3:14 in Boston in 1992. He qualified for that by finishing Honolulu in 3:18. Also a skiing enthusiast, he spent part of Christmas at Whistler in Canada. He says his only injuries have been on the golf course, and his knees are still good.

He has completed two Hana Relays, lifts weights three times a week, swims twice a week, and bikes four days (whenever possible).

Going with friends on a 50 mile bike ride is a normal routine. He also has a technical support wife of 37 years, Lori, a son and a grandson. His plans for the little guy are to run with a stroller. He says this is what retirement is all about, and he is happy.

Katy Bourne, just shy of 50 years old, thought perhaps she was too young to be included in an article about seniors running at OCC, but look around, who else is so consistent, so fast, so involved. Current chair of the OCC Running Committee, she wants to create opportunities for beginning runners to join in the fun at OCC.

Her four children and husband are all sports fiends, and their household is one constant scheduling and transportation

nightmare of picking up and delivering at all hours. The kids are 24, 19, 17 and 15, so one can imagine.

Husband Peter is a U.S. Triathlon official, and a bicyclist. She is the Athletic Director at La Pietra, so she has a lot of other people's kids to schedule too.

She just finished the Honolulu Marathon in 3:55 (with JoAnne Klinke, see below), and says she was so nuts at the end she was talking to a Japanese runner that she thought was JoAnne, and wondering why she wasn't getting a response. She said JoAnne found her with six miles to go and wouldn't let her quit.

Citing her running history of 18 Perimeter Relays, 10 Swamp Romps, 15 Hana Relays, 18 Honolulu Marathons, and let's see—"I must have had a baby or two in there." She doesn't swim well, and doesn't do tri events, but is a great regatta paddler, and has been out there in the Molokai Channel "a lot."

She completed this year's Na Wahine O Ke Kai on a Swedish team. She has also coached paddling.

When she talks about running, the theme of friendship is the repetitive accent: I love my partners, I have a blast. New year's Day we run the Maunawili Trail together and go down the Waimanalo flume in the rain, it is hysterical well.

She is not sure if she's running for her sanity, or for some privacy. Since she has no cell phone, her kids can't find her, and she sort of escapes to a parallel universe.

JoAnne Klinke, at age 48, has to be the Queen of Happy, not a lot gets her down. She finished the 2004 Honolulu Marathon in 3:55, and proudly states she pulled Katy Bourne in under four hours. The entire finish down Kalakaua was a "come on Katy, come on, you can't stay out here, come on..."

She has done the marathon every year since she came to Hawaii, 19 years ago. She has run the Run to the Sun, up Haleakala in Maui, climbed the Matterhorn twice—getting married on top of it in 1990. She goes off on a tangent here to tell how she had a garter and a veil in her back pack, found a hiking priest, and took her husband Uli Klinke up to get married on the nearly top of the world.

The biggest thrill for South African born JoAnne is an event in Durban called "Comrades", and is a 56 mile event with a "killer hill" that doesn't stop, and 26,000 people do this for fun and accomplishment.

She has relatives who have completed

the race, and many who still live in South Africa, and says to have them all shouting "come on" to her, is a major thrill. The race is so long the family has a BBQ about half way, packs up and continues to the finish to catch her body.

She is serious about her condition, saying your mind is what makes your finish. Your head is hanging down, you are tired and convinced you are alone (with 26,000 others) and you just pick yourself up and finish. Quitting is not even a consideration.

While running she writes a book in her head, and unfortunately cannot remember it when the event is over. She talks to imaginary friends, anything to stay in the zone.

Training for that event involved three Tantalus runs, making loop after loop to build up endurance. Her husband would drive the car, read the Sunday paper, offer beverages, and drive on to the next stop to watch over her. Her swimming husband doesn't run, so they are each happy in their respective sports, helping each other 100%.

Citing weight control as a reason to start running, and health as a reason to continue, she can't account for the fact that those are not the reasons one continues, because there are other ways to achieve those goals without running 56 miles in the South African heat.

She is an intensive care nurse at St. Francis Hospital and says maybe the running is an antidote to working in the saddest place on earth, watching people die, and running drives out the pain.

She loves the Hana Relays, loves the Perimeter Relay, and cites that as the race where she first met Katy Bourne, who continues to be her good running friend.

Jan Newhart, retired realtor, is undeniably OCC's queen of running at 76. She came to Hawaii in 1954, and has been a member for over 30 years. Her three children, Twain (Hawaii), Tracy (California), and Ten (Oregon) have all supported her athletic mania, and in 1984 they all ran in the same marathon.

All of Jan's marathons have been in Hawaii, and she has a National Record for time in age group. She laughs when talking about starting out in 1973, "run-fling in place", and then moving out to Kapiolani Park. A product of Jack Scaff's marathon clinic, she now has two ultra 50Ks, and many biathlons and triathlons under her feet.

Her first marathon was age 46, time 4:02, and the following year, 3:33. This

reflects some serious intent in getting fit. She taught herself to ride a bike at age 47 because she had a running injury. She was a swimmer in her youth, but hadn't swum for 20 years until she reprogrammed herself and now has completed 11 of the OCC Castle Swims, many of them with her son, Twain.

No stranger to injury, she itemizes a fractured pelvis, many sprains and strains, and joints wearing out due to arthritis. And to add insult, a nonrunning related surgery, she sustained was an appendectomy in 2004, which sort of surprised her. This all supports her belief in cross training, because if one part lets you down, the other parts can keep working out.

In 2004 she completed three triathlons: the Tinman, Na Wahine, and Haleiwa.

...and what's next?

Don's future goal is the Safari Marathon in Kenya, Africa. Running for him is a life style, an outdoor life, combining travel and exercise, and enables him to weather the ups and downs of the real estate market.

Kenton's future running goal is Angor Wat. He loves the health and friendship of running.

JoAnne has the Ultra as her next step (no triathlons for her). Someday she wants to do marathons in Germany (for Uli) and in Switzerland, where they got married. The Happy Queen says she runs so she can eat dessert.

Katy just wants to make sure JoAnne is always nearby and she has friends to run with.

Jans training is all about staying fit and lowering her cholesterol, apparently even thin people have this problem, and trying not to get hurt.

All these runners have some things in common, but the essential is determination. They get injured, they reprogram. They get high just talking about a runner's high, they don't even have to go there. And they can think about it, and the sparkle comes into their eye, the pitch of their voice is altered, and they are off on a verbal adventure, talking about "what's next."

But, to a person, they all acknowledge that is NOT what drives them. Endorphins play a big part, it is their drug of choice, but there is also that inner spark of doing what feels right, feels fulfilling, even if it hurts everywhere, and they look at you as if you might understand that inner fire.

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