



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



[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.

[King of the Hill 5K](#), Saturday, January 14, 2023, 7:00 a.m.

[The Maui Oceanfront Marathon](#), Sunday, January 15, 2023, 5:00 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](#), Sunday, February 26, 2023, 6:00 a.m.

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

[Hawaii Running Lab Windward Half Marathon & 5K](#), Sunday, March 26, 2023, 6:00 a.m.

[Na Ali`i 10K](#), Saturday, April 1, 2023, 6:30 a.m.

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

[The Maui Marathon & Half Marathon](#), Sunday, April 23, 2023, 5:00 a.m.

[The Hibiscus Half Marathon](#), Sunday, May 28, 2023, 5:30 a.m.

## The Outside Lane

The Santa Hat 5K Family Fun Run/Walk got off to a merry start on December 4th - even Santa joined in the fun! First place honors went to **Dan Kaneko**, Aiea, 17:42, and **Sophia Westly**, Honolulu, 24:18. The judges for the Best Santa Hat contest could not settle on a single winner so two awards were presented for the Best Santa Hat!



The Honolulu Marathon Expo opened a few days after the Santa Hat 5K expecting 26,000 to 28,000 to file through for all three marathon weekend events. MPRRC and RRCA shared a booth at the expo - a pretty expensive 10x10 space at \$1800 - but the club made contact with thousands of runners and offset the cost of the booth with sales of club apparel and vintage shirts. Mahalo to the volunteers that made it happen! We were also handing out the 2023 MPRRC Race Schedule magnet and Jingle Bell necklaces Santa's elves had left over from the Santa Hat Run. Both were so popular we gave out everything we had! The expo this year featured a shirt wall displaying the finisher shirt for every year to celebrate the 50th Anniversary of the Honolulu Marathon. The marathon apparel vendor, Mizuno, reproduced four of the classic shirt designs (with "Finisher" removed) to sell in the official merchandise area. The first day the official merchandise area was very active with people reporting up to 2 hours waiting to pay for their purchases. Nonetheless, by the final day, most of the official merchandise had been sold.

The Merrie Mile on Saturday before the marathon generated excitement as it always does with over 1900 finishers. The marathon, as well as the Start to Park 10K, started with the usual spectacular fireworks display but there were some reports of insufficient portable toilets forcing some to wait to find relief along the course and there were reports of aid stations that ran out of cups. Despite a few glitches, the nearly 22,000 finishers seemed to enjoy the race and atmosphere. You can get the results for all the events [here](#).

The Hawaii Bird Conservation Marathon, December 18th, on the Big Island attracted a few folks from Oahu with our own **Jay Dela Cruz** cruising in first at 2:39:05 and a huge shoutout to **Jonathan Lyau** finishing in 2:59:15 to join the elite Five Decade Sub 3 Hour Marathon (5DS3) Club and **Glen Muramoto** who finished in 3:34:35 to PR his 201st marathon!

The Maui Oceanfront Marathon, Sunday, January 15th, will host the Road Runners Club of American Hawaii State Marathon Championship.

[Hawaii Running Hall of Fame](#) has announced the Nominees for 2023: **Jim Barahal, Harold Chapson, Cindy Dalrymple, Jim Gallup, Michael Georgi, Scott Hamilton, Ron Pate, and Steve Sobaje**. The banquet and induction ceremony will be held on May 19, 2023, Japanese Cultural Center. Go [here](#) are more details on the [Hawaii Running Hall of Fame](#) and the induction ceremony.

MPRRC's Annual Banquet and Election will be held in March or April. There are five Board Member terms ending in 2023. If you would like to be a candidate for the Board of Directors, please contact Joy Schoenecker at [vicepresident@mprrc.com](mailto:vicepresident@mprrc.com).

## *Calling all Volunteers!*

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**



# 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.

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Saturday, January 14, 2023, 7:00 a.m., [King of the Hill 5K](#), Dewey Square, Marine Corps Base Hawaii, Kaneohe, run to the top of Radar Hill! Civilians without base access must register by January 4, 2023.

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Sunday, January 15, 2023, [The Maui Oceanfront Marathon](#), 5:00 a.m., Wailea. Also includes a Cookie Fun Run, MOM Midnight Double Marathon, Half Marathon, 15K, 10K, and 5K! The Maui Oceanfront Marathon is the RRCA Hawaii State Marathon Championship.

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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.

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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.

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## 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

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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

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Saturday, April 1, 2023, [The Na Ali'i 10K](#), 6:30 a.m., MCBH Theater, Marine Corps Base Hawaii, Kaneohe. Civilians without base access MUST register in DBIDS by Sunday, 19 March 2023.

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

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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.

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Sunday, May 28, 2023, [The Hibiscus Half Marathon](#), 5:30 a.m., Kapiolani Park. There is a 15K and 5-Miler, too! The Hibiscus Half Marathon is the RRCA Western Regional Half Marathon Championship.

## 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](#).

**IN-TRAINING**



The Great Aloha Run In-Training Series began on December 18, 2022. The [Mid-Pacific Road Runners Club](#) and the [Hawaii Running Project](#) are managing the training series again this year in preparation for the [Hawaii Pacific Health Great Aloha Run](#) on President's Day, February 20, 2023. There are pace groups for walkers, joggers, and runners. Sign up for the free training series [here](#). Sessions resume on Sunday, January 8, 2023, Kapiolani Park Bandstand, 6:30 a.m., and continue every Sunday morning through Sunday, February 12, 2023.



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](#)