



Mid-Pacific Road Runners Club

LOCATION: HONOLULU, HI US 96803

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



[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.

[Bellows Ruck Sack Race](#), Saturday, September 10, 2022, 7:00 a.m.

[Hybrid Design 25K](#), Sunday, October 2, 2022, 5:30 a.m.

[Honolulu Pride Run/Walk 5K](#), Saturday, October 8, 2022, 7:00 a.m.

[Moonlight Run 5K](#), Sunday, October 9, 2022, 7:30 p.m.

[Tantalus 10-Mile Challenge](#), Sunday, October 9, 2022, 6:30 a.m.

[Earthlete Hawaii](#), Saturday, October 15, 2022, 6:00 a.m.

[Boca Hawaii 30K](#), Sunday, October 23, 2022, 5:00 a.m.

[Bubble Run - Honolulu](#), Saturday, October 29, 2022, No time provided.

The Outside Lane

July was a busy race month with The Freedom from Epilepsy Run/Walk, The Runway Run 5K, The Kailua "Shark Chase" Beach Run, The Coconut Chase 8K, Hawaii Kai Ultra Run Extreme, The Mana Honua Summer Fun Run, The Tantalizing Tantalus Trail Half Marathon, and the Na Wahine Sprint Triathlon! Normally the Lanikai 8K in Memory of Daniel Levey would also be in July but was postponed.

Now about that Shark Chase...





Fun day at the beach but apparently, even the Shark Melon was exhausted!

Triangle Park Aid Station



MPRRC's free aid station at Triangle Park (also known as Fort Ruger Park & Operation Red Wing Medal of Honor Park) on the marathon route was busy on the last two Sundays of July! Many thanks to our volunteers, Judith Inazu, Roger Mendez, and Kane Ng-Osorio!

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.



"We were busy at the aid station all morning. We got cleaned up and now it's time to lounge by the pool and catch some rays - gotta work at keepin' this tan! We would really love it if you stopped by the aid station for a drink next month when 'the bar' is open. It's barrels of fun seein' folks out trainin' and wantin' a drink. Hey, servin' up ice-cold refreshment is what we are all about! And it makes you cooler - like us! But we can't do it alone. We need YOU!" B. Cooler, one of the Cooler Brothers.

As B. Cooler said, we 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 Rundown

Details on upcoming events

Saturday, August 13, 2022, [Maunawili Out & Back 22-Miler - Run with the Pigs](#), 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. The relay option is back this year.

HMSA Norman Tamanaha 15K



Sunday, August 14, 2022, [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.

MPRRC EVENT

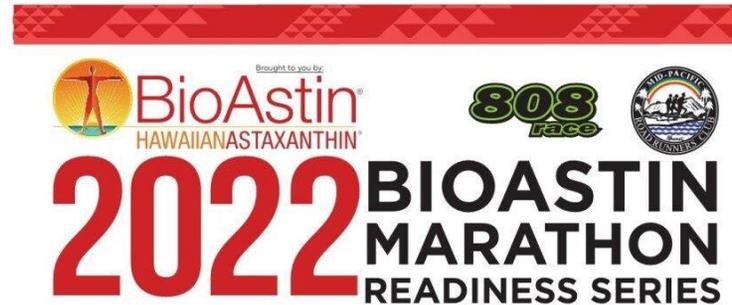
Saturday, August 20, 2022, [JBPHH Half Marathon](#), 5:30 a.m., Earhart Track at Hickam Field, Joint Base Pearl Harbor-Hickam

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).

MPRC EVENT

[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.

MPRC EVENT

Old Pali Road Run



Saturday, September 10, 2022, [Old Pali Road Run](#), 6:30 a.m., Ko'olau Ballrooms and Conference Center, 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!

Saturday, September 10, 2022, [Bellows Ruck Sack Race](#), 7:00 a.m., Bellows Air Station, 220 Tinker Road, Waimanalo. Participants will cover a total distance of 9.11 kilometers while wearing a Rucksack weighing between 15-25 lbs. - bring your own Rucksack.

MPRRC EVENT

Hybrid Design 25K

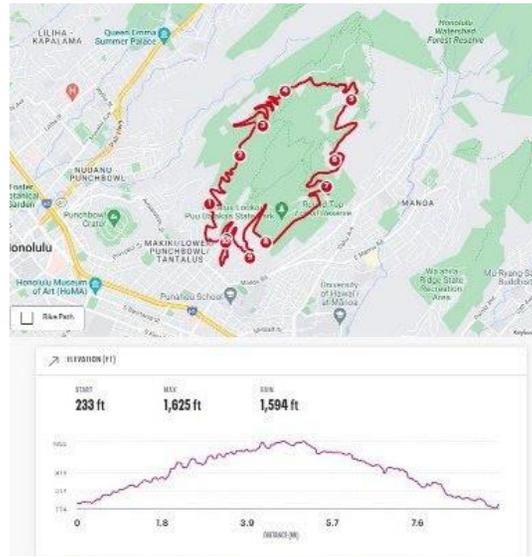


Sunday, October 2, 2022, [Hybrid Design 25K](#), 5:30 a.m., Kailua Beach Park. The scenic windward side course is mostly flat as it loops through Lanikai and all around beautiful Kailua.

Saturday, October 8, 2022, [Honolulu Pride Run/Walk 5K](#), 7:00 a.m., Ala Moana Beach Park & Magic Island. Join in celebrating the annual PRIDE RUN/WALK 5K. The event is an opportunity for the LGBTQ+ community and supporters to come together in pride and celebrate in an active, healthy way.

MPRC EVENT

[The Tantalus 10-Mile Challenge](#)



Sunday, October 9, 2022, [The Tantalus 10-Mile Challenge](#), 6:30 a.m. Makiki Heights Drive near Halau Kumana Public Charter School (2101 Makiki Heights Dr.). The challenging course heads uphill on Makiki Heights Drive, branches onto Tantalus Drive, then onto Round Top Drive heading downhill to loop back onto Makiki Heights Dr. to the finish. There is no separate packet pickup, get your bib number on race morning.

Sunday, October 9, 2022, [Moonlight Run 5K](#), 7:30 p.m., Marine Corps Base Hawaii, Kaneohe, Marina & Outdoor Recreation & Equipment Center, D Street. Participants get the rare opportunity to run along the flight-line and runway of Marine Corps Base Hawaii in this family-friendly event. The course will be lit up by this year's Full Hunter's Moon!

Saturday, October 15, 2022, [Earthlete Hawaii](#), 6:00 a.m., Kualoa Ranch. This event involves trail running / hiking, mountain biking, swimming, stand up paddling, and basic orienteering with several challenge along the way. Equipment is provided (or you can bring your own mountain bike & helmet).

MPRRC EVENT

[Boca Hawaii 30K](#)



Sunday, October 23, 2022, [Boca Hawaii 30K](#), 5:00 a.m., Kapiolani Park. Get race-ready on this scenic course out to Hawaii Kai and back!

Saturday, October 29, 2022, [Bubble Run - Honolulu](#), No time provided, Dillingham Ranch • 68-540 Farrington Hwy Waialua.

Oahu Running/Training Groups

MPPRC 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/>

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