HAWAII'S "MR. LONG DISTANCE RUNNING"

NORMAN K. TAMANAH

by Scott Hamilton

Last September at Benahar-Berlaf, a small 65-year-old man of Japanese ancestry completed the cold-weather marathon in what he considered a good time of 3:35:53. Six months later in hot weather and a course with some hills, he clocked 3:37:43 as he approached his 66th year, in this, the 3rd Annual Norman K. Tamanaha Marathon on the Island of Maui. Who was this runner? Norman K. Tamanaha himself, already a living legend in the Islands.

Insofar as we know, there are only two established marathons in the world named for living marathon runners. The first is the Pauio Hurst Marathon in Wisconsin, named for the celebrated finisher, winner of Olympic gold medals, who is elderly and partially paralyzed in Helsinki. The second is the one named for Tamanaha, in which the honored person competes while he is living, to enjoy his own marathon! NKT is anything but paralyzed.

His Maui time this year is the fastest marathon he has done since 1955 and 1956, 17-18 years ago, when he placed 2:38:30 (48 years) and 2:38:40 (49 years) among the first ten finishers in the Boston Marathon. He promptly retired after his top competitive as he approached 50, long before age group running was the coming thing. In fact, back then, anyone who competed in the marathon over 35 was looked upon as nutty.

This has been his "most honored year," with his election to the Presidency of the large Mid-Pacific Road Runners Club and continued State Chairmanship of the AAU Long Distance Running Committee. Being able to go abroad for the first time as a member of the U.S. Masters International Track Team in Europe was a recharger, for he decided to stay in the eastern U.S. and continue competing in cross-country and track before returning to the Islands.

Mayor Frank Fasi attended a WPREG dinner at which Norman and the two other Hawaii members of the U.S. Masters Team were given "Awards of Merit" in recognition of outstanding examples in physical culture and sport; it's not every big city that sends its Mayor to welcome U.S. Masters Team members from abroad. This spring, NKT was among the candidates nominated for the 2nd East-West Center Inter-Cultural Award, on the basis of the role he played in improving the relationships between peoples in Hawaii and Scandinavia, especially Finland, on the opposite side of the world.

While in Helsinki, NKT paid his respects to President Urho Kekkonen and Pauio Hurst, with visits to Honolulu, was the guest of Tojohres and Jan-Kristen Blomqvist at a summer cabin in the Archipelago, and took advantage of every opportunity to "meet the people" in a country precisely the opposite of tropical Hawaii. As of this writing, the award-winner has not been announced.

In Hawaii, until recently, very few persons of Japanese ancestry have pursued long distance running seriously. It has often been considered a "bush" sport. However, NKT provides a living example of "how to make good" and devotes his spare time to building running in Hawaii for those who may follow in his footsteps. This year, the fastest Hawaii marathon time was made by Royline Koo, sophomore at the University of Hawaii and newly-appointed Captain of its Track Team. Keep up the good work, Norman!
After bidding our aro Aroa to return to school, we flew to Suva for the night via Fiji Air. In Suva, we had dinner at a local restaurant and then visited the city's market. The next day, we flew to Nadi and hotel for the night. There, we had dinner at the hotel's restaurant and then visited the city's market.

After staying in Nadi for a few days, we flew back to Suva to visit the island of Viti Levu. We spent the day exploring the island's natural beauty, including hiking through the lush rainforests and swimming in the crystal-clear waters of the island's many beaches.

On the last day of our trip, we flew back to Suva to catch our flight back to the United States. We spent the day relaxing and enjoying the island's tropical climate and beautiful beaches before leaving for home.
WELLINGTON

As the plane took off over Auburn, we got an overview of the site near a field located at a distance of approximately 10 kilometers from the airport. However, the concept of the site is not clear, and we are facing some issues due to the heavy fog. After some distance, we also observed a large number of trees in the vicinity of the field. Coming to our Wellington, we are just a short walk away from the waterfront park. The landscape is also relatively flat, and we can see many trees and bushes in the area. Wellington is a very windy city, and we were not disappointed in this. Nevertheless, we were very impressed by the views.

Sydney is famous for its public and private clubs where there is a lot of entertainment and nightlife. The city is known for its beaches, parks, and cultural attractions. There are also many restaurants and cafes that offer a wide variety of dishes. One of the most popular is the Sydney Opera House, which is located on the waterfront and offers stunning views of the city. The city is also home to many museums, art galleries, and theaters. The list of attractions is endless, and we are excited to explore it further.

NORTH SHORE

Following this, we walked to the overwater restaurant where we were again greeted by a group of harlequin ducks who took us on a tour of their habitat. The ducks are a species of eider found on the North Shore, and they are known for their striking appearance. They are primarily found in the arctic and subarctic regions, and they have a unique call that sounds like a harp. The ducks are also known for their ability to swim, and they are often seen feeding in the water. We were able to watch them for a while as they swam around and fed on the surface of the water.

At one point, we were able to see a herd of sheep moving across the field. The sheep were grazing on the grass, and we could see them moving in unison. The sheep were of different colors, and we could see them moving in a line as they moved across the field. The sheep were also very curious, and they would move closer to us as we approached. We were able to watch them for a while, and it was a very peaceful and relaxing experience.

Afterward, we walked down to the local pub and enjoyed some drinks. The pub was very cozy, and we were able to have a conversation with some of the local residents. We were also able to sample some of the local food, and it was delicious. We would definitely recommend visiting the pub if you are in the area.

As we departed, we were given a map of the area and some tips on how to make the most of our visit. We wish you all the best on your journey, and we hope you have a great time in the beautiful city of Sydney.
After a quick breakfast, Denis picked us up stating that he had a court appearance and would be gone for 6 hours. Denis is an eccentric but charming man, always ready for adventure. We were surprised to find that he was still wearing the same clothes he had been wearing for the past week. We really were excited and were surrounded by the bustling city. We were off to see the sights.

Denis took us to the Melbourne Art Gallery, which was quite magnificent. We walked through the galleries, admiring the paintings and sculptures. The art was quite diverse and incredibly well curated. We spent the afternoon exploring the city, taking in the vibrant atmosphere.

Denis also took us to the Royal Botanic Gardens, which was absolutely stunning. The gardens were full of beautiful flowers and trees, and we spent a few hours walking through the paths, taking in the sights and sounds.

At dinner, we tried a local seafood restaurant, which was delicious. Denis recommended a local wine that was perfect with the meal. We enjoyed the food and conversation, making our way back to the hotel.

The next day, Denis took us to the Melbourne Cup, which was an incredible experience. We watched the races and cheered on our favorite horse. The atmosphere was electric, and the horses were beautiful. We ended the day with a visit to the Melbourne Zoo, which was fascinating. Denis showed us around, pointing out the various animals and their habitats.

Denis also took us to the Melbourne Cricket Ground, which was impressive. We were able to tour the stadium and see the various sections. Denis showed us his favorite seats, which were quite comfortable.

On our last day, Denis took us to the Melbourne Museum, which was quite educational. We learned about the city's history and culture, and we were able to see various artifacts and exhibits.

Overall, Denis was a great guide and made our trip to Melbourne unforgettable. We were sad to say goodbye, but we promised to visit again soon.

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Returning to our hotel on Tuesday, the boys took us on a tour of the city. We were able to see many landmarks, including the Shrine of Remembrance, the Flinders Street Station, and the Royal Exhibition Building. We also stopped at the famous cafes, enjoying some coffee and pastries.

On our last night, we went to a local restaurant that was highly recommended. The food was delicious, and the atmosphere was lively. We enjoyed our meal and exchanged stories about our trip.

Overall, our trip to Melbourne was unforgettable. We learned so much about the city and its people, and we are already planning our next trip back.
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