



The Honolulu Marathon

Tao Wei

The Honolulu Marathon:

The Honolulu Marathon Mark Hazard Osmun,2006-05-01 The Honolulu Marathon The third largest marathon in the world Over 30 000 runners in a single year Over 100 000 paid to leading racers But it didn t start out that way In The Honolulu Marathon Mark Hazard Osmun recounts the origins of this amazing event and the motivations of the people who made it happen From recording the promotional showmanship of the zealous Dr Jack Scaff to kidnapping world class runners to running in the race itself Osmun became the principal chronicler of the marathon an event that became the bellwether for the nation s subsequent Running Boom Originally published in 1979 and told in a fast paced engaging and sometimes irreverent style The Honolulu Marathon placed the event on the international stage and now gives us perspective on the colossus it has become Now with new material an author preface and an annually updated Race Statistics section The

Honolulu Marathon is a must read for everyone who has or will run the race **The People's Race Inc.** Michael S. K. N. Tsai,2016-11-30 The Honolulu Marathon debuted in 1973 as the shared vision of a maverick cardiologist bent on proving the benefit of long distance running for cardiac patients and an impetuous mayor eager to prove Honolulu the equal of the top cities in the country Over a span of forty plus years the race matured into one of the largest marathons in the world a 100 million economic engine for its home state and a launch pad for some of the most dominant long distance runners in modern history From its modest start as a community event for local amateurs the race now regularly attracts 30 000 entrants more than half from Japan and boasts elite fields led by Kenyan and Ethiopian professional runners each hoping to earn a share of a 150 000 prize purse The People s Race Inc captures the personalities politics and power plays behind the burgeoning growth of the Honolulu Marathon and provides a unique lens for understanding the complex history of the sport itself Drawn from revealing interviews with those closest to the event as well as exhaustive research journalist Michael Tsai presents an insider s account of how organizers forged lucrative partnerships with foreign investors helped initiate the age of African dominance of the marathon and weathered some of the most bizarre challenges imaginable The book also exposes the ways in which the marathon s expansive growth mirrored the explosive at times bewildering development of post statehood Hawaii

i **The Honolulu Marathon** Mark Osmun,1979-01-01 *The People's Race Inc* Michael S. K. N. Tsai,2016 Jim Fixx's

Second Book of Running James F. Fixx,1980 Presents information and advice on the benefits and techniques of running covering training routines equipment diet marathons and other subjects *Hawaii* Glenda Bendure,Ned Friary,Sara Benson,2003 This Lonely Planet sixth edition is a single volume guide to the world s most isolated archipelago Hawaii which boasts the highest mountain in the world when measured from the sea floor The Marathon Made Easier Cliff Temple,1982 **Marathon** Hal Higdon,1999-10-15 As running s popularity soars millions are taking the marathon challenge Let Hal Higdon veteran of more than 100 marathons guide you through the training and preparations to ensure that you cross the finish line in triumph The Best of Hawaii Alain Gayot,1997 Revised updated and with a considerable

amount of all new material this guidebook to Hawaii offers travelers discriminating reviews of dining establishments honest and accurate descriptions of accommodations and tips on shopping and sightseeing Also included are tips about the weather a glossary of Hawaiian food terms and an islander s guide to common words Illustrations maps charts **Hawaii** Carl Myatt,Maribeth Mellin,Julia Clerk,2001 This guidebook is a thorough tip planner excellent and practical on the road tool and memorable vacation memnto packed Z99 color photographs **Event Management** ,2007 **Marathon Training For Dummies** Tere Stouffer Drenth,2003-03-07 In today s modern world there s no need for anyone to run twenty five miles to deliver a message as Pheidippides did from Marathon to Athens around 500 B C However hundreds of runners each year run 26 2 miles at hundreds of marathons worldwide To conquer this mountainous challenge you must know how to properly eat stretch identify and treat injuries and develop a running program that hones your mind and body into a running machine Marathon Training For Dummies is for everyone who has always thought about running a marathon or half marathon 13 1 miles and for seasoned runners who want to tackle the challenge safely and successfully This quick read reference helps all runners Add strength and speed Weight train Improve your technique Eat to maximize endurance Treat injuries Choose your races In just four to six months of dedicated training any runner can be full y prepared to tackle a marathon Map out an exercise program choose shoes and plan the race strategy that will get you across the finish line Marathon Training For Dummies also covers the following topics and more How far how fast Blazing the best trail Stretching methods Doing LSD Long Slow Distance Tempo run training The last 24 hours The best tune up races in North America The week after the marathon With several hundred thousand people finishing marathons each year you ll meet plenty of interesting people running along with you There are numerous rewards for conquering the mental and physical challenges of a marathon and this fun and friendly guide is your road map to achieving them **Your First Marathon** Jack H. Scaff,1988 **Runner's World** ,2008 **Traveling on the Run** Stewart Sims,1998 **U.S. Air Services** ,1947 **Laws of His Majesty Kalakaua, King of the Hawaiian Islands** Hawaii,1890 **Sports 'n Spokes** ,1990 **Current Hawaiianiana** ,1979 **Belford's Monthly and Democratic Review** ,1893

The Enigmatic Realm of **The Honolulu Marathon**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing in short supply of extraordinary. Within the captivating pages of **The Honolulu Marathon** a literary masterpiece penned by a renowned author, readers attempt a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of those that partake in its reading experience.

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