

MPRRC Newsletter

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



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



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

[Surf and Turf 5K](#), Saturday, February 11, 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.

[St. Patrick's Day Fun Run](#), Friday, March 17, 2023, 5:30 p.m.

[Ku'ikahi 5K, 10K & Half Marathon](#), Saturday, March 18, 2023, 6:30 a.m.

[Hawaii Pacific Health Women's 10K](#), Sunday, March 19, 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.

[Tillman Honor Run](#), Saturday, April 15, 2023,

[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 Mother's Day Beauchamp 10K](#), Sunday, May 14, 2023, 6:30 a.m.

[Sunset Flightline 5K](#), Friday, May 5, 2023, 5:30 p.m.

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

The Outside Lane



The New Year got off to a fast start with the Bosetti 1st Sunrise 10K! Congratulations to Daniel Sealand, Portland, Oregon, and Anna Ellis, Kapolei, who took first place honors. See complete results [here](#).

A week later, the first race in the Great Aloha Readiness Series, Bob & Ron's Manoa 5K, was won by Cosmo Brossy (15:57), Honolulu, and Tyler Beling (18:31), Boise, Idaho. See complete results [here](#).

The King of the Hill 5K at Marine Corps Base Hawaii in Kaneohe and Aloha Racing's Akahai 5K, 10K, & Half Marathon occupied the middle of the month with the second race in the Great Aloha Readiness Series, The Chapson Diamond Head Dash 8K, taking the final race spot for January. Benjamin Rickerby (26:46), Auckland, NZ, was first to cross the finish line with 14-year old Samuel Rickerby (29:21) close behind to take second place for the men! Hallie Lam (31:43), Honolulu, was the first female finisher. See complete results [here](#).

The Great Aloha Run

The Great Aloha Run is upon us with President's Day just a few weeks away. This year the race is dedicated to its co-founder, the late Dr. Jack Scaff, who, along with Carole Kai, started the event in 1985. Carole Kai has managed Carole Kai Charities, dba The Great Aloha Run, since then but is retiring after this year. The organization has raised \$16 million supporting 150 local nonprofit organizations.

The club is managing the Great Aloha Run In-Training Sessions every Sunday morning, 6:30 a.m., Kapiolani Park Bandstand. There are currently 180 participants. With just 2 more training weeks to go everyone is progressing well! Many thanks to the group leader volunteers who come out every Sunday to share their love of running and walking with the groups!

Because of the situation with Aloha Stadium, the race will terminate outside the stadium. The race course will be the same except at the stadium. Shirts and medals will be given out at the Expo rather than at the stadium, as in the past. MPRRC will have a booth at the Great Aloha Run Expo with information, club merchandise, and a fresh supply of race schedule magnets! As usual, we need volunteers to help during the Expo - see "Calling All Volunteers" below.

MPRRC Annual Banquet and Membership Meeting

The MPRRC Annual Banquet and Membership Meeting will be held on Friday, April 7, 2023, 5:00 p.m., Pearl Country Club, Aiea. The Banquet is free to MPRRC members, \$75 for non-members. During the Membership Meeting portion, the annual election of Board Members will be held. There are four Board Member terms expiring this year. Nominations for the Board are being gathered now. If you, or someone you know, is interested in serving on the MPRRC Board, please contact Paula Carroll at membership@mprrc.com for information or to make a nomination.

Strava Club 1000 Mile Challenge

During the first year of the MPRRC Strava Club 1000 Mile Challenge there were about 70 entered so tallying the results took some time but doable. Now there are more than 300 so compiling the results is slow going. Coming soon...



The Honolulu Marathon Clinic

The Honolulu Marathon Clinic, founded by Dr. Jack Scaff in 1974, is celebrating 50 years of training runners and walkers to complete a marathon. HMC will have a booth at the Great Aloha Run Expo - right next to ours - so be sure to stop by and check it out. The clinic meets every Sunday morning March through November, except holiday weekends, 7:30 a.m., on the Paki Ave. side of Kapiolani Park. The first session for 2023 will be Sunday, March 12, 2023.

Amazon Smile

Mahalo to those who supported the club through The Amazon Smile program over the past few years. The program is being discontinued as Amazon directs its philanthropy to other areas.



Hawaii Running Hall of Fame Banquet

The Hawaii Running Hall of Fame hold the induction ceremony for the 2023 selectees on Friday, May 19, 2023, at the Japanese Cultural Center. Tickets are available now. Supporters, families, and organizations are encouraged to purchase an ad in program booklet which will be distributed to all attendees. Find complete details [here](#).

Calling all Volunteers!

The Great Aloha Run Expo is scheduled for February 18 & 19, 2023, at the Blaisdell Center. MPRRC will have a booth there (and more race schedule magnets) and volunteers are needed for 3-4 hour shifts helping out at the booth. You get the opportunity to meet hundreds of local runners in a single shift! Sign up [here](#) to support the club's mission!

The Rundown **Details on Upcoming Events**



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



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.

Saturday, February 11, 2023, Surf and Turf 5K, 7:00 a.m., Officer's Club, Hilltop Pool Reed Road, Marine Corps Base Hawaii, Kaneohe. Enjoy a beautiful sunrise as you challenge yourself along the North Beach shoreline surf and on the turf. Open to the public but civilians in need of base access must register in DBIDS by January 27, 2023.



HAWAII PACIFIC HEALTH GREAT ALOHA RUN

KE KUKINI ME KE ALOHA PAU'OLE



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**



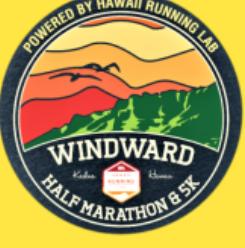
Sunday, February 26, 2023, [The Hawaii Running Lab Kailua 10-Miler & 5K](#), 6:00 a.m., Boys & Girls Club, Windward Clubhouse, 145 S Kainalu Dr., Kailua

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

Friday, March 17, 2023, [St. Patrick's Day Fun Run](#), 5:30 p.m., Kahuna's Sports Bar & Grill, Marine Corps Base Hawaii, Kaneohe. Start and finish at the Kahuna's Bar & Grill, Marine Corps Base Hawaii - includes beverage tables along the way. Once you cross the finish line, the St. Patrick's Day block party begins! Open to the public but civilians without base access must register in DBIDS by March 2, 2023.

Saturday, March 18, 2023, [Ku'ikahi 5K, 10K & Half Marathon](#), 6:30 a.m., Ala Moana Park

Sunday, March 19, 2023, [Hawaii Pacific Health Women's 10K](#), 6:30 a.m., Kapiolani Park Bandstand, women only, 10K & 5K.



**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

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.

Saturday, April 15, 2023, [Tillman's Honor Run](#), 7:00 a.m., 4.2-Mile Run/Walk, McCoy Pavilion, Ala Moana Beach Park.

Presented by the Arizona State University Alumni Association in select cities across the U.S. honoring Pat Tillman in support of the Pat Tillman Foundation.

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.

Friday, May 5, 2023, [Sunset Flightline 5K](#), 5:30 p.m., Hangar 105, 1st St., MCBH, Kaneohe. A scenic, family friendly 5K "Pau Hana" run along the air field of Marine Corps Base Hawaii. Open to the public but civilians without base access must register in DBIDS by April 20, 2023.



Sunday, May 14, 2023, [The Mother's Day Beauchamp 10K](#), 6:30 a.m., Neil S. Blaisdell Park, Aiea.

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](#).

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/>

STRAVA

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!



Each year the Road Runners Club of America sponsors championship races in every state recognizing the top male and female runners at various distances as well as the top 40+, 50+, and 60+ masters champions in each event. There are also regional and national championship events. This year the Hibiscus Half Marathon was selected as the RRCA Western Region Half Marathon Championship. A listing of all Hawaii RRCA championship events is below.

The RRCA Hawaii State Championship Races for 2023:

*Maui Oceanfront Marathon, Kihei, Maui, Sunday, January 15, 2023
Mango Days 5K, Honolulu, Sunday, June 18, 2023
Coconut Chase 8K, Honolulu, Sunday, July 2, 2023
HMSA Norman Tamanaha 15K, Sunday, August 13, 2023
Runner's HI 20K, Sunday, September 3, 2023
Hybrid Design 25K, Sunday, October 1, 2023
Boca Hawaii 30K, Sunday, October 22, 2023
Running Room Val Nolasco Half Marathon, November 12, 2023*

RRCA Western Region Championship in Hawaii:

Hibiscus Half Marathon, Honolulu, Sunday, May 28, 2023

Mid-Pacific Road Runners Club

Honolulu, HI

[**Contact Club**](#)