

MPRRC December Newsletter

Mid-Pacific Road Runners Club <noreply@runsignup.com>

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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.

December 2022



Upcoming Events Quick List



[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, 5:00 a.m.

[Bosetti 1st Sunrise 10K](#), Sunday, January 1, 2023, 7:00 a.m.

[Bob & Ron's Manoa 5K](#), Sunday, January 8, 2023, 7:00 a.m.

[Akahai 5K, 10K, & Half Marathon](#), Saturday, January 21, 2023, 7:00 a.m.

[Chapson Diamond Head Dash 8K](#), Sunday, January 22, 2023, 7:00 a.m.

[Johnny Faerber 10K](#), Sunday, February 5, 2023, 7:00 a.m.

[The Hawaii Pacific Health Great Aloha Run](#) (Ke Kukini Me Ke Aloha Pau`ole), Monday, February 20, 2023, 7:00 a.m.

[Hawaii Running Lab Kailua 10-Miler & 5K](#),

[The King's Runner 10K](#), Sunday, March 5, 2023, 6:30 a.m.

[Hawaii Running Lab Windward Half Marathon & 5K](#),

[The Hapalua Half Marathon](#), Sunday, April 16, 2023, 6:00 a.m.

The Outside Lane

A celebration of life in honor of **Dr. Jack Scaff, Jr.**, was held at Aloha Stadium on November 1, 2022, which featured family and many of his friends and supporters. Jack was recently inducted into the Hawaii Running Hall of Fame and a video of the heartfelt speech he gave there was shown. Jack's contributions to running in Hawaii are countless and he will be missed.

The Kailua Surfriders 5K and 10K, on November 6th in support of Kailua High School, had over 300 finishers with **Iliana Eslinger** and **Ryan Djou** taking top honors in the 5K and **Jennifer Lewinski Lopez** and **Todd Robbins** finishing first in the 10K. Full results can be found [here](#).

The final race of the Bioastin Marathon Readiness Series, The Running Room Val Nolasco Half Marathon, on November 13th was also the RRCA Hawaii State Half Marathon Championship. Congratulations to RRCA Hawaii State Half Marathon Champions **Zoe Worobel** of Kailua and **Cosmo Brossy** of Honolulu. For the series, **Malia Mason** of Honolulu and **Zachary Lee** of Aiea took top honors for completing all five races with the lowest cumulative time. Congratulations! Wanna know where you placed? See full results [here](#).

The scenic Kaiwi Coast Run on November 20th hosted over 2000 finishers with **Tim Glickman** and **Tania Tan** taking top honors on the day. If you haven't done this one you are missing out on an incredibly beautiful run or walk!

What would Thanksgiving be without a Turkey Trot? Rain and drizzle greeted those who turned out for The Honolulu Marathon Clinic Turkey Trot but spirits were high with pies as the prize! Also on Thanksgiving Day, the Homeward Bound 5K was held in Manoa presented by the Institute for Human Services in support of Homeless Programs.

The Lanikai 8K in Memory of Daniel Levey, postponed from July, was held at Kailua Beach Park on November 27th in gorgeous weather with **Jaime Shullick** of Honolulu and **Matt Benedittini** of Kailua taking the overall top spots and **Jared**

Shullick winning the stroller division pushing a double stroller! Free shave ice by Windward Snow greeted the finishers for their cool down! The special Daniel Levey age group award (15 -19) went to **Nathaniel Ho** and included a free one year membership in the Mid-Pacific Road Runners Club. Mahalo for the support of Daniel's family, **Dr. Joyce Cassen** and **Norman Levey**.

Calling all Volunteers!

The Honolulu Marathon is scheduled for Sunday, December 11, 2022, and the club will have a booth at the Expo from Thursday through Saturday before the marathon. We will need volunteers to help at the booth in short shifts of 3-4 hours. This is a chance to support the club and meet hundreds of runners each shift as they wander the Expo after picking up their bib number. Go [here](#) to volunteer!

[The Great Aloha Run In-Training Series](#) begins on Sunday, December 18, 2022, hosted by the Mid-Pacific Road Runners Club and the Hawaii Running Project. Training sessions will be held every Sunday morning, 6:30 a.m., at the Kapiolani Bandstand with pace groups for walkers, joggers, and runners through February 12, 2023. [The Great Aloha Run](#) site will have a link to sign up soon for both participants and volunteers or just go [here](#) for the details.

On January 14, 2023, **The HURT 100** endurance race will be held on the trails in the hills above Honolulu. For 36 hours selected runners from around the world will compete or, in some cases, just try to finish the grueling 100-mile trail run. Volunteers are needed! Get all the details from the Book of HURT and sign up for a shift [here](#).

The Rundown

Details on Upcoming Events



Santa Hat 5K Family Fun Run/Walk



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...

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.

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Bosetti 1st Sunrise 10K



Sunday, January 1, 2023, Bosetti 1st Sunrise 10K, 7:00 a.m., Kalama Valley Park, 555 Kealahou Street, Hawaii Kai. Start the year out right with 6.2 miles through beautiful Hawaii Kai!



Bob & Ron's Manoa 5K
Chapson Diamond Head Dash 8K
Johnny Faerber 10K



Sunday, January 8, 2023, Bob & Ron's Manoa 5K, 7:00 a.m., Manoa Valley Recreation Center, 2721 Kaaipu Ave. This is the first race in the Great Aloha Readiness Series - preparation for the Great Aloha Run on President's Day.

Saturday, January 21, 2023, 7:00 a.m., Akahai 5K, 10K, & Half Marathon, Wai Kai, Ewa Beach. First race in Hawaii by our friends at Aloha Racing.



Bob & Ron's Manoa 5K Chapson Diamond Head Dash 8K Johnny Faerber 10K



Sunday, January 22, 2023, Chapson Diamond Head Dash 8K, 7:00 a.m., Kapiolani Park. This is the second race in the Great Aloha Readiness Series - preparation for the Great Aloha Run on President's Day.

Sunday, February 5, 2023, Johnny Faerber 10K, 7:00 a.m., Kapiolani Park. This is the third and final race in the Great Aloha Readiness Series - preparation for the Great Aloha Run on President's Day.

Monday, February 20, 2023, The 39th Annual Hawaii Pacific Health Great Aloha Run (Ke Kukini Me Ke Aloha Pau`ole), 7:00 a.m., Aloha Tower, 155 Ala Moana Blvd.

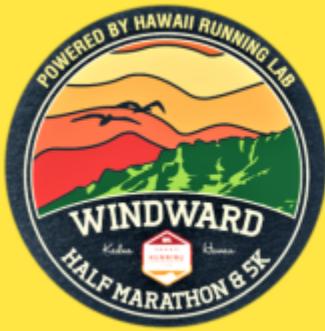


The Hawaii Running Lab Kailua 10-Miler & 5K



Sunday, February 26, 2023, The Hawaii Running Lab Kailua 10-Miler & 5K, 6:00 a.m., Boys & Girls Club, Windward Clubhouse, 145 S Kainalu Dr., Kailua

Sunday, March 5, 2023, The King's Runner 10K, 6:30 a.m., Thomas Square by Blaisdell Center



The Hawaii Running Lab Windward Half Marathon & 5K



Sunday, March 26, 2023, [The Hawaii Running Lab Windward Half Marathon & 5K](#), 6:00 a.m., Boys & Girls Club, Windward Clubhouse, 145 S Kainalu Dr., Kailua

Sunday, April 16, 2023, [The Hapalua Half Marathon](#), 6:00 a.m., Duke Kahanamoku statue on Kalakaua Ave., Waikiki.

Sunday, April 23, 2023, [The Maui Marathon & Half Marathon](#), 5:00 a.m., Old Sugar Mill on Old Mokolele Hwy, Kahului, Maui. 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.

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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