

SB-2413

Submitted on: 2/3/2018 9:59:56 AM

Testimony for HMS on 2/5/2018 3:45:00 PM

Submitted By	Organization	Testifier Position	Present at Hearing
James Barahal	Honolulu Marathon	Oppose	Yes

Comments:

RE:SB2413

FROM: James Barahal, MD

Preident / CEO Honolulu Marathon

Founder, The Hapalua

The Honolulu Marathon is diametrically opposed to the proposed bill that bans runners under the age of 18 from participating in marathons and half marathons. The Twin Cities Marathon study conclusively proves that this activity is safe for children. Our own experience over my 31 years as President confirms this study-we have had no problem with children as young as seven.

We have taken appropriate measures to ensure a safe event for our younger participants. We require a separate entry form that requires parental consent. We require our younger runners to be accompanied by an adult. We offer no age group awards under the age of 18 in the marathon and age 14 in our half marathon. We also have no time limit, which lowers competitor pressure as well.

The biggest children's health problem we face in Hawaii and nationally is obesity. Obesity is also the largest cause of long term degenerative joint disease.

Rather than restricting access we should be encouraging more kids to run.

Just as we believe children should be allowed to participate in these events, we also believe they should be allowed to not participate. This should be a decision made individually by families, as each child is unique and different. We believe there is no compelling need for government to be involved."

SB-2413

Submitted on: 2/1/2018 10:43:38 PM

Testimony for HMS on 2/5/2018 3:45:00 PM

Submitted By	Organization	Testifier Position	Present at Hearing
Alexander Mench	C2C engineering	Oppose	No

Comments:

The premise of this bill is that the long distance running could lead to injury and a reduction in fitness levels. To date there is not a definitive scientific study on the issue and this bill is not based on solid evidence that there is actually an issue with youth and long distance running. Is there a specific distance that is too long for youth to run? Is it 5 miles, 10 miles, or 100 miles? Unless a specific study can be sited and verified, I don't believe this bill should be approved

In addition it is during this age that good habits for fitness and health need to be established. My concern is that we would be discouraging healthy activities without providing alternatives based on incomplete information.

I also believe state would be overreaching to dictate which exercises are considered safe or not safe. There is greater risks and higher rates of injury in football and surfing. However, neither of those sports are restricted to 18 years and older.

SB-2413

Submitted on: 2/2/2018 11:37:59 AM

Testimony for HMS on 2/5/2018 3:45:00 PM

Submitted By	Organization	Testifier Position	Present at Hearing
Matthew C Stevens		Oppose	No

Comments:

aloha Senator Espero and Senator Wakai,

Can you please clarify why you are proposing SB 2413? I was an active member of the Hawaii running community through my high school years and strongly oppose your bill, along with many other runners, who are concerned at how your bill further contributes to the epidemic of youth obesity in our state. I am currently a high school teacher and former XC and track coach, and your bill will ultimately hurt many teenagers who are seeking to maintain a healthy lifestyle.

If you would like to see the intensity of discussion regarding your bill, and plans to raise a lot of negative public attention to your bill in the next few days, please ask to join the H.U.R.T. 100 Mile Endurance Run page on Facebook. I think it would be wise for you to know what type of opposition is about to be raised if you proceed.

Mahalo,

Matt Stevens

9x Hawaii state champion in XC and track from 1994-1997

former Pac Five track and XC coach

SB-2413

Submitted on: 2/2/2018 1:11:43 PM

Testimony for HMS on 2/5/2018 3:45:00 PM

Submitted By	Organization	Testifier Position	Present at Hearing
Jenny Helman		Oppose	No

Comments:

I am writing to oppose SB 2413. I am a head cross country coach for an ILH team and also a mother of runners. In my experience, the kids who are drawn to running also have a very clear idea of the distances that they are willing to run. Those who decide to run the longer distances are those who are willing to put in the work to train up to those distances. Others will self limit and generally will not decide to run a long distance race if they are not up for the challenge of a rigorous training program.

Also, whenever there is an event (regardless of distance or how strenuous it may be) where minors are eligible to enter, a parent must always sign a waiver of consent before the registration is processed. To have a law that takes away a parent's choice in this manner is inappropriate and too far reaching.

If this is truly concerning, I would suggest instituting an awareness program that outlines the benefits of proper training, nutrition, and injury prevention with the goal of keeping kids healthy. A ban on physical fitness like this would be detrimental in a world where childhood obesity and anxiety disorders are on the rise.

In my time as coach, I've seen so many positives that come from kids who've set an ambitious goal and achieved it through hard work and perseverance.

SB-2413

Submitted on: 2/2/2018 4:03:50 PM

Testimony for HMS on 2/5/2018 3:45:00 PM

Submitted By	Organization	Testifier Position	Present at Hearing
Douglas Lau	Pac 5 Cross Country	Oppose	No

Comments:

I, Douglas Lau, head coach of the Pac 5 Cross Country and Track & Field programs oppose any measure that seeks to prohibit young athletes from participation in running events. In my 20 years of competitive running, I have never seen a young athlete suffer from a catastrophic injury from overuse.

In my capacity as a coach, it is my responsibility to adequately prepare an athlete for the rigors of their chosen sport. If I believe that a student-athlete is unable to participate due to unpreparedness, I will recommend to the parents that the child not compete. Ultimately, I leave the decision in the parent's hands as this is their role in their children's lives. I believe that this is also the case for road races and other long distance events such as the Honolulu Marathon and the Hapalua Half Marathon. The decision to run should be left with the parents but also with the athlete. The decision to run is one that I will wholeheartedly back no matter the circumstance because that decision could just as easily have been to skip school or to participate in other unscrupulous activities such as drug use and underage drinking.

Running is one of the safest sports on offer at Hawaii high schools. But by deeming long distance running as dangerous for young athletes is at best misguided and at worst completely irresponsible. I am sure that there will be many professionals in the fields of medicine, sports science, and from the running community that will boast of facts and figures. I would like to add that the student-athletes that I have coached have made great strides towards developing into strong leaders and upstanding citizens.

SB-2413

Submitted on: 2/2/2018 4:26:32 PM

Testimony for HMS on 2/5/2018 3:45:00 PM

Submitted By	Organization	Testifier Position	Present at Hearing
Leia Honda		Support	Yes

Comments:

Aloha. I've been born and raised in Hawaii. I wholeheartedly support the SB2413 Bill and agree that minors should NOT be allowed running long distance events including the 8 mile Great Aloha Run.

As a running coach myself, I'm aware that long-distance running is a long-term proposition. So why rush into something as brutal as long distace races at age 15, 16, 17? There should be no urgency.

I agree that there's no good reason to tackle a half-marathon, marathon, or even an 8 mile Great Aloha Run at an early age. Why risk injury, possibly even permanent damage to a developing body.

A lot of coaches on the island oppose the bill. They coach those local kids and help them to prepare for long distance races. They charge parents a lot of money for coaching. Two coaches that I know are currently training minors for the Great Aloha Run charging their parents weekly for their coaching services. A lot of race directors also oppose the bill as they are aware that they may lose the money on the race entries.

Dr. Stephen Rice, in a 2003 article in the Clinical Journal of Sports Medicine, made this very case, suggesting that the repetitive trauma of running high miliage increases the risk of injury in children undergoing periods of rapid growth. Here in Hawaii we care about our kids and want to give them the best future possible. Thank you for prososing the SB2413 bill.

Sincerely,

-Leia Honda

SB-2413

Submitted on: 2/2/2018 4:55:43 PM

Testimony for HMS on 2/5/2018 3:45:00 PM

Submitted By	Organization	Testifier Position	Present at Hearing
Tim R Mullican		Oppose	No

Comments:

I am testifying in opposition to SB2413 which would prohibit minors from entering marathons and other long distance events. I ran two marathons in high school, one when I was 15 and another when I was 16. I also ran track and field and cross country in high school and junior high. The year I ran my second marathon was one of the best years that I had in track and field. The slower pace of the marathon helped me build my aerobic base without tearing me down. I am now 57 years old and have now completed 69 marathons and 35 ultramarathons. Starting out at an early age did nothing but help build my confidence and develop a life-long love for the healthy sport of running. It would be a shame to deny this life-changing experience to anyone, no matter their age.

I have been teaching Anatomy and Physiology at the college level for almost 30 years, and have searched the scientific literature for research about the effects of marathon running on adolescents. There is no direct evidence that shows it is harmful to adolescents, period. The only evidence is indirect and speculative at best. I think this bill is a solution in search of a problem and would do a big disservice to those exceptional youth who have the physical maturity to excel. Instead of discouraging youth from engaging in healthy lifestyles, we should be encouraging them in every way possible. The effects of sedentary lifestyles are a thousand times worse than any damage that could be done by running a marathon or half marathon, and much less than many other sports like football or hockey, so I strongly encourage you to defeat this proposal.

Respectfully submitted,

Dr. Tim Mullican

Mitchell, SD USA

SB-2413

Submitted on: 2/2/2018 8:38:40 PM

Testimony for HMS on 2/5/2018 3:45:00 PM

Submitted By	Organization	Testifier Position	Present at Hearing
Augusto Decastro		Oppose	No

Comments:

The decision for minors to participate in long-distance running events should be left to the parents and their minors.

The most that a government should be able to do in this bill is to have long-distance running events organizers include a separate waiver for the minors in the event registration forms for parents to acknowledge.

SB-2413

Submitted on: 2/2/2018 8:43:56 PM

Testimony for HMS on 2/5/2018 3:45:00 PM

Submitted By	Organization	Testifier Position	Present at Hearing
Glen Marumoto		Oppose	No

Comments:

I am Glen Marumoto and a registered voter in the State of Hawaii. I voted in the last general election. I am an long time runner. I have completed an marathon in all 50 states plus 5 countries. I currently have completed 115 career marathons and 10 half marathons. Therefore, I believe I am compentent to speak on this topic.

My interest in running started as a Freshman in high school. My most inspiring moment from that time is watching Frank Shorter race in the 1976 Olympics in Montreal. The ease and grace with which he ran enthralled me and pushed me to become just like him. I thought to myself "I could do that." If you remember, that was the start of the second running boom in the United States. Although, in reality, I really couldn't compete on Frank Shorter's level, I gave it a good try running long distance in track. Back then, there weren't a lot of marathons or else I believe I would have tried to compete in one. That was the start of my journey. I ran my first marathon in 1999, the Honolulu Marathon, while I was stationed in Camp Smith. I ran my second in California. I didn't complete anymore until returning to Hawaii in 2006, where I started the journey I am on.

Which brings me to this proposed legislation. Looking at the stats from the 2016 Honolulu Marathon, approximately 500-600 under 18yos, ran the marathon that year, majority coming from Japan. That's not a lot, but it is something they **chose** to do. This legislations would do two things in this setting. First, it would remove those tourism dollars (not just the runners themselves but their parents and coaches). Second, this legislation only hurts the ones who chose to run the race. No one else. You aren't protecting anyone, but instead keeping someone from making a lifestyle choice. Additionally, if they can't run here, they'll just go somewhere else.

Also the dichotomy between this legislation and legislation either pending or passed regarding child obesity prevention couldn't be more glaring. On one side, the legislature is feverish working to pass legislation to pass laws to prevent child obesity. Then you have this piece of legislation, trying to keep kids from making a healthy lifestyle choice. It doesn't make sense.

Further, I will suggest other youth sports are more hurtful than running. For instance, football has concussions and broken limbs. It is well documented cheerleading causes sprained muscles, broken bones, and in some cases concussions. The worst injury I've seen in running is some sore leg muscles that go away after a day of rest.

Finally, let me pose this to you. If we had legislated "safety" over kids sports instead of parents making that decision, would we have had a Marcus Mariotta or a Manti Te'o? Maybe, but it would have been somewhere else.

In closing, this legislation does not protect children. Instead it hurts them. The only ones who you are affecting are the ones who have made a choice in their lifestyle. And that's a pretty sad indictment if this passes.

SB-2413

Submitted on: 2/2/2018 11:03:52 PM

Testimony for HMS on 2/5/2018 3:45:00 PM

Submitted By	Organization	Testifier Position	Present at Hearing
makani	Hunting, Farming and Fishing Association	Oppose	No

Comments:

I am not in support of this bill - SB2413.

I'm a runner, triathlete, and have participated in many events around the county. To include the Honolulu Marathon. The first time I did the Honolulu Marathon I was 17. I was a senior at Kamehameha Schools. Running the Marathon Prepared me for many challenges I faced in life. The most important lesson learn that day-never quit. No matter how big the challenge, if you put your mind to it, you can get it done.

For many the Marathon is one of the greatest physical accomplishments in their lives. Since when did the magic age turn to 18? Should it not be when the child reached is fully developed. Are we going to get rid of high school football? Please do the right thing and kill this bill.

SB-2413

Submitted on: 2/3/2018 4:43:28 AM

Testimony for HMS on 2/5/2018 3:45:00 PM

Submitted By	Organization	Testifier Position	Present at Hearing
Denise Sackner		Oppose	No

Comments:

Hello,

my name is Denise Sackner, a resident of Mukilteo, WA. I am a runner and a mother of a High School distance runner.

I oppose this measure for a number of reasons. Someone once told me that you only need one reason to oppose something, so if I had to pick one reason it would be because this is just an absurd use of any government. Here are a few more.

1. There are no consistent or compelling data to support that distance running in minors is dangerous.
2. Minors are under the care of their parents and parents take responsibility for injury in any activity they participate in.
3. Most youth sports involve periods of rigorous activity equivalent to distance running followed by periods of rest and recovery and so picking on distance running seems arbitrary. For example, Youth soccer practice and conditioning can mean running the equivalent distance multiple times per week.
4. Imbedding fitness as a priority in our youth is critical in ensuring we control the obesity epidemic posing a fair greater risk to minors than running.
5. Distance runners in High School are trained and conditioned for these events and are likely the majority of registrations, which is likely an overall small number in total and as such the overall impact to protecting the health and safety is meaningless.
6. Running keeps kids off drugs.

I will stop there, you get the point. Please do not pass this ridiculous measure.

sincerely

SB-2413

Submitted on: 2/3/2018 7:19:50 AM

Testimony for HMS on 2/5/2018 3:45:00 PM

Submitted By	Organization	Testifier Position	Present at Hearing
Harold Herradura		Oppose	No

Comments:

Aloha Sen. Espero,

My name is Harold Herradura. I am the father of Riley Herradura, age 11, a young man who is passionate about long distance running. I am strongly testifying in opposition to SB2413.

My son, Riley, has been running since the early age of five. He started off with the Jamba Juice Banana Man Keiki Run and soon followed with 5Ks ,10Ks, and the 8.1 mile Great Aloha Run. He enjoyed these races so much and wanted to challenge himself even more. So, Riley started running half marathons such as the Val Nolasco, the Hibiscus Half, and the Hapalua since the age of 7.

After his grandfather passed away from cancer in the summer of 2016, it was Riley's idea to run a full marathon to honor his Papa. So we talked to his pediatrician, who stated that Riley can run the 26.2 miles as long as he has no major pain or injuries from his training. With adequate training and support, Riley completed his first Honolulu Marathon at the age of 10 in Dec. 2016. This past year, he completed his second Honolulu Marathon at the age of 11 with a respectable time of 4:56:56. He was also the youngest runner in 2017 to complete the Bioastin Marathon Readiness Series which consisted of five long distance races totaling 111km.

Riley expressed to me and my wife that he wants to run at least one marathon each year for at least 50 years to continue honoring his Papa.

Please stop your measure SB2413 before it becomes a bill. Please don't crush my child's or other children's dreams and aspirations. Let our children continue to do what they're passionate about. Let my son and other children continue to run long distance races.

Respectfully,

Harold Herradura

SB-2413

Submitted on: 2/3/2018 10:20:23 AM

Testimony for HMS on 2/5/2018 3:45:00 PM

Submitted By	Organization	Testifier Position	Present at Hearing
Shyla Moon		Oppose	No

Comments:

SB-2413

Submitted on: 2/3/2018 1:08:52 PM

Testimony for HMS on 2/5/2018 3:45:00 PM

Submitted By	Organization	Testifier Position	Present at Hearing
Michael E Georgi	1952	Support	No

Comments:

I am a long time distance runner (50 years) who has completed 121 marathons since turning 18. I have also been coaching high school cross country and track at Punahou School since 1980. I want to testify strongly on behalf of bill SB 2413 based upon my experience with the PARENTS of runners under 18. Most students under 18 are thoroughly content with running 5k and 10k races because they can adequately train for these distances without detriment to their bodies. It is when they extend themselves in their racing and training to compete at the longer distances that I see the prevalence of overuse injuries skyrocket. Our school trainers have conducted long-term studies of the injuries incurred by our athletes and can confirm a correlation between high mileage training and injuries such as hamstring pulls, ACL tears, shin splints, plantar fasciitis, and torn quadriceps. Even more debilitating is the mental fatigue which accompanies so many hours of often grueling mileage, too frequently leading to burn-out before they can even graduate from high school. There is no gainful purpose to be achieved by encouraging a middle schooler to be the top half marathoner in the state; delaying their participation by just a few years will more assuredly guarantee their continued participation long after they leave school. Those who insist that such a ban would deprive the students of a competitive venue are putting their reflected glory ahead of the well-being of the athlete. If we truly want to combat the epidemic of inactivity and obesity nationwide, we would do well to take the athletic training out of the hands of parents and leave it to qualified and regulated coaches.

SB-2413

Submitted on: 2/3/2018 1:42:11 PM

Testimony for HMS on 2/5/2018 3:45:00 PM

Submitted By	Organization	Testifier Position	Present at Hearing
Mary Kawasaki		Oppose	Yes

Comments:

Let me start by saying I am a runner but not a long distance runner. I have done only one marathon and 2 half marathons in my life.

I oppose SB 2413 for many reasons.

#1 The bill does not define what long distance running is. Page 3 line 4.

#2 Overuse injuries that are highlighted in this bill also occur in other sports. Should we not then restrict those sports as well in under 18? They usually do not occur after just running one long distance run.

#3 The revised IMMDA Advisory Statement on Children and Marathoning? How Young is too Young speaks mainly about competitive distance running in children under 18. It also references the AAP statement which is more concerned with parental pressure to participate. Again running one event is not usually going to cause significant joint damage. It is the cumulative affect of high mileage week after week that causes damage. Ultimately it is the race director and the medical director who decide the age limits of a half marathon or marathon. Or is it the intent of this bill to limit the parental decision making for these events. If so there are several other restrictions on parental decision making that should be considered such as contact sports and risk of concussion and sports that contribute to ACL tears. If long distance running is so bad in children how is it we have not heard of Kenyan children suffering from running to and from school and average of 20K(12.4 miles) per day?

Ultimately it should be the decision of the race director the age limits of the race and the consent of the parent for those under 18 whether or not a child/adolescent should participate. Not the decision of the State of Hawaii.

SB-2413

Submitted on: 2/3/2018 2:16:11 PM

Testimony for HMS on 2/5/2018 3:45:00 PM

Submitted By	Organization	Testifier Position	Present at Hearing
Jeremy Honold	Runners Hi	Oppose	No

Comments:

The best course of action is to not keep children out of distance running, but educate them (and all other ages) proper training methods and proper shoe fitting

SB-2413

Submitted on: 2/3/2018 2:24:47 PM

Testimony for HMS on 2/5/2018 3:45:00 PM

Submitted By	Organization	Testifier Position	Present at Hearing
Jonathan Cross	Honolulu Marathon Association	Oppose	No

Comments:

I am totally opposed to this ridiculous measure. Numerous studies which will be presented at the hearing disputes any claims that youth long distance running has deleterious affects. In fact, running is helpful to minors to combat child obesity which in an epidemic in America. I personally started running in the 7th grade, and ran many miles in High School, College, and since and am now 64 years old. I have no problems caused by running long distance and long distance races since childhood

These studies which dispute any claims that running a half marathon or marathon race will cause damage to minors will surely will be presented on Monday at the hearing.

Therefore, I adamantly oppose bill SB2413

Jonathan Cross, DDS



WAIKĪKĪ IMPROVEMENT ASSOCIATION

Statement of **Rick Egged, President, Waikiki Improvement Association**
Before the Senate **COMMITTEE ON HUMAN SERVICES**
Monday, February 5, 2018. 9:30am, Conference Room 16
in consideration of

RE: SB 2413 RELATING TO LONG DISTANCE RUNNING EVENTS

Aloha Chair Green, Vice Chair Chang and members of the committee. I am Rick Egged testifying on behalf of the Waikīkī Improvement Association. WIA is a nonprofit organization representing 173 leading businesses and stakeholders in Waikīkī.

The Waikīkī Improvement Association opposes SB 2413 which prohibits long distance running event organizers from allowing minors to register unless the minors will be eighteen years or older on the scheduled date of the running event.

It is not clear why this bill was introduced as clinical studies published in Clinical Pediatrics don't indicate a problem. For that study, Dr. William Roberts, a professor of family medicine and community health at the University of Minnesota and medical director for the annual Twin Cities Marathon, and his colleague pulled data about every young finisher of the Twin Cities Marathon from 1982 through 2007. During those years, 310 youngsters age 7 to 17 completed the 26.2 miles, most with quite respectable times. The slowest, an 11-year-old girl, crossed the line in 6 hours 10 minutes, while the swiftest, a 17-year-old-boy, clocked an impressive finish of 2 hours 53 minutes. More important, only 4 of the 310 young people throughout the entire 26 years visited the race's medical tent, and none required interventions beyond a brief rest. The young runners' "medical encounter rate," the study concluded, "was half that of the adults" who finished the marathon during those years.

The Honolulu Marathon believes they would be negatively affected by this legislation, complicating registration and marketing. HM already has rigorous safeguards in place. I will leave the details to their testimony.

With over 30,000 entrants and over 14,000 Japanese visitors among them the Honolulu Marathon is the largest annual event in Hawaii and certainly has a tremendous economic impact. A 2012 study showed over \$132 million dollars in economic impact generating over \$6 million dollars in taxes. Legislation that unnecessarily disrupts this great event should be avoided.

Thank you for this opportunity to provide these comments on this proposed legislation.

SB-2413

Submitted on: 2/3/2018 3:52:46 PM

Testimony for HMS on 2/5/2018 3:45:00 PM

Submitted By	Organization	Testifier Position	Present at Hearing
Kaylee		Oppose	No

Comments:

To Whom It May Concern:

Hello,

My name is Jacqueline Hansen. I am opposing SB2413. I have been an educator and a coach for over 30 years, in the K-12 school setting. I was a coaching education director for one the country's most influential youth sports foundations, LA84 Foundation. My love for education and coaching grew out of my own running career. I discovered running in high school and enjoyed a lifetime career, most notably as a Boston Marathon and a Honolulu Marathon winner, with two world record marathons and the first woman to ever run under 2 hours 40 minutes. My love of running was kindled by a high school coach. I continue to coach high school athletes myself.

At LA84 Foundation, I was also a grants and programs officer, managing grants and directing programs for youth sports. Let me tell you about one of the most successful programs I know: Students Run LA. Their mission is to guide young students in Los Angeles schools towards academic success, graduate high school, and become productive young citizens as an alternative to "at risk" behaviors so many youth become involved with. They do so through the common goal of training and running the annual Los Angeles Marathon. The point is to set goals, accomplish those goals, find self-pride, self-confidence, dedication, commitment, hard work, team skills, and a host of other life skills children learn through sports. One of my favorite objectives is "self-efficacy" – the "can do" attitude.

The program has been in existence for decades and boasts a graduation rate in the high 90-percentile year after year. Statistics show that students graduate, continue to stay active; plus, their siblings, cousins, parents, and other family members become active, and many of those student athletes return to the program as coaches. It's a wonderful self-perpetuating program and leaves a great legacy. Cities around the country consult SRLA as a model to bring to their home towns.

At Loyola Marymount University, I work in teacher preparation, teaching health education to teaching credential candidates. We discuss the need to encourage students to be more active, the importance of nutrition, and the positive effect that fitness has on a child's academic achievement. Research backs this up. Across the nation, children are experiencing an epidemic of obesity which has resulted in a ratio of one-in-five children who suffer diabetes. Today's youth make up the first generation whose life expectancy is not going to exceed their parents'.

I would suggest that instead of banning students under the age of 18-years-old from participating in distance races, perhaps you should consider spending your energy creating more opportunities for training groups to prepare them so they may enjoy all the benefits of being fit and healthy. It's not the distance that matters. The only risk of injury is the same risk any athletes face – from overtraining or over-competing – and that can happen in any sport, whether it's baseball, soccer or football. The risk comes when parents push too hard, too much, too long. I would turn the focus toward educating and coaching youth, and not putting limits on them. You never know if you are curtailing students and killing the joy of running such as I enjoyed because one high school coach gave me an opportunity to discover my sport. Please, I implore you to reconsider this bill.

Thank you,
Jacqueline Hansen

SB-2413

Submitted on: 2/3/2018 9:42:05 PM

Testimony for HMS on 2/5/2018 3:45:00 PM

Submitted By	Organization	Testifier Position	Present at Hearing
John Aaron Katzeman		Oppose	No

Comments:



I am Rebekah Laurion, mother of a long-distance running high-schooler, and I am testifying in opposition to SB2413.

Since my son started cross country 2 years ago, I have seen his dedication, discipline, and self-esteem blossom through proper training, excellent coaching, and racing long-distances. He has been running the Great Aloha Run, 10Ks, 5Ks, and even triathlons for several years now and last year (at his request) we added in some longer distance races. At 14 he ran the Hapalua



Half Marathon, the Hibiscus Half Marathon, and completed at three distances of the Spartan Race during trifecta weekend here in Hawaii. He did all of that in addition to racing in both cross country and track for his school and racing in numerous "shorter" distance races. Racing has given him something to strive for – tangible fitness goals he can set and achieve – and a strong sense of pride that comes with the accomplishment of completing these races. As you can see from these pictures, he is a happy, healthy teenager who clearly enjoys competing in these races and takes great pride in the hard work he has put in.



This Bill cites a single negative study on long distance racing and ignores many of the well-established benefits of running and racing for children, especially when well-trained and carefully coached. The research presented is one-sided and clearly bias – meant to overstate the risks of running for minors in an effort to push through a ridiculous piece of legislation. Additionally, the bill specifies "long distance running" as an "event that requires an individual to register as a participant and to run a distance greater than or equal to miles." Meaning if passed, they could legally disband Hawaii High School Cross-Country, leaving

over 1000 students without a fall sport, and prevent minors from participating in community-centered fitness events such as the Great Aloha Run.

It is embarrassing as a mother and a resident of Hawaii to see our state attempting to legislate something which is clearly a parenting matter and a blatant overreach by our lawmakers. This bill clearly oversteps to bounds of an appropriate use of government power and should be immediately halted. I OPPOSE SB2413.



SB-2413

Submitted on: 2/4/2018 3:00:18 AM

Testimony for HMS on 2/5/2018 3:45:00 PM

Submitted By	Organization	Testifier Position	Present at Hearing
Richard Senelly		Oppose	No

Comments:

Confession: I am a lifelong runner and I was the head coach for cross country and track & field for several years at Pac-5, a team that comprises 7-12 grade boys and girls from up to 13 different small private schools. I was privileged to coach 15 individual State champions and several ILH league championship teams. I can personally attest to the benefits of "distance" running in terms of physical and mental well-being plus scholastic achievement. In all the years of my coaching and association with young runners, I never once encountered a serious running-related injury. I did see injuries from other athletic activities, especially from our nation's #1 and #2 sports, football and basketball.

I am still in touch with many of the athletes I coached, several of whom have become lifelong runners. Unlike most other sports, one can run at any age. Running is good for humans of any age!

Here's the thing: while many babysitting parents and educators are encouraging kids to watch screens instead of moving their bodies, often resulting in childhood obesity and early onset diabetes, responsible leaders have the opportunity to change that trend with encouragement of physical activity. Not every child will become a runner, but for those that do, there is a lifetime of physical and mental fitness ahead.

As many studies, including a famous one from MIT have shown, we humans evolved on our feet. Our forays from the forest into the open savanna for food as ice sheets retreated helped us develop bigger brains and the greatest endurance of any species on earth. Persistence hunting is still practiced today, with people chasing down food species that can out run us in short distances but are no match for our endurance. It is that practice over eons that has provided us with our ability to run upwards of 100 miles, over mountains, at high altitudes, etc., to positive results. I have personally done this even into my 50's. Today, in my 70's, I still run wild and love it.

As a founder of the Hawaii Ultra Running Team (HURT) which just concluded its annual 100-mile trail race on the Tantalus trail system... with 0 injuries... I regularly ran on those same trails with kids as part of their cross-country training. Many were very young. None were ever injured, though some were muddy and smiling.

It's time to get real about this. If you want to regulate sports because of potential injuries, or serious health issues, start with the "games" kids play, including football and

electronic games...

PS Every organized run I have experienced provides for parental consent for "underage" runners.

SB-2413

Submitted on: 2/4/2018 6:14:25 AM

Testimony for HMS on 2/5/2018 3:45:00 PM

Submitted By	Organization	Testifier Position	Present at Hearing
Christal Cuadra-Keegan		Oppose	No

Comments:

My name is Christal Cuadra-Keegan. I started running when I was 14 and have been running for nearly 20 years. I am the 2002 Hawaii state cross-country champion. The adverse health claims made in this bill are speculative. I have never been injured as a result of running a half-marathon, marathon or other long distance as a minor. I am now a mother of two boys (2.5 years, 9 month) and will encourage long distance running to be a part of their lives. Given my running background and experience, I am the most qualified person to make decisions about what distances my children can run. The state has no business coming into families homes and telling them they can't let their children run long distances. If you pass this bill you are opening the door to the government to control our parenting decisions and that is intrusive and over stepping it's bounds.

SB-2413

Submitted on: 2/4/2018 6:37:35 AM

Testimony for HMS on 2/5/2018 3:45:00 PM

Submitted By	Organization	Testifier Position	Present at Hearing
Greg Cuadra		Oppose	No

Comments:

Aloha: My name is Greg Cuadra, long time runner of all distances from 1 mile to 100 mile ultra-marathons. I was also the coach for PAC-5 for 10 years coaching kids both boys and girls from grades 7-12 in cross country and track, and an assistant coach at University of Hawaii Wahine cross country and track.

I know from experience that running develops a discipline in kids that no other sport can, it's not a team sport, but a sport that requires an inner strength that some possess, but most must learn.

I've had several state champions that I coached, and many others that have become life-long runners, all with no injuries that developed due to running long distances.

I myself testified many years ago to allow our states girls to run three miles vice two that they used to run, to put our girls on an even keel when competing with mainland runners who were vying for scholarships in college.

Many of my charges went on to college with full scholarships that allowed them to better themselves and become productive members of our society.

I personally put on many races in the past from the HURT (Hawaiian Ultra-Running Team) trail series to the HURT trail 100 mile endurance run. I have seen kids and adults alike compete at distances that people who don't run think are crazy. But these kids and adults are professionals who get there drive from a sport that requires confidence, commitment, courage, and a mindset that only running can deliver.

I encourage you to defeat this bill, and allow our children to run and compete in distance running events.

Gregory J. Cuadra

SB-2413

Submitted on: 2/4/2018 6:56:42 AM

Testimony for HMS on 2/5/2018 3:45:00 PM

Submitted By	Organization	Testifier Position	Present at Hearing
Bernadette Senelly		Comments	No

Comments:

Mahalo in advance for accepting my testimony. This bill has serious long term ramifications and I suggest you consider the following as you deliberate this bill.

1. What studies did the Journal of Athletic Training, the Marathon Directors Association, and the American Academy of Pediatrics Council on Sports Medicine conduct to reach the conclusion that this is an “adult activity reserved only for those 18 years and above?” Why 18? In what states were these studies conducted? What running distances were considered? If these are long-term impacts, how many years did the researchers monitor their subjects? Were there testing and control groups? Can we access these studies?
2. Are there similar recommendations for other youth athletics? Any strenuous athletic activity have risk of strain and injury. Basketball is notorious for knee injuries and we now know that football significantly increases risk of brain injuries. Water sports, boxing and wrestling are also physically taxing. Are there other Hawaii laws that impose minimum age limits for sporting events other than distance running? If not, why not?
3. Race applications typically are signed by parents / guardians allowing young people to participate. We have signed such applications for our son. If this law is passed, what are the penalties? Does this criminalize young people who run anyway? Does it criminalize their parents who take responsibility of their children's wellbeing? Will race organizations be liable? How will this be enforced?

SB-2413

Submitted on: 2/4/2018 7:43:23 AM

Testimony for HMS on 2/5/2018 3:45:00 PM

Submitted By	Organization	Testifier Position	Present at Hearing
Marian Yasuda		Oppose	No

Comments:

Aloha Senators,

I strongly oppose SB2413 and encourage you to end this over-reaching and grossly uninformed legislation. Every child's physical abilities are unique. This sweeping bill to disallow all minors from participating in long distance running events is absurd and an insult to parents that wish to encourage healthy and strong children to achieve goals and dreams. Participation in distance running events should be a collaborative decision-making process between the parents, the child, and the pediatrician or other health care provider.

I began running competitively at the age of 15 for Punahou school. Here I am, some 43 years later, still competing in ultra running events up to 100 miles in length. While I personally did not run a marathon distance before age 18, I know of many athletes who did and suffered no negative consequence.

In an age where childhood obesity rates are frightening, discouraging young people's activity in the running community, which embraces people in all age groups, is extremely detrimental. Youths that compete in events with athletes of all ages at local running races will show young participants that they will be able to continue this healthy lifestyle for most, if not all, of their lives. Participating in races or organized runs transcends the actual event and becomes a lifestyle choice.

Please do not consider moving this legislation forward. You will be harming upcoming generations of people like myself that become lifelong runners and physically fit members of society. Thank you.

Marian Yasuda

SB-2413

Submitted on: 2/4/2018 10:43:03 AM

Testimony for HMS on 2/5/2018 3:45:00 PM

Submitted By	Organization	Testifier Position	Present at Hearing
Andy Arakaki		Oppose	No

Comments:

I oppose this bill because of the following reasons:

- (1) There are potential health consequences to all sports.
- (2) The Honolulu Marathon and Hapalua Half-Marathon are experiences also, so participants may choose to walk.
- (3) As a runner since 13 years of age, there are many benefits to running. One of them being the community. Running events and teams provide a wonderful culture for our youths.

SB-2413

Submitted on: 2/4/2018 11:08:09 AM

Testimony for HMS on 2/5/2018 3:45:00 PM

Submitted By	Organization	Testifier Position	Present at Hearing
Malia Clemons		Oppose	No

Comments:

I started running before 10, and completed the Windward Marathon and Honolulu Marathon for the 1st times when I was 13. I started working every day after school at 15, so wasn't able to compete in high school sports. I loved to run, so I ran every morning and competed in road races and triathlons on weekends. I can't even count the number of marathons and half marathons I raced in before turning 18, plus the countless training runs over 13 miles I did on a weekly basis.

Not being able to race wouldn't have kept me from running, but racing gave me so much positive feedback from my training and actually made my running a social activity. At 48, I still run and race from distances ranging from 5k to over 100 miles. I have no health problems and last year my doctor told me she wished everyone ran as much as me because she would be treating a lot less patients for health issues. I've had a very successful professional career, which I directly attribute to distance running.

Running taught me to set big goals and work hard for them, to work through stumbling blocks and setbacks. These are important skills for adults in every day life.

I'm not a doctor, so can't debate a medical study. But I can debate this bill with common sense. Obesity is a major problem in this country, so why would we let the government make a decision, instead of a parent or race director, on whether or not a child should participate in an athletic activity? This whole bill stinks of an alternative motive because if someone really cared that much for the safety of a child they would push to ban youth football and gymnastics. If they really cared about the long term health of children, they'd make it illegal for pregnant women to drink or smoke and for anyone to smoke within 10 feet of a child.

SB-2413

Submitted on: 2/4/2018 11:37:36 AM

Testimony for HMS on 2/5/2018 3:45:00 PM

Submitted By	Organization	Testifier Position	Present at Hearing
Christopher Lovvorn	individual	Oppose	No

Comments:

I, Christopher Lovvorn, oppose SB2413.

Aloha, my name is Dr. Nathan H. Carlson and I am testifying in opposition to SB2413.

I'm a Doctor of Physical Therapy who graduated from the U.S. Army – Baylor University Doctor of Physical Therapy Program (the top Orthopaedic PT Program in the U.S.) who has been practicing for ten years, and currently have been practicing that past 7.5 years in Hawaii. I'm a Board Certified Orthopaedic Clinical Specialist, a Certified Strength and Conditioning Specialist, and also specialize in slow motion video running form analysis/running form teaching. I have video analyzed over 6,000 runners (ages 11-60+) over the past six years and taught them how to properly run to put less stress on the body and run more efficiently. Furthermore, I'm a high school long distance running coach at Castle High School in Kaneohe. I have been a coach at the Aloha Cross Country Camp for the past seven years, where I have gotten to know hundreds of local Hawaii runners under age 18. I'm the coach and founder of Dr. Nate's Champion Running Program that focuses on individual coaching for long distance high school runners on Oahu. I help prepare these athletes (14-17 years old) for their cross country and track seasons and for their college running careers. The pillars of my long-distance training program are injury prevention, training all at their individual levels, and teaching young runners how to properly train. As one of the most qualified subject matter experts in Hawaii, if I thought that there was any concrete evidence that those under age 18 are at a greater injury risk running distances over half-marathon, than the rest of the population; I would be the first to support SB2413. However, the subject matter experts in the world and the only studies/data we have regarding minors participating in marathons are in direct opposition of SB2413 and actually demonstrate less health events and risks than the adult population. This is one of many reasons why I'm opposing SB2413. Let's look at what the top Pediatric experts currently say and then I'm going to give you what I know based on my running, clinical, and coaching experiences over my lifetime.

Section 1 of your bill claims that “the American Academy of Pediatrics’ Council on Sports Medicine and Fitness suggests that sporting activities should be geared to meet the developmental level of children and adolescents in regard to their physical abilities, cognitive capacities, initiative, and interest.” Yesterday, I reached out to one of the leading Sports Medicine Pediatricians in America, Dr. Chris Kontures, MD, FAAP who just completed a six-year elected term as a member of the Executive Committee for the American Academy of Pediatrics Council on Sports Medicine and Fitness, has written 20 professional articles, and is the co-author of the *Pediatric Sports Medicine: Essentials for Office Evaluation* textbook published by SLACK Incorporated in October, 2013 (see <http://www.dockoutures.com/about-dr-koutures/> for his complete extensive bio). Dr. Kontures states in regards to distance running for children: “The risks of injury and illness in distance running may be related to the total mileage and number of hours training per week. There is no agreement among sports medicine professionals about distance limitations for children.

Until further data are available concerning the relative risk of endurance running at different ages, the American Academy of Pediatrics recommends that if children enjoy the activity and are free of injury or ailments, there is no reason to keep them from training for and participating in such distance events including marathons and half-marathons. Regardless of age, the **10 percent rule** is an appropriate guide when designing a training program. - The variables include weekly distance, intensity, and number of training days per week. - Each week, one should only increase one of those three variables, and no more than 10 percent from the previous week." <https://chris-koutures.squarespace.com/running/>

Dr. Kontures, like all good physicians, directed me to the best and only research articles and research studies on children running marathons. The studies actually demonstrate no evidence that distance running for those under 18 is harmful or poses a higher risk than the general population. The research shows **less** health incidents for minors than those **over** 18 running marathons. Here is the research:

Can Children and Adolescents Run Marathons? Sports Med. 2007;37(4-5):299-301.
<https://www.ncbi.nlm.nih.gov/m/pubmed/17465593/>

<https://well.blogs.nytimes.com/2011/02/23/phys-ed-should-children-run-marathons/> (Link loads slowly, recommend copy/paste into web browser)

<http://700childrens.nationwidechildrens.org/marathon-training-young-young/>
(includes statement that American Academy of Pediatrics does not set age guidelines for distance events)

Pediatricians can help young runners stay healthy, avoid burnout. The Official Newsmagazine of the American Academy of Pediatrics. Aug 2013; Vol. 34: 8. (see attached and link:
http://www.aappublications.org/content/34/8/18?sso=1&sso_redirect_count=1&nfstatus=401&nftoken=00000000-0000-0000-0000-000000000000&nfstatusdescription=ERROR%3a+No+local+token)

Youth Marathon Runners and Race Day Medical Risk Over 26 Years. Dr. William O. Roberts et al. Clin J Sports Med. 2010; 20 (4): 318-321. (See attached full PDF Journal article and link for abstract
<https://www.ncbi.nlm.nih.gov/pubmed/20606519>). Dr. Roberts is currently doing further research on runners, under 18, running marathons.
Dr. Roberts's research shows less health events in minors' versus adults' during/after a marathon and this research is further supported with a larger sample size of 846 under 18 running in the 2017 Honolulu Marathon. James Barahal, MD, CEO and Founder of the Honolulu Marathon and President for 27 years states: "I have never even seen a kid in the medical tent. I am a practicing clinician who has seen over 100,000 patients of all ages, although I am not a medical director of the marathon, so it is possible kids have been seen but no one on our medical report team

has ever reported an incident with a child running. EVER. Not once. (Written conversation 3 February 2018)”

My Statement:

As I outlined above, there is no scientific evidence or studies published that specifically demonstrates that those under 18 have higher risks of injury or health consequences running marathons. All claims that there is a higher risk of overuse injuries and health complications for those under 18 running marathons are assumptions ‘not’ based on any studies looking directly at under 18 distance runners. Furthermore, the studies and claims cited in section 1 of SB2413 are not conclusive and are not direct research data on children running marathons. I cross referenced the studies in the International Medical Marathon Directors Association (IMMDA) advisory statement and they are outdated articles and textbook commentaries from 1976, 1981, and 1983; not studies looking at children and long distance running. There is no evidence that young long-distance runners have a higher occurrence (than other sports) of osteochondritis dissecans, Osgood-Schlatter disease, or Sever’s disease. I have run long-distance and participated in all the team sports since age 9 and I have NEVER met a young runner or treated a young runner that had osteochondritis dissecans or Sever’s disease. “No studies have linked distance running by young children to potentially serious overuse injuries like growth-plate disruptions or knee arthritis,” says Dr. William Roberts, professor of family medicine and community health at the University of Minnesota and medical director for the annual Twin Cities Marathon (<https://well.blogs.nytimes.com/2011/02/23/phys-ed-should-children-run-marathons/>). Furthermore, after a thorough literature review on knee osteochondritis dissecans and athletes, the incidence is less than 0.025% and the consensus is “the cause is unknown, many theories exist.” (<https://www.sciencedirect.com/topics/immunology-and-microbiology/osteochondritis-dissecans>).

Additionally, I’ve only met and treated two distance runners in over 25 years that had Osgood-Schlatter’s. Osgood-Schlatter’s is a normal occurrence for ANY young competitive athlete that has to run/jump/squat/lunge repetitively in their sport and that are going through a large growth spurt. Osgood-Schlatter’s will resolve once the young athlete stops growing or sooner. Sever’s disease will resolve after about two months of rest and once again will completely resolve and will not return after the young athlete stops growing.

In regards to the studies that you are referencing that claim children absorb less impact than adults and that their running mechanics *may* contribute to a diminished ability to absorb shock...these are tremendously flawed studies. First, the article from the Journal of Athletic training that the SB2413 references: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2865964/> concludes, “We do not know how these shock attenuation characteristics are related to overuse injuries.” The study sample size was small n = 18, the age of participants were extremely

young 8-11 years old, did not test children that ran long distance races, and most importantly there was no standardization on the type of shoes that the children ran in during the study (the children were allowed to use their own shoes, which could have been any type of shoe and worn out). From scientific research we know that a shoe loses its ability to absorb impact/shock and actual individual foot strike also matters. For example, runners that heel-strike absorb most of their initial ground shock in their heel (if the shoe has good heel cushion), but if there is not a good shoe heel cushion, then impact forces go up to shin and knee first (increasing injury risk in ALL distance runners). Forefoot and mid-foot strikers absorb most of their initial ground shock in their arch and Achilles tendon (which act as natural springs/shock absorbers).

I read the studies that SB2413 indicates children run with different mechanics, have shorter legs in relation to their body size, and thus 'may' have a diminished ability to absorb impact.

A Description of Shock Attenuation for Children Running. 1996.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2865964/>

Is Running Economy Different Between Adults and Children? 1996

<http://www.humankinetics.com/acucustom/sitename/Documents/DocumentItem/12361.pdf>

These studies are both old, small sample size, and nowhere in the studies do the authors conclude that their findings may contribute to diminished ability to absorb shock or that their findings could result in health outcomes that you are claiming in Section 1 of SB2413. The Bill is making assumptions based on zero data or supportive literature. Fact, the running economy study demonstrated that the children had a higher stride rate, which is actually a good thing for injury prevention. The higher the stride rate, the less ground impact time, then less time the body has to absorb impact and stabilize. Higher stride rate improves running mechanics and causes less over-striding and less heel striking, leading to less impact on the tibia bone, knees, and lower back. The assumptions are similar to how the medical community has assumed for 40 years that those that run will have a higher incidence of knee and/or hip arthritis. We now know that recreational runners, which make up 99.999% of runners, have significantly less knee and hip arthritis than sedentary people. A systematic review of 17 studies with a total of 125,810 people, published in 2017 by the Journal of Sports and Orthopedic Physical Therapy found that: "...only 3.5% of recreational runners had hip or knee arthritis; this was true for both male and female runners. Individuals in the studies who were sedentary and did not run had a higher rate (10.2%) of hip or knee arthritis. Most of the studies the researchers evaluated that showed an increased risk of arthritis from running focused on runners who were at the elite, ex-elite, or professional level [elite running make up only approximately 0.00075% of the running population and they ran over 57 miles/week for years]. These professional or elite

athletes or individuals who participated in international competition had the highest rate of knee or hip arthritis at 13.3%.”

<https://www.jospt.org/doi/full/10.2519/jospt.2017.0505?code=jospt-site>

(Copy and paste, link does not work directly. Also, please see attached PDF file titled “Runners have less arthritis”)

None of the other studies that you cite in your reasoning for SB2413 look at injury rates in under 18 distance runners or take into account what we know now about running form and the forces on your body based on where and what part of your foot strikes the ground relative to your hip joint. It was not until around 2009 that good and conclusive running form and impact studies began to be published. It is my experience doing video analysis, when I compare the recent literature on efficient running mechanics and running form, that younger children generally have better mechanics, and less over-striding (which is directly linked to overuse injuries) than the rest of the population. It is not short legs that lead to injury or diminished impact, but it is first and foremost training too much – to fast (overtraining by increasing running volume greater than 20% per week for consecutive weeks). If you want to link running mechanics/running form to overuse injury, than over-striding (landing greater than 2 inches in front of your hip) and what part of your foot initially strikes the ground first (heel striking) is the most important factor that can contribute to injury if ANY long distance runner is over-training and progresses their running volume >20% per week for over three weeks in a row.

Let’s now address the International Marathon Medical Directors Association (IMMDA) advisory quoted in SB2413 as a reason to prohibit those under 18 to participate in a marathon. The IMMDA explicitly states that “currently there is no scientific evidence that supports or refutes the safety of children who participate competitively in marathons.” However the meeting where they made this statement was in 2008 and they voted to approve their advisory March 2009. This was before Dr. Williams Robert’s full 26-year study was published in 2010 that demonstrated the safety in children participating in marathons. They also completely disregarded Dr. Robert’s preliminary study that was published in 2007 that demonstrated children had less medical events in marathons than adults. As I outlined above, there is much more data and a greater number of children participating now in marathons than there was pre-2008 and it consistently proves the safety of those under 18 running marathons. The IMMDA also quotes, in their advisory, the American Academy of Pediatrics (AAP), “there is no reason to disallow participation of a young athlete in a properly run marathon as long as the athlete enjoys the activity and is asymptomatic.” The two doctors that wrote the IMMDA advisory paper, then go on to directly contradict the consensus of 64,000 Pediatric doctors that are part of the AAP.

I thoroughly read the entire IMMDA advisory statement on children and marathon running. The statement focuses on children that would specialize in marathons as a competitive marathoner and perform specific marathon training year round. If a

child was to do this, it would include running over 70 miles per week consistently, which is typical competitive marathon training. However, NO child under 18 in the State of Hawaii is doing this and does this! There is no child marathon clubs or school sports programs or teams for competitive marathon participation. Thus, the 'burnout' physically, psychologically, or emotionally that these two doctors are claiming can happen with specializing in a competitive sport year round, is NOT a risk.

In conclusion, since there is scientific and medical evidence that directly opposes SB2413 and absolutely zero scientific and medical evidence that supports SB2413; I once again state my opposition to SB2413. Let the children run!

Very Respectfully,

Dr. Nathan H. Carlson, DPT, OCS, CSCS

Doctor of Physical Therapy Tripler Army Medical Center
Orthopaedic Clinical Specialist
Certified Strength and Conditioning Specialist
Major U.S. Army Reserves and Bronze Star Recipient for work as a physical therapist for one year in Iraq serving over 30,000 and saving the U.S. millions through treating injuries
Founder and Coach of Dr. Nate's Champion Running Program for high school runners
2-time 1st Hawaiian Resident Finisher and 1st American Finisher Honolulu Marathon
2011 Maui Half-Marathon Champion and 3rd best finishing time ever
Member of the All-Army Elite Cross Country and 10-Miler Teams
33rd place in the 2012 U.S. Cross Country National Championships
Saint Martin's University Sports Hall of Fame Member for Cross Country and Track
Saint Martin's University 2004 Assistant Cross Country Coach
2005 NCAA All-American 1500m (8th at the National Championships)
Competed in three NCAA National Track and Field Championships in the 1500m and Mile races.
9-Time Academic All-American (Cross Country, indoor track, outdoor track) and ESPN the Magazine 1st Team All-American
2005 Great Northwest Athletic Conference Sportsman of the Year and Academic Athlete of the Year
Saint Martin's University record holder 1 mile, 1500m, and distance medley relay
1998 Washington State High School State Champion 1600m and 800m
Husband of 2020 Olympic Marathon Trials qualifier and 4-time Honolulu Marathon 1st Hawaii resident champion: Polina Carlson

SB-2413

Submitted on: 2/4/2018 1:10:48 PM

Testimony for HMS on 2/5/2018 3:45:00 PM

Submitted By	Organization	Testifier Position	Present at Hearing
Pete McQuade		Oppose	No

Comments:

To whom it may concern, Aloha

My family and I oppose the banning of minors participating in the Honolulu marathon.

We were participants of the Honolulu Marahthon for the past 3 consecutive years. We get involved because it's a race where we all can participate in a sport without any stress or feelings of anyone getting hurt.

We would like to come to Hawaii this year to complete the race again. Our daughter will be 16 years of age and we believe that it is a very good sporting event for any young person to get involved in with their family.

We believe that it is a beautifully, well organized ran race and also think that it is great for kids to participate in with their families. Very constructive and ambitious for the young ones.

We are planning on registering or the 2018 Honolulu Marathon, but if our daughter cannot participate in this sporting event then we won't enter.

Please advise,

Mahalo

McQuade Family

[1-586-491-7716](tel:1-586-491-7716)

SB-2413

Submitted on: 2/4/2018 1:27:29 PM

Testimony for HMS on 2/5/2018 3:45:00 PM

Submitted By	Organization	Testifier Position	Present at Hearing
JEFF SNYDER		Oppose	No

Comments:

I oppose SB2413. Long distance running has many benefits for everyone, from adults, to children, and young teens. It builds self esteem, relieves stress, allows for goal setting, and problem solving. It goes beyond just putting in miles. Teaching our keiki that goals take hard work and discipline to achieve them. The decision to run and participate should not be determined by the government, it should be determined by the parents / guardians and the individual. The United States is founded on freedom, liberty and the pursuit of happiness. There is no justifiable rationale to limit the entry to people greater than 18 years of age. I am a certified USAT&F Level 1 Coach and parent. If my children show the desire and ability to compete and participate in long distance running events I will fully support them and allow them to participate. They should be able to participate in long distance events just the same as if they wanted to participate in soccer, baseball, football, gymnastics, basketball, lacrosse, ice skating, hockey, or running sprints or shorter distances. This bill should not be passed. The government has other issues that require their attention instead of limiting participation in exercise during times when obesity and diabetes run rampant because of the inactivity of minors.

SB-2413

Submitted on: 2/4/2018 1:31:19 PM

Testimony for HMS on 2/5/2018 3:45:00 PM

Submitted By	Organization	Testifier Position	Present at Hearing
Linda Lee		Oppose	No

Comments:

My name is Linda Lee and I am testifying to oppose SB2413 on behalf of son who runs Cross Country with Hanalani Schools in Mililani, HI. I've encouraged my son to try out numerous sports in the past but he was never interested. It was his choice to run with his school team two years ago. Running has become a very large part of his life. I've seen his demeanor change, he's a much better student and we are very proud of him and his accomplishments. Last year, he represented his school on Kauai in the State Championships, a huge accomplishment for a second year runner. He runs off season and is thoroughly dedicated to the sport. I would rather have him doing something he enjoys than to end up on the wrong side of the spectrum.

Please do NOT take this opportunity away from our students. I strongly oppose SB2413.

Thank you for your time.

Linda Lee

SB-2413

Submitted on: 2/4/2018 3:11:12 PM

Testimony for HMS on 2/5/2018 3:45:00 PM

Submitted By	Organization	Testifier Position	Present at Hearing
Linda Okita		Oppose	Yes

Comments:

SB2413 is another example of government overstepping its bounds and attempting to control the lives of its citizens in areas that are currently and should be left to the individual. It is elected officials like the Introducers of the bill, Senators Will Espero and Glenn Wakai, apparently thinking that they know what is best for all children and that there is the need for legislation to impose their point of view on all children and to interfere with the rights of their parents.

A parent should have the right to raise a child as he/she sees fit, to make decisions in the best interest of the child, and to encourage and support the child in ways that allow the child to fulfill his/her potential. Parenting styles vary widely and each child is unique. With parental rights comes responsibility for the minor child. The organization sponsoring the athletic team or event requires parental consent for a minor child to participate in athletics, and in the case of the long distance running events that are the focus of this legislation, there are disclosures and waivers. As is, a parent is able to make an informed decision about the child's participation. The Honolulu Marathon, a race specifically mentioned in SB2413, requires that a minor child 14 years or younger be registered and run together with a parent or guardian. This is monitored by linking the entries.

The Introducers of SB2413 cite a study from the 1990s to suggest that long distance running events are at odds with the developmental ability of minor children. The state of the art and the body of knowledge in sports medicine today is significantly advanced from twenty to thirty years ago. The level at which athletes perform today, including minor children, is substantially higher. A survey of world, American, high school and age group records for running events illustrates how effective coaching, well-designed training programs, and improvement in nutrition and equipment has allowed runners to be faster. There's an abundant body of knowledge to refute the health and welfare concerns raised by Senators Espero and Wakai.

In Hawaii, there are a variety of running events for minor children to participate in. The majority of parents/children select fun runs, charity walks/runs, and shorter events such as 5K and 10K races. The small subset of minor children who register and run in long distance running events, which is not specifically defined in the proposed bill but assumed to be marathons and half marathons by reference to the Honolulu Marathon and the Hapalua-Hawaii's Half Marathon, do so after considering the physical challenge

and mental commitment. Typically, these minor children are serious runners that train for the event. At a time where there is concern about the sedentary lifestyle, unhealthy diets and obesity prevalent in minor children, it makes no sense to legislate against an active lifestyle. For the minor child who aspires to compete at the national and international level, it creates a disadvantage by precluding them from opportunities to further their development as a runner.

Elected officials like Senators Espero and Wakai were put into office to represent their constituents and to foster a State government that serves the people of Hawaii. From groundswell of opposition within and outside of the running community and the information shared by interested parties since the introduction of SB2413, it doesn't appear that the Introducers made an attempt to understand the running events that they want to restrict, to determine whether or not there is an issue, and to fully consider this intrusion on parental rights.

SB-2413

Submitted on: 2/4/2018 3:16:44 PM

Testimony for HMS on 2/5/2018 3:45:00 PM

Submitted By	Organization	Testifier Position	Present at Hearing
Gabriel Tom		Oppose	Yes

Comments:

My name is Gabriel Tom, 16 years old, born and raised in Honolulu, and I am a distance runner, I am a marathoner and half marathoner. First off I would like to note that the research study put as a source to support this bill is 27 years old, training, technology, and science have gone beyond what they were 27 years ago. If you want to make a more compelling argument about this bill, please find a more recent source than something from the 1990's, as many things that were seen as impossible in the 1990's have become a reality today. Also after having consulted with the top pediatric doctor in the state of California, who says that a minor under the age of 18 will not have long term detrimental health impacts if they run a marathon with the proper training, I do not see a point in this bill due to medical professionals who look after children say it is fine. Before I go any further, I will say, anyone can make a case that any sport should be banned from anyone until they turn 18 for various reasons, basketball can cause knee and cartilage damage far worse than distance running does, soccer can cause issues with bone health, golf can strain a muscle, skateboarding can fracture a skull, football can cause long term brain health, etc. You get the idea, if you look at enough details of what muscles, ligaments, and joints a sport uses, you can find some point to argue about on how it can hurt minors. Now that that has been cleared out of the way, I will continue with my side of the story. I will skip the monotonous arguments about medical studies that counter act the claims made in your bill, except for the fact that the country with the most successful distance runners in the world, Kenya, sees their children run at least 20 kilometers (a little over 12 miles) each day to get to school and back, and they are not injured as much as Americans are. They run more miles than most of us ever will, yet they are always faster, injury free, and own the monopoly on marathon running. I have been running for eleven years now personally, so long that I my first race that I did no longer even exists in Hawaii, I can tell you stories about races, people here in the community, and a lot of amazing experiences that have only been possible because of distance running. I did my first half marathon in 2013, at the age of 12, I ran a decent time of 1:55:20, later that year in December I did my first marathon in 4:29:03, that is a half marathon and marathon in the same year at the age of 12. I'm 16 now, I can run a half marathon in 1:21:34, and I can run a full marathon in 3:14:47. In the span of four years I was able to greatly cut down my times to become one of the most competitive and versatile distance runners in Hawaii at my age. In that span of four years, I have represented Hawaii in nationally recognized mainland half marathons, national track championships, and other road races throughout the country that have shown my increase in speed and tactics. People may argue that the marathon slows down

teenagers when they have to run shorter faster races, I am still able to do a 5k in 16:39, I can run a mile in 4:37, and I don't have any joint problems or growth issues, I am still able to get faster each year. I will explain to you what goes on in a half marathon and marathon from my personal experience, it is not in anyway harmful or detrimental to a person. As human beings we like to set impossible goals for ourselves, things that we don't think we can do, but we want to. Why did we want to see a sub 10 second 100 meter dash, a sub 4 minute mile, 500 home runs, or the 100 point basketball game, it is because we wanted to push our limits and make the impossible possible. We are testing the boundaries of the human spirit in all these cases, and the same can be said for distance runners, As teenagers we're told it is impossible to cover 13.1 miles in a certain time, we can't cover 26.2 miles in a certain time, and that's what drives us to run these distances and push as hard as we do. When you run the marathon, you hit a point of the race called "the wall", the point where our legs are cramping badly, our feet are swollen and hurting from the race, and we think it is impossible. In that moment a self realization comes to a runner, that the mind is stronger than the body, that you can push through this moment and make it to the finish no matter how your body feels. It makes the mind stronger, and sometimes you make some self realizations about yourself and what is possible, it expands your mind to what your limits are, and it makes you want to pursue the distance again, try to get better even by one second. There is no way to eliminate the fact that some of the risks of running a marathon is getting injured if you are foolish and do not train for this event, but there are so many good parts to distance running as well that can not be discovered from anything else in life if you do train for the distance properly and methodically. Anyone who runs a marathon under the age of 18 is trying to discover something about themselves and what their limits are, or if they have any. If you take away ones ability to run a race that pushes the boundaries of human potential, then you take away the basic instinct of human exploration itself. We are goal driven beings, and you would be denying minors that instinct that burns within them to push the limits and find self epiphanies. To go beyond the pain, beyond the hard moments, the low points of the race, and look at what you learn by doing races like this, how far you can push yourself, how strong your mind is is the greatest award you can give yourself through these races. That is what a distance runner takes away from every race that they do, and minors are no different than anyone else in experiencing that journey through racing. Anyone who does end up undertaking this task of going these distances knows what they are doing, and what they want to attain by traveling 13.1 miles or 26.2 miles, there are very few people who will mindlessly enter a race like this for the heck of it. I do not believe that either Senator Espero or Senator Wakai have the right to judge a sport such as long distance running either, they do not have any background in half marathon or marathon events, I can not find any race results with their name in it. This leads me to conclude that they are incapable of understanding what running means to people, or what lessons can be taught to youths through events like a half marathon or marathon as they have never experienced the distances themselves. They can ask any runner who has gone through those distances to explain what they learn, or what life lessons came out of covering 13.1 or 26.2 miles, but you can never truly appreciate them or understand them in the slightest until you yourself have covered those distances. If the senators want to be fully knowledgeable about the bill that they have proposed, as well as the distances they plan to ban to minors, I

suggest they partake in a half marathon or marathon before they try to push this bill any farther up the government chain, as they need experience and background information before coming up with an idea like this. They lack both sides of the argument in this case, which makes an incomplete idea of running as a sport, and what it has done for people, which seems improper as the government is supposed to look at the pros and cons of something before creating a bill, and in this instance it only seems like cons have been taken into consideration when writing this. When Senator Espero responded and I quote, "This measure was introduced because child advocates asked me to introduce it. I thought it was worth the discussion." I felt this was a horrible response, why did he just propose it without asking people on both sides of the argument first, why did he not reach out to modern resources like top pediatric doctors, instead using older resources that are far outdated, and why did he not even give a moments thought about what distance races mean to people. In this instance through that response, it seems Senator Espero has proven himself to be incompetent and unable to process information and make his own decisions since he did not reach out to the running community for their opinion on this as well. But we have ended up at this point, so it is too late to reach out to anyone anymore, he has made this bill. Please rethink your idea behind this bill, there are so many good things that distance running can do for the youths of Hawaii that other sports can not provide or accomplish. Thank you for your time.

I find it ironic that we often complain about our youth's sedentary lifestyle, and then introduce a bill that prohibits children from getting on their feet and exercising! It is becoming a common occurrence to see children watching television, playing on their tablets or parent's smartphones. Why do we do this? The simple answer, it's easier. It takes more time and effort to walk with your child, run in the park, and do it regularly. Perhaps the people who introduced this bill lost sight of the benefits of having children be physically active. Granted, running races may not be for all children, just as being part of the robotics team, math league, or drama society may not be on many children's A-list. Every child is different, and to deprive a child who finds that their calling is "to run" and complete a race is very unfair. Instead of prohibiting a child from running a race, why not go out and train with your child. Not only would parents be spending quality time with their child, the health benefits would be tremendous. If the child expresses an interest in participating in race, start with a short distance race, build up to a longer one. The parent will know if their child is ready, because they would be involved in the training! Don't pass a bill that limits a child. Give them the opportunity to set their goals and exceed their expectations. You'll be surprised at what children can achieve.

Sincerely,
Carole Higa

SB-2413

Submitted on: 2/4/2018 3:41:56 PM

Testimony for HMS on 2/5/2018 3:45:00 PM

Submitted By	Organization	Testifier Position	Present at Hearing
Jonathan Laurion		Oppose	No

Comments:

Dear members of the Hawaii State Legislature, I am sorry that I am unable to get off out of work to attend in person.

I have been a Hawaii resident my entire adult life and am also proud to be the father of a runner. My son is fourteen years old and has been an avid runner for several years. He is one of the faster runners on his High School team and is looking forward to the upcoming ILH track season and the cross country season next fall. My son works hard on his running, logging 15, 20 or 30 miles per week in training under the watchful eye of outstanding coaches. He has learned one of those lessons that every parent seeks to instill in a child- that hard work pays off. That perserverance is rewarded. He has been rewarded with top-3 finishes in several 5ks, 10ks and even a half marathon! That my state government would seek to strip future young runners of these opportunities to put their hard work to the test is, in a word, shameful.

I was dissapointed to read Will Espero's draft legislation, and confused by its lack of specificity in determining an actual distance that constitutes a 'long distance race'. I think we can all agree that 10-year olds are too young to run marathons without a speck of training, but are teens with running experience and training too young to run a half marathon? Doubtful. My 13 year old finished two Hawaii half-marathons last year with a smile on his face and pride in his heart.

I am hopeful that you will make a smart decision on this issue, and allow my son to continue to compete and put himself to the test. He's earned it.

Respectfully, Jon Laurion, Mililani

SB-2413

Submitted on: 2/4/2018 3:42:44 PM

Testimony for HMS on 2/5/2018 3:45:00 PM

Submitted By	Organization	Testifier Position	Present at Hearing
LaRee Holcomb		Oppose	Yes

Comments:

Some of the fondest memories I have with my son were created while completing over a half dozen of half marathons together between the ages of 13 and 16. The time spent strengthening our relationship was also strengthening him for his athletics. This opportunity should not be taken away from our youth.