

HONOLULU QUARTERBACK CLUB

"The Preeminent Sports Source in Hawai'i, Recognizing All Sports"

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PRESS RELEASE

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The Honolulu Quarterback Club, celebrating 67 years, is pleased to announce the following Guest Speakers for their luncheon, Monday, February 4th., at the MGR:

- + Rich Miano – Head Coach – Football – Kaiser High School & Founder of Hawai'i Speed & Quickness**
- + H. William (Bill) Burgess – Male Swimmer of the Year 2012 – Waikiki Swim Club**

Rich Miano - Head Coach – Football - Kaiser High School & Co-Founder of Hawai'i Speed & Quickness – Coach Rich, the former University of Hawai'i Associate Head Coach, is going into his 2nd year as Kaiser High School's Head Football Coach. He also co-founded of Hawai'i Speed and Quickness in 2000 and he is involved at all levels of services from design, research and implementation. The clinics were first established in order to instruct Hawaii youths looking to gain a competitive edge through innovative and state-of-the-art training techniques designed to improve an athlete's speed, quickness, agility and balance. The company has since expanded to include an array of services targeting at-risk youth and disadvantaged communities. Coach will give us his insight on his first season as Head Football Coach at Kaiser and talk about the programs available at Speed & Quickness on Monday at the luncheon.

H. William (Bill) Burgess – Male Swimmer of the Year 2012 – Waikiki Swim Club - Recently, Bill, an all-around Athlete, was selected as the Male Swimmer of the year for 2012 and awarded the Humu Cup. The Cup is given to individuals who score the most points in a year. The Waikiki Swim Club began in 1971 and is the oldest organized swimming club which promotes safe and fun ocean swimming. The Club is involved in several ocean swims and biathlons. Bill not only swims and participated in multiple Waikiki Roughwater Swims, he is a rock climber, an avid bike rider who rode in multiple Century Bike rides, has completed the Iron Man 3 times , completed Ultra Runs, finished 25 marathons including Honolulu, New York, Paris, Boston, Las Vegas, Maui, Volcano and Hilo. Bill may be retired from his private law practice but he has a very healthy life style. He will share some of his experiences and highlight some of the events he won.

The Maple Garden Restaurant is located at 909 Isenberg (near the corner of King and Isenberg directly across from the Old Stadium Park) and there is free parking next to the Restaurant or street parking is available. The entrance to the meeting room is located at the rear of the Maple Garden building through the parking lot. Lunch is at

11:30 am and the program begins at 12 noon. The luncheon cost is \$15.00 per person for members and guests which includes tax and gratuities.

THE GENERAL PUBLIC IS INVITED

Come to our meeting & celebrate these speakers!

There is parking next to the Maple Garden Restaurant and plenty of street Parking.