



Mid-Pacific Road Runners Club

LOCATION: HONOLULU, HI US 96803

A photograph of a sunset over the ocean. The sun is a bright, glowing orb in the center of the frame, partially obscured by soft, orange-tinted clouds. The sky transitions from a deep orange near the horizon to a lighter, hazy yellow at the top. The ocean below is dark and calm, reflecting the warm light of the setting sun.

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.

November 2022



[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.

[2022 Turkey Trot 5K/10K](#), Saturday, November 19, 2022, 7:00 a.m.

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

[Honolulu Marathon Clinic Turkey Trot](#), Thursday, November 24, 2022, 7:00 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, 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.

[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.

The Outside Lane

There was a race every weekend in October starting with the 3rd race in Bioastin Marathon Readiness Series, The Hybrid Design 25K in Kailua on October 2nd. Top spots went to **Jay Dela Cruz** of Honolulu (1:29:53) and **Zoe Worobel** of Kailua (1:46:03). This race was also the RRCA Hawaii State 25K Championship making Jay and Zoe State 25K Champions! See complete results [here](#).

The following weekend **Noe Waller** of Keaau and **Michael Mullaney** of Honolulu won the 2022 Honolulu Pride Run/Walk in 20:23 and 18:43 respectively! Kudos to Race Director, Frank Floyd, and his team for putting on another great Pride Run! The following day, Sunday, October 9th, The Moonlight Run 5K was happening at the Marine Corps Base in Kaneohe with **Michael Cacal** (15:45) and **Abbey Bradley** (20:33) taking the top finisher spots.

What would October be without the Tantalus 10-Mile Challenge? The big challenge this year was figuring out how to hold the race with road construction blocking the route up on Tantalus Drive where it meets Round Top Drive - so a temporary out & back (or up & back down maybe) course got it done. Some thought the course was a little short but it was still a challenge for all - and, no worries, next year we are back to the certified course loop! **Cosmo Brossy** of Honolulu (57:17) and **Haley Abing** of Jamaica Plains, NY, (1:10:50) winning overall with local runner **Ericka Yiu** taking 2nd overall female finisher! See complete results [here](#).

On October 16th MPRRC hosted the World Airlines Road Race (WARR) in Kapiolani Park. Hundreds of airline staff flew into Honolulu for the event. The local airline host was, of course, Hawaiian Airlines. There was a 10K and a 5K and lots of fun for

the visiting airline staff!

And then there was the Boca Hawaii 30K, the 4th (and longest race) in the Bioastin Marathon Readiness Series and another RRCA State Championship event! Staging repeat performances, **Zoe Worobel** (2:09:29) and **Jay Dela Cruz** (1:53:39) were the overall winners following their winning efforts earlier in the month at the Hybrid Design 25K! Congratulations to double RRCA Hawaii State Champions Zoe & Jay! Complete 30K results are [here](#).

The Bioastin Marathon Readiness Series has one final event, the Running Room Val Nolasco Half Marathon. Results for those who have finished all four of the series races so far are accumulated. When added to finish times for the final race, overall series winners as well as age group winners are determined. The series overall leaders going into the final event are **Zachary Lee**, **Michael Cacal**, and **Kevin Enriques** for the men; **Malia Mason**, **Deb Mattheus**, and **Akiko Patterson** for the women. See complete series results [here](#).

The Triangle Park Aid Station was set up October 30th complete with cold water, Gatorade, Lemonade, cookies donated by the Cookie Corner, and LOTS of aloha from those rascally Cooler Brothers! The final training aid station set up will be Sunday, November 20, 2022. This is the same day as the popular Kaiwi Coast Run & Walk but if you are out training that day, MPRRC will be there for you!

Heads up regarding 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!

The Rundown

Details on upcoming events

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.

Saturday, November 19, 2022, [2022 Turkey Trot 5K/10K](#), 7:00 a.m., Marine Corps Base, Marine Corps Exchange, Cushman Ave., Kaneohe. Open to the general public but civilians without base access must register in DBIDS by November 4, 2022. This is the last race in the 2022 Semper Fit Race Series.

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.



Thursday, November 24, 2022, [Honolulu Marathon Clinic Turkey Trot](#), 7:00 a.m., Kapiolani Park Bandstand. Presented by the Honolulu Marathon Clinic and the Mid-Pacific Road Runners Club. Choose from three distances: 5K (3.1 miles), 10K (6.2 miles), and 1.8-mile (around Kapiolani Park) Family Fun Run/Walk. All these events start and finish at Kapiolani Park and are untimed (non-competitive) family fun events. Activities and prize giveaways will be taking place at the Bandstand. Thanksgiving themed costumes are encouraged.

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.



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.



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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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!



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.

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.

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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