



Mid-Pacific Road Runners Club

LOCATION: HONOLULU, HI US 96803

June 2022 Newsletter

A photograph of a sunset over the ocean. The sun is a bright yellow circle on the horizon, surrounded by a large, billowing cloud that is also illuminated from below. The sky is a gradient of orange and yellow, and the ocean surface is dark with some whitecaps visible.

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.



[Mango Days 5K](#), Sunday, June, 12, 2022

[Freedom Run from Epilepsy](#), Monday, July 4, 2022

[Runway Run 5K](#), Monday, July 4, 2022

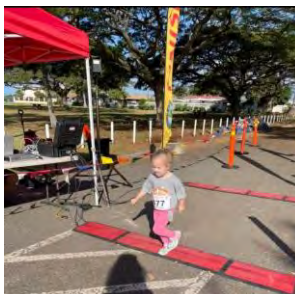
[Kailua Beach 4.4 Mile Shark Chase](#), Sunday July 10, 2022

[Coconut Chase 8K](#), Sunday, July 10, 2022

[Lanikai 8K in Memory of Daniel Levey](#), Sunday, July 17, 2022

The Outside Lane

May was a busy month! The Mother's Day Beauchamp 10K was held on May 8th won by Zachary Lee of Aiea and Hannah Hawk of Waianae with Connie Comiso and Gary Fanelli taking first in the teams competition (Mother/Son or Mother/Daughter). Dement Singh of Honolulu took first in the stroller division and 5-year-old Lincoln Hayes led the Keiki Fun Run!



Kudos to Frank Floyd, Race Director, and all of the volunteers including Ray Woo of Runner's HI manning the water station at the turn around point! Finishing Moms (and potential Moms) were delighted to be presented with a rose as they crossed the finish line. For full results go [here](#).

The Hawaii Running Hall of Fame inducted the seven inaugural members on Friday, May 20, 2022, at a fine evening banquet held at the Elks Lodge on Kalakua Avenue.



Connie Comiso, Duncan Macdonald, Jack Scaff, Johnny Faerber, Jonathan Lyau, Mike Tymn, and Norman Tamanaha. Nearly 150 people turned out to honor these legends of running in Hawaii! Check out the details [here](#).

A week after the Hawaii Running Hall of Fame celebration, the Mid-Pacific Road Runners Club held their Annual Membership Meeting and Banquet at 3600 on the Rise. The food and the talk story was fabulous! The Guest speaker was Jaco Van Delden, Physical Therapist and owner of Jaco Rehab in Honolulu.





Mahalo to Connie Comiso for organizing the event, Joy Schoenecker for the decorations, the many set up and clean up volunteers, and the check-in crew at the door, Joan Davis and Annie Marshall!

The Hibiscus Half Marathon held on Sunday, May 29, 2022, was the Road Runners Club of America National Half Marathon Championship and was won by Jaydn Asay and Savannah Berry, both from the mainland. RRCA National Director, Jean Knaak was on hand for the event.



Full race results can be found [here](#).

The Rundown

Details on upcoming events

Sunday, June 12, 2022, [Mango Days 5K](#), 6:30 a.m., Ala Moana Beach Park,
Packet pick up, Friday, June 10, 2022, 7:00 a.m. to 11:00 a.m., Kalapawai Cafe, Kailua

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 Beach 4.4 Mile Shark Chase

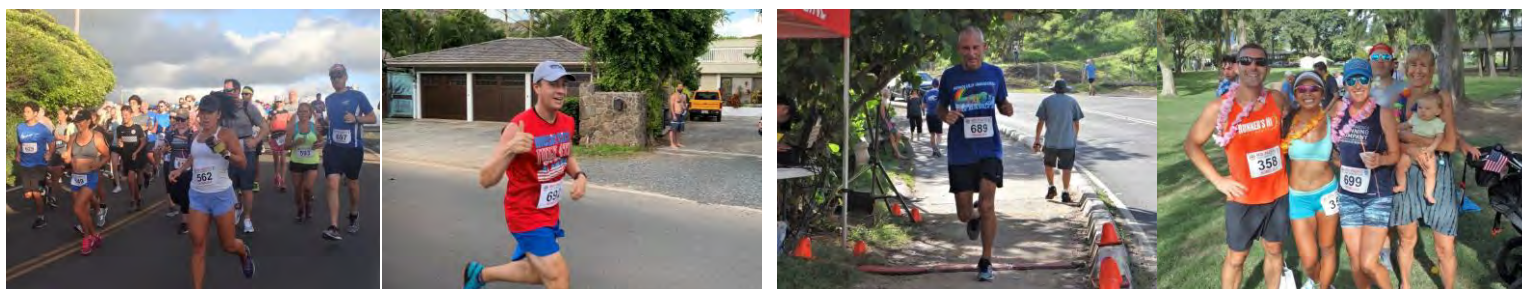


Sunday, July 10, 2022, Kailua Beach 4.4 Mile Shark Chase, 7:00 a.m., Kailua Beach Park near the Boat Ramp
Packet pick up, Saturday, July 9, 2022, The Running Room, 819 Kapahulu Ave., 10:00 a.m. to 1:00 p.m.
Potluck after the run, hang out at the beach!

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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
Packet pick up, Saturday, July 16, 2022, The Running Room, 819 Kapahulu Ave., 10:00 a.m. to 1:00 p.m.
Special treat - Shave ice after the race!!

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.

Triangle Park Aid Stations



It's that time of year for MPRRC to begin setting up the Triangle Park Aid Station! Specific dates have not yet been set but we

will be recruiting volunteers (usually just 2 or 3 per session) for the aid station once or twice a month through November. Normally, we set up before 6:00 a.m. and remain open for several hours depending on anticipated marathon training mileage. Watch for an email and social media posts with details!



Note: "Triangle Park" goes by several names - Fort Ruger Park, Operation Red Wings Medal of Honor Park, and so on. It is on many race routes, including the Honolulu Marathon route, at the bottom of Diamond Head Road on the Koko Head side.

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 Pali 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



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](#)