



Keeping Track

Faerber's Flyers News February, 2002



Our Coaches

Geoff Howard

A BIG THANKS to all of our coaches. You are truly appreciated.
I could go on forever about what I like most about all our coaches.

Head Coach: **Johnny Faerber**

Johnny - very knowledgeable and always willing to help you improve.

Johnny is so inspirational. He provides us with the workout schedules for each week and watches each of us with his eagle eyes to give individuals specific techniques that can improve their running style, pace, time, etc.

Coach Johnny - I'm impressed he could put up with us for so long.



Geoff is an inspiration to us all being as fast as he is, he is especially nice to newcomers.

Coach Geoff - I can't get over his "focusing" power to pick up a finish to the end. Mental, mental, mental!

Geoff is kind and gentle. He is always willing to assist any Faerber member in any way they may need his help. He runs with the slow runners to help them speed up their pace. He runs with the fast runners and keeps them invigorated and challenged. He is a true inspiration to all of us.



Mike Murphy

Coach Michael - The best athletic supporter in all the races!

Our coach is Michael Murphy and he is "terrific". Always supportive, keeps us motivated and encourages us to keep going. He has a great sense of humor, is dedicated and committed to the Faerbers Flyers. Mahalo, Michael

Mike - gotta love him even though he's grouchy. Mike is a go-getter. He wants us to keep moving and not to let our heart rate get to normal. He inspires us to "kick it up a notch"!!

Mike is shy - sorry, no photo

Derek Goudge

Coach Derik- A KICK! And a great runner who obtained the funny name Der-e-lect.

Derek - very easy to talk to. Derek has a very nice way of trying to get us to excel. Although he has not been with us much this season so far, he willingly shares his running knowledge with us.





Tom Peterson a.k.a. Goldilocks

Coach Tom- What a handsome “feller” with his new look!
Started out in Maine and ended up in Hawai`i - now that’s a real cross-country runner. His gentle encouragement and belief in us keeps us going even on the bad days.
Tom - will eat anything you give him and is always full of information and statistics.

say to us, but he takes the most flattering pictures of each Faerber member.

Coach Tesh – I’ll never forget the time he comforted me in Ala Moana running alone when my run-buddy Mel left and I started bawling. He gave me a hug!

Former Coach Jan Medusky

Coach Jan – Thank goodness Vi married him so we could finally get water at track!

Former Coach Jon Schmeiser

Coach Jon – Words can’t explain the fun, the giggles, the “nutso” idiocracy that man brings—is????

It is difficult to say which of our six great Coaches offers the most support to the Faerber's members because each of them has a unique style and brings different skills and talents to our organization.

Jose Racasa

Coach Jose - So supportive and I think he’s got a funnier side than any of us see.

Jose- has to be the coach with the nicest body, just looking at him makes you smile.

Jose is always laughing and happy. He gives great "High Fives" and it is such a pleasure to see his bright smile when we cross a timing line.



Why We Love Our Coaches

(to be sung to the tune of "Love Was Made for Me and You")

L is for the way they loudly yell at me,
O is for the only coaches who are free,
V is very, very extraordinary
E is even more
than any other running club that we adore
LOVE is all they give to me and you,
LOVE is more than an interval or two,
Run a lap in 1:40, we can make it
Work our running legs, but please don't break it
LOVE was made for Faerber's Flyers coaches!

Faerber's Flyers Officers

- President: Joy Schoenecker 396-0115(h&w) schoenecker@mail.ouphx.edu
- Vice-President: Caroline Beach-Ojerio 456-8497(h) 222-3556(w) cbojerio@hawaii.rr.com
- Secretary: Beverlee Hart 988-4256(h) 547-4271(w) dobehart@lava.net
- Treasurer: Lucy McCurdy 625-1269(h) 537-2939(w) lucy1951@hawaii.rr.com
- Race Director: Virginia Shepherd 949-2324(h) 531-6895(w) vshepherd3@hawaii.rr.com
- Newsletter Editor: Halina Zaleski 949-1065(h) 956-7594(w) halina@hawaii.edu

Tesh Teshima



What a great coach Tesh is. Our Photo Man!
Tesh - always has words of encouragement when you finish your repeats. Tesh is always energetic and so motivational. Not only does he always have something positive to

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: 15%

Shoe Doctor: 10% Yes, they are back in business and can be reached at 396-2278.

Coming Up

Coaches' Brunch: Sunday, 11:30 am, Feb. 17 at Hale Koa Hotel. Cost is \$21.00 and guests are welcome. Coaches' lunches are paid by the club. Deadline to pay is Feb. 13th, the Wednesday before the brunch.

Great Aloha Run: Feb. 18 at Aloha Tower

Perimeter Relay: Feb. 23/24

Kapiolani Park

Straub/Kapiolani Women's 10K: Mar. 3 at Kapiolani Park. After the Straub 10K Faerber's will have a potluck luncheon. We will provide a sign-up sheet at Track so everyone can participate.

Board Meeting After Track: Mar. 27

Race Against Violence: Sunday, April 28
Manoa Recreation Center. We are using the chip timing system this year so race fees will be \$20.

Annual Meeting: May 22 at Paki Hale
It's getting close to the end of the year and the election of new board members. Anyone who is interested please see Joy. It doesn't take much of your time and we need new people to keep our club strong.

All Photos by Tesh Teshima Race Against Violence

Attached is a copy of our Race Against Violence application. Please make copies for your friends. I



figure that we need at least 150 entrants to break even and about 260 entrants to give approximately \$1,000 to each of the race beneficiaries.

The best way to get entrants is for you to approach your friends, families, and fellow runners, tell them our race proceeds go to the Domestic Violence Clearinghouse and the UH women's cross-country team. If that doesn't get them, tell them about our grand prize drawing for a bicycle and drawings for season tickets for UH football, UH men's volleyball, and UH women's volleyball, and other great prizes. Thanks to UH athletics for donating these 3 sets of season tickets for the RAV race. This should give people incentive to sign up for the race.

The race is on 4/28/02. There isn't really much time, so I'd appreciate all of your help to make our race a success.

Thank you and happy running!

Virginia Shepherd
Race Director
531-6895 work
949-2324 home
vshepherd3@aol.com (work)
vhspherd3@hawaii.rr.com (home)

HOW TO HELP IN OUR RACE AGAINST VIOLENCE:

Get three people to run in our race.

Random prize coordinator needed to collect random prizes at track and store them until race date.

Assist Marie Boles at the water station on the race course.

Ask someone to donate the following supplies:

- Paper cups for water station/finish line
- Plastic bags for packet pickup

Contact the following people to serve on their committees:

- Joyce Spoehr - finish line 944-8601
- Lorraine Nichols - course marshall 254-4842
- Marian Yasuda - publicity 737-7271
- Vivian Murray - packet pickup 373-2977

Distribute race applications to running/sports stores.

Distribute race applications at upcoming races.

Make copies of race applications, even if it's only 10 copies. I will provide the paper.

Make coffee for volunteers on race day.

Find/donate more refreshments for finish line (we already have pineapples from Dole and pastries/bagels from Zippy's, but we could always use more).

Need two more people to man refreshment table at finish line.

Assist at packet stuffing by folding tank tops, inserting material into packets.

Find a doctor/nurse who can do first aid at finish line.

Ask your favorite merchant for a door prize.

Ellen Humphrey runs the Central Oahu 3 miler



Straub 10 K
Motivation
Coach Tom

If you're looking for a few

motivators for the Straub/Kapiolani Women's 10K
here's some advice and one-liners from a guy named
Sang H. Kim, Ph.D.

Intentions don't count, actions do.

Worry changes nothing but your mind.

Nothing has control over your destiny but you.

The first step determines the direction of the journey.

You are what you think you are.

Potential – use it or lose it!

Where you start is not important, where you are going is.

Allow yourself to dream, it just may come true.

Instead of saying, “I can't reach my goal because I don't
have X,” think about what you can do to get X or how you
can achieve your goal without X.

Do what you love.

Know the difference between considering problems and
worry about them. Consideration is productive, worry is
futile.

Be yourself without reservation.

See your dreams as a preview of the future.

Ask yourself “Am I better at _____ today than I was
yesterday?” If you cannot say “yes” today, do something
about it so you can say “yes” tomorrow.

You have to start somewhere, and there is no better time or
place than here and now.

Life is ongoing. You'll never have it under control, so
stop trying.

Life is a one way journey. No matter how badly you
might want to go back, you cannot.

You never get a finished product on the first try.

Creative people experience more failures and make more
mistakes, than those who never risk trying.

Analyze with your head, decide with your heart.

Consider the consequences, but do not fear them.

If you want to stand out in a crowd, you have to take a step
out in front of it.

You'll never be here again.

Success is the outcome of wise choices, adequate
preparation and daring acts.

Great discipline breeds superior success.

Success is a daily practice of wise choices.

Success comes one step at a time more often than it comes
in one giant leap.

Stay focused on the present. Forget past failures and future
roadblocks.

Do what has to be done, especially when you don't feel
like it.

You don't have to limit yourself to a single dream in life.
The average person lives long enough to fulfill as many
dreams as you like if you put your mind to it.

Do what you know best and love most.

Keep a success diary. When you are feeling down, review
your “greatest hits.”

Remember that you are an adult and no one can really stop
you from achieving your dreams unless you let them.

Focus on creating your own perfect performance without
regard to your competitors. If your performance is perfect,
you will win naturally.

You can do a lot with a little if that little is totally
committed.

Once you get going, the going gets easier.

Aim for progress before perfection.

Right now, close your eyes and finish this sentence: “I've
always wanted to _____.” Now, go get started.

To Exercise or Not To Exercise
Mae (Frannie) Martinez
Forwarded by Edie Leiby

1. It is well documented that for every mile that you jog, you add one minute to your life. This enables you, at age 85, to spend an additional 5 months in a nursing home at \$5,000 per month.
2. My grandmother started walking 5 miles a day when she was 60. She is now 97, but we don't know where she is.
3. The only reason I would take up jogging is so that I could hear heavy breathing again.
4. I joined a health club last year, spent about \$400. Haven't lost a pound. Apparently you have to actually show up.
5. I have to exercise early in the morning before my brain figures out what I am doing.
6. I don't exercise at all. If God meant us to touch our toes, he would have put them further up our body.
7. I like long walks, especially when taken on short piers by people who annoy me.
8. I have flabby thighs, but fortunately my stomach covers them.

Mollie Chang at
Central Oahu



9. The advantage of exercising every day is that you die healthier.

10. If you are going to try cross-country skiing, start with a very small country.

11. And last, but not least, I don't jog - it makes the ice jump right out of my glass.

Running Shorts and other Tidbits

Welcome new member Susan Harwell, 2092 Kuhio Ave., #1805, Honolulu, HI 96815, 924-8003 (h&w), 922-3637 (fax), nbc2@nashvilleboots.com, 7-25-66

I'm back to running and will add swimming and biking in the next couple of weeks. Still only doing 3 miles 3 times a week, but it feels GREAT after almost 6 weeks of doing nothing! Hope to see you out on the track soon too. Aloha, Bobbi

Halina Zaleski and Paula Donahue will run the Perimeter Relay with the Dust Eaters, a mixed masters team



Sarah Rogers flies
through Central Oahu

Faerber's Flyers
P. O. Box 4266
Honolulu, HI 96812-4266