

## Top 5: Men < 50

NAME	TITLE	COMPANY	AGE	LIFE CYCLE	PUSH UPS (In a Min.)	PLANK POSE (Mins.)	LEFT DRILL (Secs.)	OVERALL SCORE
<b>1 Jaco Van Delden</b>	President	JACO Physical Rehabilitation	39	49.3	84	5.07.25	19.03	16
<b>2 Bryant Powers</b>	Co-Founder/Director of High Performance	CrossFit Oahu	24	44.9	82	5.23.21	19.03	18
<b>3 Dustin Sellers</b>	President Sales and Marketing	ProService Hawaii	39	41.6	75	5.04.31	18.56	29
<b>4 David Low</b>	Managing Director	Hawaii Capital Management	45	44.5	85	4.36.03	22.78	38
<b>5 Alan Akina</b>	President and CEO	101 Financial Group	38	44.2	65	3.21.00	18.69	50

NAME	TITLE	COMPANY	AGE	OVERALL SCORE
Creighton Arita	CEO	Team Praxis	47	104
Michael Bennett	President	Retina Institute of Hawaii and Project Vision	42	69
Brian Bowers	President	Bowers + Kubota Consulting	49	111
Scott Dunn	President	AccuCopy	47	111
Ben Godsey	President, Finance and Operations	ProService Hawaii	35	73
Jim Hasselman	Owner	James P. Hasselman, CPA	47	50
Erwin Hudelist	President	Hagadone Printing Company	46	182
David Kowalski	Regional Vice President	Avalon Health Care - Hawaii	46	162
Richard Lewis	Chairman of the Board and Vice President of Sales	PipelineFX	43	96
Gerry Majkut	Senior Vice President and General Manager	Dick Pacific Construction	49	93
John Robinson	Managing Director	Hawaii Wealth Management	42	61
Eric Rosso	President	DiGiulio Advertising	45	72
Wayne Tanaka	General Manager	Enterprise Rent-A-Car	46	68
Aaron Wallen	President	Haas Insulation	36	77
Ryan Yamauchi	Regional Manager	Indymac Bank	35	63

## Top 5: Women < 50

NAME	TITLE	COMPANY	AGE	LIFE CYCLE	PUSH UPS (In a Min.)	PLANK POSE (Mins.)	LEFT DRILL (Secs.)	OVERALL SCORE
<b>1 Kari Leong</b>	President and Co-Founder	Greater Good	34	38.3	74	3.07.59	21.75	75
<b>2 Cherry Fu</b>	Owner	Girls Who Surf	28	40	55	4.01.85	22.19	87
<b>3 Mei Sim Chan</b>	Principal	Beall & Associates	44	40.7	55	3.22.25	27.97	109
<b>4 Wendy Do</b>	Executive Director	W Salon	32	35.7	17	2.17.66	26.82	149
<b>5 Marian Tsuji</b>	President and CEO	Lanakila Pacific	48	33.9	37	2.04.32	37.97	164

### Methodology

Nominations for the Fittest Executives competition were accepted during April and May this year. To qualify for the competition, participants had to meet one of the following criteria: hold the title of CEO, president, owner or top executive of a business or nonprofit company; or be a top executive listed in the Top 250 of our August 2007 issue. Trainers from the Honolulu Club tested 49 Hawaii executives in June. They participated in four fitness tests: 1) Cardiovascular fitness (Life Cycle test) 2) Agility (L.E.F.T.) 3) Upper-body strength (Push ups) 4) Core strength (Plank pose). For the Life Cycle test, contestants received numerical scores based on gender and age. For the L.E.F.T. test, participants sprinted, backpedaled and sidestepped between two cones 10 yards apart. The push up test measured number of push ups in one minute, and the plank pose test timed how long participants could hold the pose. Based on the performance, participants were ranked 1 to 49 for each test. Scores were calculated and tabulated by Pfizer and the rankings were separated into: Men under 50, Women under 50, Men 50 and over; Women 50 and over.

## Top 5: Men 50 ≥

NAME	TITLE	COMPANY	AGE	LIFE CYCLE	PUSH UPS (In a Min.)	PLANK POSE (Mins.)	LEFT DRILL (Secs.)	OVERALL SCORE
<b>1 Peter Nicholson</b>	Owner	Nicholson Geotech	51	42.5	57	7.15.87	20.66	45
<b>2 Peter Vincent</b>	Managing Partner	Peter Vincent Architects	50	40.5	85	4.03.85	21.71	53
<b>3 Mark Houghton</b>	Vice President Maritime Operations	Young Brothers/Hawaiian Tug & Barge	51	47	53	6.05.37	22.9	54
<b>4 James "Duke" Aiona</b>	Lieutenant Governor	State of Hawaii	53	41.8	60	5.14.09	23.78	66
<b>4 Luis Larcina</b>	President	Custom Contractors	55	41.6	70	5.02.79	24.22	66

NAME	TITLE	COMPANY	AGE	OVERALL SCORE
Bob Arkus	President	Bob Arkus Custom Upholstery	56	100
Victor Brandt	President	Kahala Associates	50	99
Danelo Canete	President and CEO	Hawaii Medical Center	71	182
Bruce Coppa	Chief Operating Officer	Communications Pacific	54	142
Donald Eovino	President	Eovino & Associates	62	14
Harris Nakamoto	Hawaii General Manager/Vice President	Summerlin Life and Health Insurance	51	74
Peter Shaindlin	Chief Operating Officer	Halekulani Corporation	50	152
Bruce Smith	President	HSI Electric	52	105
Ted Taketa	President and CEO	Starcom Builders	52	98

## Top 5: Women 50 ≥

NAME	TITLE	COMPANY	AGE	LIFE CYCLE	PUSH UPS (In a Min.)	PLANK POSE (Mins.)	LEFT DRILL (Secs.)	OVERALL SCORE
<b>1 Beverly Marica</b>	President	Adecco-Hawaii	56	26.8	63	4.02.62	21.97	97
<b>2 Ruby Alvarez</b>	Executive Manager	Batesville Logistics	54	32.2	45	2.02.58	21.38	125
<b>2 Martha Smith</b>	Chief Operating Officer	Hawaii Pacific Health/Kapiolani Medical Center	50	35.8	52	3.40.65	28.47	125
<b>4 Carey Brown</b>	General Partner	Employee Assistance of the Pacific	53	30	41	4.03.31	26.97	133
<b>5 Donna Smith</b>	Executive Vice President	Fernandez Events	62	26.3	45	4.12.00	27.54	134

NAME	TITLE	COMPANY	AGE	OVERALL SCORE
Amy Blagriff	Executive Vice President	American Institute of Architects - Honolulu	52	142
Marilyn Cristofori	CEO	Hawaii Arts Alliance	68	146
Carolyn Frutoz-de Harne	President and CEO	Hawaii Healthcare Professionals	56	142
Debi Halcro	President	Valenti Print Group	52	160
Connie Mitchell	Executive Director	Institute for Human Services	52	190