



Mid-Pacific Road Runners Club

LOCATION: HONOLULU, HI US 96803

July 2022 Newsletter





[Freedom from Epilepsy Run/Walk](#), Monday, July 4, 2022, 7:00 a.m.

[2022 Runway Run 5K](#), Monday, July 4, 2022, 6:30 a.m.

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

[Coconut Chase 8K](#), Sunday, July 10, 2022, 6:30 a.m.

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

[Hawaii Kai Ultra Run Extreme](#), **Saturday, July 23, 2022, various times**

[Mana Honua Summer Fun Run](#), Saturday, July 23, 2022, 4:00 p.m.

[Tantalizing Tantalus Trail Half Marathon](#), Saturday, July 23, 2022, 7:00 a.m.

[Na Wahine Sprint Triathlon](#), Sunday, July 31, 2022, 6:00 a.m.

[Maunawili Out & Back 22-Miler](#), Saturday, August 13, 2022, 6:00 a.m.

[Norman Tamanaha 15K](#), Sunday, August 14, 2022, 6:00 a.m.

[JBPHH Half Marathon](#), Saturday, August 20, 2022, 5:30 a.m.

[Tantalus Triple Trek](#), Saturday, September 3, 2022, 5:30 a.m.

[Runner's HI 20K](#), Sunday, September 4, 2022, 6:00 a.m.

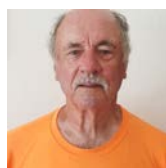
[Old Pali Road Run](#), Saturday, September 10, 2022, 6:30 a.m.

## The Outside Lane

The results of the election of Board Members at the MPRRC Annual Banquet and Membership meeting on May 27th are in - The five Board Member positions were filled by the election of *Pete Boksanski, Judith Inazu, Nicholas Pugliese, Ed Kemper, and Ron Alford*. The four remaining Board Members whose terms will expire next year are *Connie Comiso, Sam Aucoin, Kane Ng-Osorio, and Joy Schoenecker*. At the June Board Meeting, officers were elected to serve for one year: **President** - Ron Alford, **Vice-President** - Joy Schoenecker, **Secretary** - Judith Inazu, and **Treasurer** - Ed Kemper.



Ron Alford



Sam Aucoin



Pete Boksanski



Connie Comiso



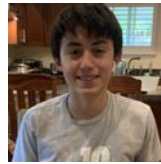
Judith Inazu



Ed Kemper



Kane Ng-Osorio



Nicholas Pugliese



Joy Schoenecker

June brought the Camp Smith Grueler 5K at Marine Corps Base Hawaii in Kaneohe won by Peter Lowell and Emily Naylor; The Kealia Quad Crusher, a HURT trail run, won by Nicholas Escobar and Teresa Allman; and Mango Days 5K won by off-islanders, Jonathan Hulzebos of Jacksonville, Florida, and Allison Abandonato, Corona, California - not to worry, Michael Chin and Jaci Barrientes of Honolulu were not far behind in second place!

**Triangle Park Aid Station**



Getting ready for the Honolulu Marathon, a fall mainland event, or just training hard every weekend? We've got you covered! MPRRC will set up a free aid station at Triangle Park (also known as Fort Ruger Park & Operation Red Wing Medal of Honor Park) on the marathon route on certain Sunday's July through November. We will need volunteers to help out so choose a weekend to do your long run or walk on Saturday and come support your fellow mileage loggers on Sunday morning! Check out the volunteer schedule (and sign up) at <https://doodle.com/meeting/participate/id/bmwVGXGe>.

The aid station will set up to open at 6:00 a.m. with cold water, Gatorade, lemonade, and some treats. All are welcome to stop by for a drink, refill their bottle, get a treat, and a rest before starting up again. Closing times will vary according to the month and stay open a bit longer as training run mileage increases. First set up is Sunday, July 24, 2022, 6:00 a.m. till 9:30 a.m.



**Monday, July 4, 2022, [Freedom from Epilepsy 5K or 10K Run](#), 7:00 a.m., Kailua High School, 451 Ulumanu Drive**  
Packet pick up TBD.

**Monday, July 4, 2022, [Runway Run 5K](#), 6:30 a.m., Hangar 105, 1st Street, Marine Corps Base Hawaii, Kaneohe**  
All civilians (with no base access) MUST register in DBIDS by June 17th by 11:59 pm HST.

\*\*\*\*\*

**Kailua Shark Chase Beach Run**



**Sunday, July 10, 2022, [Kailua Beach 4.4 Mile Shark Chase](#), 7:00 a.m., Kailua Beach Park near the Boat Ramp. Don't miss this fun event! The "Shark" gets a head start - can you catch the Shark? The out & back course is run completely on the hard-packed sand of Kailua Beach - shoes optional - your feet may get wet depending on the tide! Shuck your shoes and be like a kid again, playing on the beach! Potluck after the run, hang out at the beach!**  
 No separate packet pick-up. Get your race bib at the check-in tent on race morning.



\*\*\*\*\*  
**Sunday, July 10, 2022, [Coconut Chase 8K](#), 6:30 a.m., Ala Moana Beach Park**  
 Packet pick up, Friday, July 8, 2022, 7:00 a.m. to 11:00 a.m. Kalapawai Cafe, Kailua.  
 \*\*\*\*\*

### Lanikai 8K in Memory of Daniel Levey



**Sunday, July 17, 2022, [Lanikai 8K in Memory of Daniel Levey](#), 7:00 a.m., Kailua Beach Park near the Boat Ramp**  
 No separate packet pick-up. Get your race bib at the check-in tent on race morning.  
 Special treat - Shave ice after the race!!

\*\*\*\*\*

**Saturday & Sunday, July 23 & 24, 2022, [Hawaii Kai Ultra Run Extreme](#), 555 Kealahou St. Kalama Valley Park - Hawaii Kai** Choose your distance: Half Marathon, 30K, Marathon, 50K, 50 Miles, 100K, or 100 Miles. Choose your own start time.

**Saturday, July 23, 2022, [Mana Honua Summer Fun Run](#), 4:00 p.m., Kualoa Ranch, 10K, 5K, & 1-Mile Fun Run/Keiki Treasure Hunt** (Events are

off-road & distances are approximate). *Best dressed participant gets a special award.*

**Saturday, July 23, 2022, [Tantalizing Tantalus Trail Half Marathon](#), 7:00 a.m., starts at the Hawaii Nature Center to Jackass Ginger Trailhead for the turnaround after crossing Nu'uuanu Stream.**

**Sunday, July 31, 2022, [Na Wahine Sprint Triathlon](#), 6:00 a.m., Kapiolani Park Bandstand. Includes Wahine (women) Sprint Triathlon, Kane (men) Sprint Triathlon, & 5K Run on Kalakaua. Packet pick-up at Boca Hawaii, 330 Cooke St., Honolulu, Friday, July 29th 12:00 p.m - 6:00 p.m. and Saturday, July 30th 12:00 p.m. to 5:00 p.m.**

**Saturday, August 13, 2022, [Maunawili Out & Back 22-Miler](#), 6:00 a.m., out & back trail run on single track & Jeep road starting near the Ko'olau Golf Club to the trailhead in Waimanalo. Registration not yet open - stand by.**

\*\*\*\*\*

## HMSA Norman Tamanaha 15K



**Sunday, August 14, 2022, [HMSA Norman Tamanaha 15K](#), 6:00 a.m., Kapiolani Park, 1st race in the Bioastin Marathon Readiness Series. Club member discount for the series available until August 12th.**

\*\*\*\*\*

**Saturday, August 20, 2022, [JBPHH Half Marathon](#), 5:30 a.m., Earhart Track at Hickam Field, Joint Base Pearl Harbor-Hickam Honolulu. Must have base access.**

**Saturday, September 3, 2022, [Tantalus Triple Trek](#), 5:30 a.m., Hawaii Nature Center, 2131 Makiki Heights Dr, Honolulu, three laps of the figure 8 trek course - Kanealole Trail across Makiki Valley, Manoa Cliff, Kalawahine Trails, Tantalus Drive, Nahuina Trail and then down Maunalaha Trail (Hogsback). Registration not yet open - stand by.**

\*\*\*\*\*

## Runner's Hi 20K



**Sunday, September 4, 2022, [Runner's HI 20K](#), 6:00 a.m., Kalaeloa (Barber's Point), 2nd race in the Bioastin Marathon Readiness Series.**

\*\*\*\*\*

## Old Pali Road Run



**Saturday, September 10, 2022, [Old Pali Road Run](#), 6:30 a.m., Ko'olau Golf Club, 45-550 Kionaole Rd, Kaneohe. This rolling hills course may be the most scenic route you run or walk this year! The city unlocks the gates to this beautiful road once a year - just for this event!**

\*\*\*\*\*

# 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](#).

Another great training resource is the Honolulu Marathon Clinic, 7:30 am, Kapiolani Park on Paki Avenue side, Mid-March through December. <https://www.honolulumarathonclinic.org/>

---



## 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!

## Mid-Pacific Road Runners Club

**Honolulu, HI**

**[Contact Club](#)**

If you would like to unsubscribe and stop receiving these emails [click here](#).