

RUNNER'S PROFILE

by Joe Howell

If you attended the 1998 Grand Prix Awards Ceremony, or if you talk with anyone who went, you must know (at least indirectly) Tim Mock and his wife Sandi Shizuru. Tim and Sandi started their combined restaurant experience with Aja, a wonderful restaurant located on the Mesa. For a long time, Aja was so appreciated by its loyal customers that many actually tried to keep the place secret! Word soon spread, and Aja continues to be a great restaurant with interesting food, modest prices and a wonderful combination of Tim's effervescent hospitality and Sandi's brilliant culinary skills.

Seeing an opportunity they couldn't refuse, Tim and Sandi last year acquired a second restaurant on upper State Street, named Dajavous. (No, I did not misspell the name; actually, it is a clever spelling incorporating the name Aja.) Tim is one of those runners who is leading his age group and often the pack when he is competing. In the last couple of years, the responsibilities of a successful business, a new location and some nagging injuries have prevented him from competing at past levels. Based on some recent performances and what are becoming consistent appearances at the Sunday morning East Beach long run, it is clear that Tim is back.

While I do not pretend to be a restaurant critic, I am happy to give you my enthusiastic recommendation for both Aja and Dajavous. I have had numerous meals at each, often joined by friends or family who were not aware of either restaurant. The meals were great and our friends and family were duly impressed. If you've not been there, check them out. I guarantee you'll enjoy the experience.

Basic Information

Name: Tim Mock

Age: 42

Employment/Family: Co-owner with Sandi Shizuru - AJA and Dajavous Restaurant

2 sons - Tanner/Travis

Other Sports/Interests: Basketball, fishing, music

Running Highlights

Favorite Distance & PR at same: 5K 15:50 Hawaii State 5K Championship

Best Race and Why: Honolulu Symphony Run
4 mile 21:15 8th overall out of 10,000

I hit 2 miles in 10:12

Worst Race and Why: Honolulu Marathon 10th Anniversary 3:33:55. On 3:00 pace, hit the wall at mile 20 - undertrained

Average Weekly Mileage (last 12 months): 25

Favorite Local Race: Adventours Series

Goals (Realistic) for 1999: Stay healthy; 40 miles a week; 16:30 5K

Goals (Wildly Optimistic) Year 2000: Beat Gregg and Jim K.

Additional Information

Why I Run: Sanity, health

My Runner Hero & Why: PRE - Ran from his heart and soul.

Personal Training Tips: Slow down.

I love runners who ...: greet you as you pass.

I hate runners who ...: start in the front and shouldn't and then sprint at the end - run hard the whole race!

Suggestions for local races: A couple more certified 10Ks and some cross-country races.

Suggestions for SBAA: To try and propagate the younger running community.

My views on Life. Be honest, be happy, work hard.

Views on Running - enjoy! It's good for your soul.

Quote: Start strong, stay steady and relaxed, finish hard!

SBAA Member since 1996.

