



Running/Training Groups on Oahu



MPRRC and the Hawaii Running Project (HRP) offer group training opportunities for all levels of runners and walkers. Come join the fun and get fit! Full details on HRP sessions at <https://hawaiirunningproject.wordpress.com/>

Sunday

- HPR Sunday Long Run, 6:00 am, Distance & Location Vary.
- Honolulu Marathon Clinic, 7:30 am, Kapiolani Park on Paki Avenue side, Mid-March through December. <https://www.honolulumarathonclinic.org/>

Monday

- HPR Monday Morning Training, 6:30 a.m., Kaimana Beach Park

Tuesday

- HRP Tuesday Night Training Run, 6:00 p.m., Ala Moana Beach Park
- Windward Training Freaks, Kailua, 5:15, Check Facebook at <https://www.facebook.com/groups/windwardtrainingfreaks>

Thursday

- HRP QK Run Club, 6:00 p.m., Queen Kapiolani Hotel

Friday

- MPRRC Friday Night Social Run, 6:00 p.m., Magic Island
<https://www.meetup.com/Friday-Night-Fireworks-Run-presented-by-MPRRC/events/285031269/>

Saturday

- HPR Kapiolani Park 5K Run, 7:00 a.m., Kapiolani Park