



Mid-Pacific Road Runners Club

LOCATION: HONOLULU, HI US 96803





[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.

[Race for Rescue](#), Saturday, October 29, 2022, 8:30 a.m.

[Kailua High Surfriders 5K/10K](#), Sunday, November 6, 2022, 7:00 a.m.

[Running Room Val Nolasco Half Marathon](#), Sunday, November 13, 2022, 5:30 a.m.

[Kaiwi Coast Run & Walk](#), Sunday, November 20, 2022, 6:30 a.m.

The Outside Lane

Did you get to Run with the Pigs? The **Maunawili Out & Back** was won by Nicolas Escobar in 3:12:19 and the first female finisher was Anna Ellis in 4:35:20. Congratulations! There were 383 finishers across the line for the **HSMA Norman Tamanaha 15K**, the first race in the Bioastin Marathon Readiness Series, with Ben Williams (54:18), Jay Dela Cruz (54:45), and Zachary Lee (55:20) finishing 1-2-3 about one minute apart. The first female finisher was Tiffany McHowell (1:04:56) followed by Deb Mattheus (1:06:36) and Jacqueline Barrientes (1:06:44)! The **JBPHH Half Marathon** was won by Richard Connaroe (1:23:47) and the first female finisher was Jaime Shullick (1:43:09). Full results for these last two events can be found [here](#).

The **Triangle Park Aid Station** was set up on two Sundays in August complete with cold water, Gatorade, Lemonade, cookies donated by the Cookie Corner, and LOTS of aloha! For October we will again set up on two Sundays, October 16th and October 30th. *B. Cooler* is still looking for volunteers to help - sign up [here](#).

The Maui Marathon & Half Marathon: The Valley Isle Runners Club is inviting Mid-Pacific Road Runner Club members to run the Maui Marathon or Half Marathon at a 20% discount! The Maui Marathon & Half Marathon is scheduled for April 23, 2023. Make plans now!

MPPRC is partnering again this year with the Honolulu Marathon Clinic to hold the annual **Turkey Trot**. Details will be forthcoming, but I can let you in on the date: Thursday, November 24th at Kapiolani Park.

The Rundown

Details on upcoming events



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



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 will run or walk this year! The city unlocks the gates to this beautiful road once a year - just for this event! This year is a new course and distance - 5K starting at the Ko'olau Ballrooms and Conference Center (formerly the Ko'olau Golf Club) - much safer that starting and finishing on the roadside along Kionaole Road (the original route) - plus free parking in the Ko'olau Ballrooms and Conference Center Parking Lot!

Our sponsor, [Ko'olau Distillery](#) provides the overall awards for the top three male and female finishers - engraved bottles of their Old Pali Road whiskey (over 21 only). According to Hawaiian legend, the gods reside in the ever-present mist where the peaks of the Ko'olau Mountains meet the heavens. Tropical rainfall from this mist is filtered for generations through volcanic rock to become the pure artesian water used to make Old Pali Road Whiskey.

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.



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. This is the 3rd race in the Bioastin Marathon Readiness Series and the RRCA Hawaii State 25K Championship race.



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.



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).

Saturday, October 29, 2022, [Race for Rescue](#), 8:30 a.m., 5K, Kaena Point State Park (pending permit). There is also a virtual version. Fund raiser for Oahu Search & Rescue.

Sunday, November 6, 2022, [Kailua High Surfrider 5K/10K](#), 7:00 a.m., Kailua High School, 451 Ulumanu Drive, Kailua. Packet pick-up, Saturday, November 5, 2022, Noon till 3:00 p.m. or race morning at Kailua High School Gym.



Sunday, November 13, 2022, [Running Room Val Nolasco Half Marathon](#), 5:30 a.m., Kapiolani Park. This is the 5th & final race in the Bioastin Marathon Readiness Series and the RRCA Hawaii State Half Marathon Championship race.

Sunday, November 20, 2022, [Kaiwi Coast Run & Walk](#), 6:30 a.m. (Sunrise), Awawamalu (known as Sandy Beach). This approximately 4-mile course runs along the famous Kaiwi Coast scenic highway to the Hui Nalu Canoe Club on the shores of Maunalua Bay.

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

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