



Mid-Pacific Road Runners Club

LOCATION: HONOLULU, HI US 96803



May 2022 Newsletter

Our Mission

The Mid-Pacific Road Runners Club is the largest running club in Hawaii. We host nearly 20 road races annually as well as training groups across Oahu. We strive to promote physical fitness through running as a healthy life-long activity.

Upcoming Events Quick List



[Mother's Day Beauchamp 10K](#), Sunday, May 8, 2022, 7:00 a.m.

[Hawaii Running Hall of Fame Banquet](#), Friday, May 20, 2022, 6:00 p.m.

[MPRRC Annual Meeting & Banquet](#), Friday, May 27, 2022, 5:30 p.m.

[Hibiscus Half Marathon](#), Sunday, May 29, 2022, 5:30 a.m.

[Camp Smith Grueler 5K](#), Saturday, June 11, 2022, 6:30 a.m.

[Kailua "Shark Chase" Beach Run](#), Sunday, July 10, 2022, 7:00 a.m.

[Lanikai 8K](#), Sunday, July 17, 2022, 7:00 a.m.

[Bioastin Marathon Readiness Series](#), August 14 through November 13, 2022.

The Outside Lane

This month we are trying out a new format for the Newsletter. Hope you like it!

It's been a while coming but in-person racing is back! So far this year we have hosted six events with no complications. Mahalo to those who turned out for our races and graciously complied with the Covid-19 Safety restrictions in place for the first few months of the year!

Congratulations to the recent Hawaii Boston Marathon finishers! We have a championship event coming to

Oahu soon. The Hibiscus Half Marathon was selected by the Road Runners Club of America as the RRCA 2022 National Half Marathon Championship. Details below.

The Hapalua Half Marathon was recently held with about 7000 finishers - Kudos! We got to see some of you who came to the pre-race packet pick-up and Expo and dropped by the MPRRC booth. It was so nice to mingle again! The race schedule refrigerator magnets we generally hand out at expos was so popular we ran out after the first day! Hope you got one! It is MPRRC's 60th anniversary this year and we offered a 50% off new memberships - after the 2-day expo we had 122 new members! Welcome to you all!

Ron Alford, President, MPRRC

The Rundown

Details on upcoming events

[Mother's Day Beauchamp 10K](#), Sunday, May 8, 2022, 7:00 a.m., Neal Blaisdell Park, Aiea



Packet Pick-up, Saturday, May 7, 2022, 10:00 a.m. till 1:00 p.m., Runner's HI, 98-390 Kamehameha Hwy # A, Aiea.

This popular 10K is run on the Pearl Harbor Bike Path. Moms (and potential Moms) get a rose as they cross the finish line. There are awards for the top three female and male finishers, 5-year age group awards, mother/daughter & mother/son teams, a stroller division, a Keiki Fun Run, and a virtual version for those who can't make it on the day.

[Hawaii Running Hall of Fame Banquet](#)



Friday, May 20, 2022, 6:00 p.m., Elks Club, 2933 Kalakaua Ave.

The recently established Hawaii Running Hall of Fame will induct its first seven honorees at a banquet on May 20th. Individual and table reservations can be purchased here. The inaugural year inductees are Connie Comiso, Johnny Faerber, Jonathan Lyau, Duncan MacDonald, Jack Scaff, Norman Tamanaha, and Mike Tymn.

[MPRRC Annual Meeting and Banquet](#)



Friday, May 27, 2022, 6:30 p.m., 3660 on the Rise, Kaimuki, HI

3660 On the Rise, a five-star restaurant at 3660 Waiālae Avenue. The meeting & banquet will be catered and is free to members but you must register online. Non-member guests will cost \$75.00 each. The club member discount will be applied on the final page of registration which is open online until May 20, 2022.

Election of Board Members

During the meeting portion, an election of Board members will be held. A nominating committee has generated a list of nominees. If you or someone you know is interested in being a candidate for the Board of Directors, please contact Paula Carroll, membership@mprrc.com, by May 20, 2022, to be included in the list of nominees. All club members are welcome to register and attend.

[Hibiscus Half Marathon](#)



Sunday, May 29, 2022, 5:30 a.m., Kapiolani Park

The Hibiscus Half Marathon is the RRCA 2022 National Half Marathon Championship. There will be a 15K and 5-Miler as well. Don't miss the opportunity to be a part of the National Championship Event!



[Camp Smith Grueler 5K](#)

Saturday, June 11, 2022, 6:30 a.m., Camp H. M. Smith, Bordelon Field, Halawa, HI

Trails and hills await you for this awesome, one-of-a-kind race running along the Aiea Loop Trail! This family friendly event is open to the public. Civilians without base access can gain easy race day access by registering in DBIDS prior to registering for the race.

Base Access through DBIDS

To gain base access for races, civilians just need to take about 5 mins to pre-enroll in the Defense Biometric Identification System (DBIDS) using the following link: <https://dbids-global.dmdc.mil/enroll#!/>

List Conor Hannum as the Sponsor and use (808) 254-7591 as the Sponsor phone number.

Then register for the race. When you are registering for the race on Eventbrite, you will need to write in your 6-digit DBIDS code, and you will be able get on base for race day! For this event you must register in DBIDS by Friday, May 27, 2022. If you have problems with DBIDS email Conor at Conor.Hannum@usmc-mccs.org.

Kailua "Shark Chase" Beach Run,



Sunday, July 10, 2022, 7:00 a.m., Kailua Beach Park

Packet Pick-up, Saturday, July 9, 2022, 10:00 a.m. till 1:00 p.m., The Running Room, 819 Kapahulu Ave.

This unique event is run on the hard-packed sand of Kailua Beach. The wave-washed, out & back course follows the shoreline to a turnaround point near the Kaneohe Marine Corps Base. Shoes are optional - you will probably run through some shallow water depending on the tide and your desire to make a splash. There will be a "shark" to chase - the shark gets a head start. Awards will be presented to the top overall male and female finishers as well as the top three in 5-year age groups and, of course, the speedy runner that catches the shark. Can YOU catch the shark?

Lanikai 8K, Sunday, July 17, 2022, 7:00 a.m.



Packet Pick-up, Saturday, July 16, 2022, 10:00 a.m. till 1:00 p.m., The Running Room, 819 Kapahulu Ave.

A week after you try to catch the Shark, run beautiful Lanikai! Start at the Lanikai Monument on the hill entering Lanikai, then two counterclockwise loops of the Lanikai Bike Path with the finish near the Lanikai Boat Ramp. Watch for the Cherry Blossom Court to man the water aid station on the course! Awards will be presented at the race to the top three male and female finishers as well as the top three in 5-year age groups.

The Bioastin Marathon Readiness Series,



August 14 through November 13, 2022.

Planning to run the December marathon? This series of MPRRC races, managed by 808Race, will prepare you to run the Honolulu Marathon in December. All five of these races were selected as the 2022 RRCA Hawaii State Championship for the distance. Register here for the series (all 5 events). Members of MPRRC will automatically receive a discounted price for the series (the discount does not apply for individual races). The member discount will be shown on the final registration (payment) page.

Norman Tamanaha 15K, August 14, 2022,

Runner's HI 20K, September 4, 2022,

Hybrid Design 25K, October 2, 2022,

Boca Hawaii 30K, October 23, 2022, and the

Running Room - Val Nolasco Half Marathon, November 13, 2022.

Oahu Running/Training Groups

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 [here](#).



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 [here](#).

Thursday

- [HRP](#) QK Run Club, 6:00 p.m., Queen Kapiolani Hotel

Friday

- MPRRC Friday Night Social Run, 6:00 p.m., Magic Island. Check Meetup [here](#).

Saturday

- [HPR](#) Kapiolani Park 5K Run, 7:00 a.m., Kapiolani Park
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Support MPRRC through AmazonSmile

Do you ever shop at Amazon.com? Want to support the club while shopping? The Mid-Pacific Road Runners Club is registered with AmazonSmile which will contribute a small amount to the club with each purchase - it all adds up! Here is information about the AmazonSmile Program:

On your first visit to AmazonSmile you will be prompted to select a charitable organization to receive donations from eligible purchases before you begin shopping. Amazon will remember your selection, and then every eligible purchase you make at smile.amazon.com will result in a donation. During the selection process you will see some suggested charitable organizations but to easily find MPRRC enter "Mid-Pacific Road Runners Club" into the search box. "Road Runners Club of America, location Honolulu" will be displayed. The reason it says Road Runners Club of America instead of MPRRC is because, like most RRCA clubs, we use their tax exempt ID and that is what Amazon uses, along with location, to identify charitable organizations.

Donations will come directly to MPRRC, not RRCA.

That's it - Happy shopping and mahalo for supporting MPRRC!



MPRRC 1000 Mile Challenge on Strava

If you use the Strava app on your phone to track your miles, check out the MPRRC 1000-Mile Challenge on Strava! The challenge is to log 1000 miles of running or walking during a calendar year. There is a widget on the MPRRC website showing the daily runs logged and weekly mileage by Challenge participants! Find the challenge on Strava by hitting the search button, use the dropdown menu to select "Clubs", then enter Mid-Pacific Road Runners Club or use [this link](#) and Join the challenge!



RRCA Corner

The Road Runners Club of America is the oldest and largest national association of runners and running organizations. MPRRC is a member club and, as a member of MPRRC, you are also a member of RRCA. Dues paid to RRCA by member clubs goes to fund national programs support the sport. Ever thought about being a running coach or race director? RRCA has certification programs for both! Use the links below to find out more about RRCA and the programs available. The Hawaii RRCA Facebook page is at <https://www.facebook.com/rrcahawaii>.

Ron Alford, RRCA State Representative, Hawaii/Guam

[RRCA](#)

[RRCA Coaching Certification](#)

[RRCA Race Director Certification](#)

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