

# Menehune Marcher News

July 2019

Volume 19, Issue 1

## Footprints

### From the President

Aloha Menehunes:

I hope 2019 has been a great year for you all with many walks and kms logged to date.

As you may have heard, we recently had to discontinue the National Memorial Cemetery of the Pacific (aka Punchbowl) Year Round Event (YRE) walk from our Oahu walk options. The U.S. Veteran's Administration (VA) has had a longstanding prohibition against visitors bicycling, skate-boarding or jogging in the National Cemeteries. However, the VA recently increased the enforcement to include a prohibition against all exercising to include walking for exercise. The Punchbowl Director (Jim Horton) is a retired USAF colonel and friend who has tried to find a reasonable middle ground for this policy.

Therefore, we can continue to walk in the Punchbowl but should not wear any athletic gear (running suits, running shorts or brightly colored pedestrian safety T-shirts) and be able to specify which grave site(s) we are visiting should security personnel ask.

These specifications will work for those of us who are residents and regular visitors but not for others such as visiting walkers from the Mainland. Someone unprepared for these requirements might have the unpleasant experience of an inquiry by Punchbowl security personnel followed by a demand for the walker(s) to leave the property. Obviously, we don't want to leave any visiting walkers exposed to such maltreatment during their vacation in "the land of Aloha," so the YRE had to go.

I think the perception that walking in the Punchbowl for exercise is disrespectful to veterans is ridiculous, especially when large tour buses are permitted to offer driving tours. However, the choice is not ours to

### Pow Wow, February 24

**Wow** is the word! Twenty-seven Menehunes wandered Honolulu's newest artsy neighborhood and "oohed" and "awed" at the building murals in the Kakaako neighborhood. What creativity! If you missed it this year, or even if you participated, plan on walking the Capitol/Pow Wow again, because it will be different. Each year the murals change.

Or just go down there now and walk around. Great energy for your eyes and your spirit.



Photos by Gordon Tyau

Special thanks to Carol and Dennis Romig for planning this extra-special walk.

make so all we can do is make the best of the situation as it is.

On the more pleasant side of the news, I look forward to seeing you all at our Ho'omaluhia anniversary walk and picnic on the 4<sup>th</sup> of July. See you on the trails....

All the Best, Mark

## Club Volunteers

### Officers

President – Mark Brown  
Vice President – Katie Barbieto  
Treasurer – Dennis Romig  
Secretary – Carol Romig



### YRE Coordinators

Ala Moana – Mark & Molly Brown  
Diamond Head – Mark & Molly Brown  
Downtown Honolulu – Ruth Asakura & Gordon Tyau  
Kailua – Maria Brasher  
Kahala – Mark & Molly Brown  
Kona – Carol & Dennis Romig  
Manoa Valley – Carol Romig  
Mililani – Carol & Dennis Romig  
Waikiki – Mark & Molly Brown  
Volcano – discontinued

### Other Volunteers

Club website – Dennis Romig  
Event Brochures – Ruth Asakura  
Club membership – Dennis Romig  
Newsletter – Charlotte Sullivan  
Photographer – Gordon Tyau  
Traditional Events – Many!! But we can always use more

Mahalo, Volunteers!



Wahiawa - Gordon Tyau

## Wahiawa



Photos by Gordon Tyau

Thirty-one walkers met on a misty morning to enjoy the Botanical Gardens and the Orchid show. Blooms everywhere! Thanks again to Carol and Dennis for guiding and hosting.

## Kamananui Valley



# AVA Walking Challenges

- 50 States – never ends
- 50 State Capitals – never ends
- Airports – 12/31/23
- Appalachian Trail – 12/31/2028
- Border Crossings – 12/31/2023
- Centurion Achievement Challenge – ongoing
- Carousels Across America – 12/31/2021
- Ice Cream Parlors – 12/31/19
- Little Free Libraries – 12/31/2021
- Mayflower 400<sup>th</sup> Anniversary – 12/31/22
- Rockin’ Around the Clock - 12/31/23
- Underground Railroad – 12/31/2019
- Walk Like an Olympian – 12/31/2021
- Walkin’ Canada – 12/31/2019
- Walking the USA - A-Z – never ends

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## Menehune Milestones

- Centurion (100+ walks already in 2019)
  - Mark Brown (7 years in a row!)
  - Molly Brown (7 years in a row!)
  - Dan Barnett

### Distance

- Carol Romig – 17,000, 18,000
- Charlotte Sullivan – 5,500
- James Lenox – 1,500, 2,000
- Maria Brasher – 3,000, 3,500
- Mark Brown – 20, 000, 21,000
- Molly Brown – 21,000
- Sandy Murphy – 1,000

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### Events

- Maria Brasher – 250, 275, 300

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### Hapalua (Half-Marathon – 21K)

- Gretchen Malaski
- Ray Malaski
- Carol Romig
- Dennis Romig
- Charlotte Sullivan

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## Walking

The oldest exercise and the cheapest!



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Don't forget to pay your Menehune club dues! Form included. Thank you for supporting the Menehune Marchers!

Twenty walkers visited the historic Kamananui Valley with its new and improved trail. After walking, seven walkers headed to Pieology at Pearlridge. All agreed that it was another fabulous lunch to top off a great walk. Thanks again to Carol and Dennis for hosting.



Photos by Fran Hodge

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## Manoa

Twenty-five walkers made the stroll up lovely Manoa Valley and fifteen lingered for the always delicious Bangkok Chef lunch.



Photos by Dennis & Gordon



Thanks to Carol and Dennis Romig for guiding and hosting.

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## Somewhere in Canada....



The 2019 AVA walking challenge sent over 300 participants on a virtual walk across Canada (2,007, 500 steps or about 1,003 miles) from Comox, British Columbia to St. John, Newfoundland. (And, yes, AVA scaled Canada, so it could be walked in about 1,000 miles.)



Three Menehunes have already completed the trek from Comox, British Columbia, to St. John, Newfoundland:

Lori Watanabe completed her cross-Canada walk (2,007,500 steps) in April! And she kept on going. Now she's at 3,938,000 steps and almost all the way Back to Comox!

Dan Barnett is also on his way back to Comox with 3,944,000 steps to date

Carol Romig reached St. John in June with 2,067,000 steps. We assume she's headed back too. Next year Carol will walk Canada for real as she's attending the Canadian National Convention in Yellowknife.

The other Canada-walking Menehunes march on toward St. John from their positions somewhere in that great country: Harriet Miyasaki, Christine Enoka and Charlotte Sullivan. Stay tuned for results.

Next year AVA will sponsor another virtual walk in a different country. Watch the AVA website in January. Sign up. See the World!



Wahiawa Orchids - Gordon Tyau

## Off the Beaten Track - Upstate New York

by Carol Romig

Who visits New York and skips Manhattan/Broadway? That's us. It was a GREAT trip anyway - topped off with one of the best AVA conventions. On the road to Albany, we walked 8 year round events (West Point, Hyde Park, Binghamton, Watkins Glen, Lake Placid, Lake George, Colonie & Beacon). Each offered a unique walking experience and were excellent. My two favorites: (1) Watkins Glen where we walked by 19 gorgeous waterfalls in a short 1.5 mile stretch and (2) Lake Placid where we walked/toured the Olympic Training Center. It was AWESOME sitting in the same arena where the 1980 United States Men's Olympic Hockey Team won the Gold against the USSR and watching replays of that "Miracle on Ice."

The Albany convention walks were over-the-top. All were well-attended with 600+ walkers at each of the 3 Albany walks. The pre and post walks drew over 400 walkers. Many Menehune Marchers on the trail...John & Charlotte Sullivan, John & Sheila McClellen, Robert & JoAnn Doleman, Susan & Bob Anton. Highlights of our Albany & Cooperstown walks:

1. Cohoes/Waterford 11K - AWESOME! Cohoes Falls, 2nd largest waterfall in New York, was pivotal to the construction of the Erie Canal and the industrialization of America. Along route, we passed the beautiful Cohoes Falls and walked along the Old Champlain Trail Canal Way to Lock 2 of the Erie Canal & Waterford Harbor. Then onto Peebles Island State Park perimeter trail where we spotted blue herons & bald eagles. We drove to Cohoes Falls View Park for even more incredible views of The Falls and then



Cohoes Falls

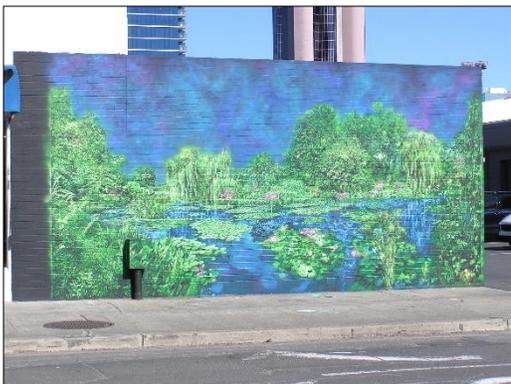
stopped at LePage's Sandwich Shop for the best super thick deli turkey sandwich. It was a REAL New York deli per John Sullivan.



Cohoes Walk - Along the Erie Canal

2. Schuylerville/Saratoga Battlefield 10K - Excellent & historic 8K walk that took us by Victory Woods, Saratoga Monument, Schuyler House, Canal Path and then a "must" stop at Stewart's for a 99¢ ice cream scoop. It pays to be an early bird, as we were the 1st up to the Saratoga Monument Observation Deck (150+ steps). Then we drove the Battlefield with stops/walks to finish

## Pow Wows!



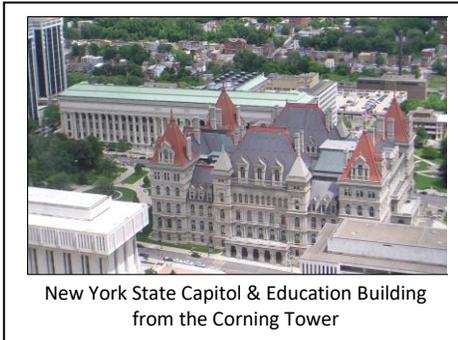
Photos by Gordon Tyau

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Understanding is a two-way street.

Eleanor Roosevelt

the remaining 2K. Returned to the Visitor's Center for a short but good film on the Battle of Saratoga (turning point of American Revolution).

- Albany 10K - Really loved this one! 1st to register but last to finish. Many photo-ops of beautiful buildings along the way. One of them, New York State Education Building, is considered one of the 12 most beautiful buildings in the world. Best known for its expansive frontage with 36 Corinthian columns, the longest colonnade in the US and possibly the world. Many extended stops as we walked the underground walkway of the Governor Nelson A. Rockefeller Empire State Plaza: Albany Capitol Tour, New York State Museum, and up to the 42nd floor of the Corning Tower Observation Deck for incredible views of Downtown Albany.



New York State Capitol & Education Building from the Corning Tower

- Cooperstown 10K - Nice easy walk that took us through the historic Main Street/Downtown, passing Farmer's Museum, to Lakefront Park. We stopped to rest & refuel at the Copperstown Diner (where the locals eat) with the Sullivans before returning to the start/finish point. Then, off to the National Baseball Hall of Fame to visit our favorite San Diego Padres - Tony Gwynn & Trevor Hoffman.

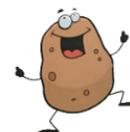


Check out the walking events on AVA.org. There are many available through the year. See you on the trails!

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## Return of the Taters

As noted in the schedule, Tater Tours returns to Hawaii in November, and we are invited to walk with them. So, plan on walking with the Tots! When else can you be a walking talking Tater?? However, if you plan to walk with the Taters, you will need to pre-register. Details will follow.



Also, Carol needs volunteers to help guide the fast and slow groups on the Tater walks. Let her know if you can lend a hand (and your feet)! Don't be that other kind of potato!



## A Step Back....



### Mahalo

Special thanks to Ruth Asakura, Gordon Tyau, Mark Brown, Molly Brown, Ruby Fukuyama, Fran Hodge, Carol Romig, Dennis Romig, Marsha Okada, and John Sullivan for their work in completing this newsletter!

# Horizons

| <b>Aug</b>                                                        | <b>Open</b>                                                                                                                                                                                                                                                                  |
|-------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Sept 7, Sat</b><br>Start time<br>Start location<br>POC         | <b>Mililani</b><br>8 a.m.<br>95-211 Kemu Place, Mililani<br>Carol Romig – (808) 626-3575; cell – 294-8637                                                                                                                                                                    |
| <b>Oct 19, Sat</b><br>Start time<br>Start location<br>POC         | <b>Waikiki</b><br>8 a.m.<br>Table near Natatorium, War Memorial, Kapiolani Pk<br>Carol Romig – (808) 626-3575; cell – 294-8637                                                                                                                                               |
| <b>Nov 9, Sat</b><br>Start time<br>Start location<br>Note<br>POC  | <b>Koko Crater Botanical Garden</b> —with Tater Tours<br>Between 8-8:30 a.m.<br>Kalama Valley Park, 555 Kealahou St.<br>Volunteer leaders needed!<br>Walkers must pre-register.<br>Carol Romig – (808) 626-3575; cell – 294-8637                                             |
| <b>Nov 10, Sun</b><br>Start time<br>Start location<br>Note<br>POC | <b>Pow WoW and Capitol</b> - with Tater Tours<br>3 p.m.<br>Aloha Tower<br>Volunteer leaders needed!<br>Walkers must pre-register.<br>Carol Romig – (808) 626-3575; cell – 294-8637                                                                                           |
| <b>Nov 10, Sun</b><br>Start time<br>Start location<br>Note<br>POC | <b>Turtle Bay</b> - with Tater Tours<br>Between 8-8:30 a.m.<br>Turtle Bay Resort (meet in front of Roy's Beach Restaurant)<br>Volunteer leaders needed!<br>Walkers must pre-register.<br>Carol Romig – (808) 626-3575; cell – 294-8637                                       |
| <b>Dec 7, Sat</b><br>Time<br>Start location<br>Note<br>POC        | <b>Christmas Party - Koko's at Hale Koa</b><br>9 a.m. – 11 a.m. (breakfast)<br>Hale Koa Hotel, Waikiki<br>No White Elephant due to brunch in a public dining Save room. Save your stuff for next year. 5K option available.<br>Carol Romig – (808) 626-3575; cell – 294-8637 |
| <b>Jan 18, Sat</b><br>Time<br>Start location<br>POC               | <b>Diamond Head</b><br>7:30 a.m.<br>Triangle Park<br>Carol Romig – (808) 626-3575; cell – 294-8637                                                                                                                                                                           |
| <b>Feb 17, Mon</b><br>Time<br>Start location<br>POC               | <b>Great Aloha Run</b><br>7:00 a.m. (must pre-register)<br>Downtown – Alakea and Ala Moana Boulevard<br>Carol Romig – (808) 626-3575; cell – 294-8637                                                                                                                        |
| <b>Feb 23, Sun</b><br>Time<br>Start location<br>POC               | <b>Capitol &amp; Pow WoW!</b><br>8 a.m.<br>King Kamehameha Statue<br>Carol Romig – (808) 626-3575; cell – 294-8637                                                                                                                                                           |
| <b>Mar 21, Sat</b><br>Time<br>Start location<br>POC               | <b>Mililani YRE &amp; BBQ</b><br>8 a.m.<br>95-211 Kemu Place, Mililani<br>Carol Romig – (808) 626-3575; cell – 294-8637                                                                                                                                                      |