Welcome to the Rainbow Track!

A Warm Welcome to the 2002-2003 Faerber's Track Season from your President

Aloha, fellow Faerber's. As you are aware, we have had a little difficulty starting our new season 2002-2003 without a track for our workouts. However, I would like to say a warm "Mahalo" to our faithful coaches and to you faithful members for your patience and for hanging in there. Now that we are at the new Rainbow Track, the only rainbow track in the world, I hope you are very pleased. It is a beautiful track and one we can certainly be proud to use.

Our membership is down in numbers from last season, and we hope that our faithful members are just waiting to get to the UH Track before completing the membership applications. Hopefully, each of you will invite a friend to participate in our speed workouts. Remember that guests can attend three workouts for free.

The Board of Directors has met and are currently in the throes of planning the events for the new season. When all of the events have been determined and dates firmly set, we will notify the members. Some of the events are listed below and under volunteers needed. Please call any Board member to volunteer.

As President, I am here to serve you and I will attempt to meet your needs. Please do not hesitate to let your desires be known. In return, I have high expectations that every member will contribute their best effort to making Faerber's Flyers a women's running club that is the envy of the islands.

Faerber's Flyers Officers

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On the Web

Faerber’s: www.hawaii.edu/run
Road Runners Club of America: www.rrca.org

Discounts for Members
Running Room: 20%
Runner's Route: 20%
Shoe Doctor: 10% Phone 396-2278.

Practice workouts (rain or shine!) on the new Rainbow Track at Cooke Field every Wednesday at 5:15 pm for the meeting and 5:30 pm for our workouts. We would sure like to see your smiling faces and renew old acquaintances. Our coaches are working hard to provide exciting workouts for us, so come and support them.

Summer Fun

The Summer Fun Runs were held at various locations. Most of the workouts were at Kapi`olani Park and continued to be held at the park until the UH track was completed. Our faithful coaches, Johnny, Geoff and Mike, did a wonderful job providing us with both speed workouts on the grass and runs up Diamond Head, around Kapiolani Park, Manoa, a Track workout at Kaimuki High School, etc. It was cool and beautiful at Kapi`olani Park, but we were glad to be able to start our speed workouts at the UH Rainbow Track on November 6..

The Rainbow Track!

Pre-workout Guest Speaker November 20: PhD nutritionist Alan Titchenal will talk about water and carbohydrates and answer your nutrition questions.

Hawaii Senior Olympics November 9 - December 1, 2002, for men and women 50 years of age and older. Some sports also are open to “pre-seniors” who are at least 40 years of age. Information is available at www.alohastategames.com/seniorolympics/

Faerber's Pizza Party and Pot Luck December 4 after track. Just in time to carbo-load for the Honolulu Marathon!

Faerber's Tent at the Honolulu Marathon December 8. Faerber's is collecting names on who will participate in this event. Come and support our 15 runners. Free massage!

AARP TriUmph Classic December 15, 2002 at 7:30 am at Schofield Barracks. No awards for participants under 50. AARP website www.aarp.org/triumph.

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Practice schedule

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The Rainbow Track!
The blessing for the reopening of the University of Hawai‘i track was held on Wednesday, October 29, 2002 at 4:00 p.m.

Kahu Cordell Kekoa, of the Kamehameha Schools, performed the blessing ceremony. President Evan Dobelle, Chancellor Peter Englert, Athletic Director Herman Frazier, Senior Women’s Administrator Marilyn Moniz-Kaho‘ohanohano, and the 2002-03 track coaches and athletes attended. Faerber’s Flyers were represented by President Joy Schoenecker, Coach Johnny Faerber, Treasurer Lucy McCurdy, Edie Leiby and Halina Zaleski.

Construction began in May 2002 to refurbish the Cooke Field track on the campus of the University of Hawai‘i at Manoa.

Jayar Construction, who won the bid for the project, did all of the demo work, leveling, base, and pouring of the asphalt. They also made a high jump, long jump, pole vault, triple jump, shot put/discus, and a Steeplechase equipped with a water-jump structure.

Following all of the base work by Jayar, the Mondo Company redid the eight track lanes with a mondo surface in Rainbow-like colors.

The first two lanes are medium blue; lanes three and four are vert green; the fifth and sixth lanes are yellow, and the outside two lanes are mahogany.

The Rainbow Wahine track season gets underway January 29, 2003, with the UH Sunset Series Meet #1 and with nine more throughout the spring. UH also is bringing back both the Rainbow Invitational March 21-22 and the Rainbow Relays March 28-29.

As supporters for the UH Wahine Cross Country and Track, Faerbers’ will need volunteers to provide assistance with entries, officiating, results, or even searching for sponsorship for these meets. Please provide your name for assisting in the Sunset Series to any Board member.

Running Shorts

**Sarah Rogers** competed in the Kona Ironman on October 19, 2002.

Our Head Coach, **Johnny Faerber**, was an official at the Kona Ironman. **Mike McCurdy**, Lucy’s husband, spent the entire week in Kona as a volunteer for the Ironman. Mike has been a faithful volunteer at the Ironman for over ten years straight! This is great!

**Barbie Dial-Crandlemire** spent the summer in Sun Valley, Idaho and returned to run the Mid-Pac 30K on Sunday, October 20, 2002, with other Faerber members.

Our President, **Joy Schoenecker**, took up Outrigger Canoe paddling this summer with the Hui Nalu Canoe Club. Joy, found paddling to be a very exciting and grueling sport. She felt fortunate to have been a member of the Novice B Team that took First Place in the July 4th Regatta, and even more fortunate to have made the Long Distance paddling team. She remarked that Long Distance paddling is not for the faint-hearted! !
Faerber's is very pleased that Janet Foote has been awarded another 12 month contract with her employer and will be with us for at least another year. Janet is an avid athlete and a dedicated volunteer for Faerber’s.

Mollie Chang and her Paul were on the mainland. Paul received his Juris Doctorate degree. Congratulations to both of you!

Patricia Carroll was a participant in the "Molokai 100K" (yes-- 100K ) held on October 26, 2002.

Patricia Carroll and Marian Yasuda completed the "Hurt 100K" in January 2002. This course consisted of FIVE 20-mile loops on the trails of Tantalus. Marian and Pat will do this same race again in January 2003. This is an awesome event! You go girls!

Kelly Hupp competed in and completed the Ironman Canada in August 2002. Congratulations Kelly, for completing this great competitive event.

Tinman Volunteers

The Faerber Flyers had their usual aid station at the Tinman Triathlon on Sunday, July 14. There was plenty of activity at Magic Island starting at 5:00 a.m., but it was all over by 7:00 a.m. Flyer coaches Mike Murphy, Geoff Howard, Tesh Teshima, and Jose Racasa set up the aid station. Thanks to Geoff furnishing a pair of pliers, Mike was able to turn on the faucet for the water as the city had changed the valve and our faucet key, which we have used for years, no longer fit. We had just enough Flyers and helpers to hand out water when the hard charging swimmers rushed past the aid station on their way to their racing bikes. Those who were in line hosing down the swimmers, filling water cups, handing out water, and cleaning up got a good dose of wet feet and biting ants. Those who really put themselves out as volunteers were Vivian Murphy, Grayce Miji, Barbara Zamparelli, Yasuko Teshima, Mollie Chang, Ellen and John Humphrey, Jeannie Wokasch and her son, and Edie Leiby. Tesh was there with his camera and took a nice group picture of all the volunteers; plus, he tried to get photos of as many Flyers as he could. But it is surprising how fast those racers beat it past the aid station. We hardly had time to yell words
of encouragement before they disappeared. Hopefully, we will get a rundown about the race at one of the Flyers meetings.

Cross Country Supporters

The Tinman Triathlon is not an easy event, but again this year it was well-organized and lots of fun! Thanks to everyone for volunteering, and congratulations to all the participants.

Lucy McCurdy and Halina Zaleski, Faerber's members, assisted our the UH Wahine Cross-country meet held at Koualoa Ranch on September 21, 2002. Thanks Lucy and Halina!

Volunteers Needed

1. **Pizza Party and Pot Luck** December 4. Bring salads, drinks, ice and desserts.
2. **Faerber's Marathon Tent** activities, such as food, set-up, clean-up, etc. December 8
3. **Coaches Brunch** in February
4. **Race Against Violence** or some other Fund Raiser (Most likely in April 2003)

Qualifying Times Adjusted for 2003 Boston Marathon

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<th>Women</th>
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<td>35-39</td>
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Research Volunteers Needed

Researchers in the Department of Human Nutrition, Food and Animal Sciences at UH Manoa are testing some newly developed food products designed to improve the health of seniors. These products have already passed taste panels of graduate students and faculty, however, it is important to have seniors taste test them because their taste buds are not necessarily the same as those of younger people. These foods will be available for taste testing after track, most likely on December 4 when we have the Faerbers pizza party. If you are over 65 and are willing to try these new foods, please contact Leslie Ooi at 956-2366 (work), 488-5790 (home) or lesooi@yahoo.com.
Faerber's Flyers
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