



Mid-Pacific Road Runners Club

LOCATION: HONOLULU, HI US 96803



October 2022



[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.

[Trick or Trot 5K](#), Friday, October 28, 2022, 5:30 p.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.

[Homeward Bound 5K](#), Thursday, November 24, 2022, Time not listed.

[Lanikai 8K in Memory of Daniel Levey](#), Sunday, November 27, 2022, 7:00 a.m.

[Santa Hat 5K Family Fun Run/Walk](#), Sunday, December 4, 2022, 4:00 p.m.

[Kalakaua Merrie Mile](#), Saturday, December 10, 2022, 7:30 a.m.

[Honolulu Marathon & Start to Park 10K](#), Sunday, December 11, 2022, 5:00 a.m.

## The Outside Lane

Coupla' big happenings in the running world: Eliud Kipchoge broke his own world record marathon time of 2:01:39 at the Berlin Marathon in 2:01:09! While most of us are completely spent after finishing a marathon he was jumping around like he was ready to do it again! Amazing! If you missed it, you can watch the spectacular finish [here](#).

Then there's the Boston Marathon thing. For the second year in a row all runners who apply with a valid qualifying time will be accepted - no lottery. Good? Bad? Your call.

Locally, the Runner's Hi 20K on September 4th crowned Zachary Lee and Abigail Marsh as the RRCA Hawaii State 20K Champions! See the complete results [here](#). Then came the Old Pali Road 5K on September 10th where Cosmo Brossy, Zachary Lee, & Everett Jellineck for the men and Meg Oshima, Larissa Teramura, & Angela Kwong for the women took top

honors - an engraved bottle of Old Pali Road Whiskey made locally by our 'runderful' sponsor, Ko'olau Distillery! On that same day, Tucker Caldwell and Paige Hollis won the Bellows Rucksack Race - but no engraved bottles of yummy spirits.

The Triangle Park Aid Station was set up on two Sundays in September complete with cold water, Gatorade, Lemonade, cookies donated by the Cookie Corner, Powergel Shots donated by Jonathan Lyau, and LOTS of aloha from those rascally Cooler Brothers! For October we will set up on Sunday, October 30th. (October 16th was originally scheduled also but there is an event that day so it has been cancelled.) B. Cooler is still looking for volunteers to help - sign up [here](#).

Just a quick reminder about 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! If you are a member of MPRRC, you will automatically get the discount when you register on RunSignUp. The Maui Marathon & Half Marathon is scheduled for April 23, 2023. Make plans now!

Sadly, Dr. Jack Scaff, Cardiologist, member of the Hawaii Sports Hall of Fame, member of the Hawaii Running Hall of Fame, Chairman of the Hawaii Sports Foundation, and founder of the Honolulu Marathon as well as the Honolulu Marathon Clinic passed away on September 26, 2022. Dr. Scaff's contributions to running in Hawaii are legendary.

# The Rundown

Details on upcoming events



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.

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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.

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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!

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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).



Sunday, October 23, 2022, [Boca Hawaii 30K](#), 5:00 a.m., Kapiolani Park. This is the fourth race in the Bioastin Marathon Readiness Series and is the RRCA Hawaii 30K State Championship race.

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Friday, October 28, 2022, [Trick or Trot 5K](#), 5:30 p.m., Marine Corps Base Hawaii, Kaneohe. Open to the public but civilians who need base access must register in DBIDS by October 14, 2022. This is the 2nd annual MCCA Halloween Costume Run.

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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.

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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.

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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.

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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.

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Thursday, November 24, 2022, [Homeward Bound 5K](#), Time not listed, Manoa Valley District Park. In partnership with the Punahou Girls' Cross Country Team this annual fun run is held to benefit Hawaii's homeless through The Institute for Human Services, Inc.

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# The Lanikai 8K in Memory of Daniel Levey



Sunday, November 27, 2022, [Lanikai 8K in Memory of Daniel Levey](#), 7:00 a.m., Kailua Beach Park near the boat ramp. This annual event was postponed from July and honors the memory of Daniel Levey, a young man who died at age 19 in a hiking accident, the day after completing the Lanikai 8K in 2003.

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Sunday, December 4, 2022, [Santa Hat 5K Family Fun Run/Walk](#), 4:00 p.m., Magic Island at Ala Moana Beach Park. Bring the whole family to enjoy an afternoon stroll, jog, or run around the park. Festive costumes are encouraged and there is a prize for the best Santa Hat! Be good and don't miss it - Santa might be watching...

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Saturday, December 10, 2022, [Kalakaua Merrie Mile](#), 7:00 a.m., Monsarrat Avenue. Wave starts beginning at Monsarrat Ave. west into Waikiki down Kalakaua out and back to Queen's Beach followed by a beach party.

Sunday, December 11, 2022, [Honolulu Marathon & The Start to Park 10K](#), 5:00 a.m., Ala Moana Blvd. at Queen St. This is the 50th anniversary edition of America's 4th largest marathon.

## 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**

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