



Mid-Pacific Road Runners Club

LOCATION: HONOLULU, HI US 96803



March 2023



Upcoming Events Quick List



[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.

[Aiea Loop Express](#), Saturday, March 18, 2023, 7:00 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.

[FinFit Life 5K Fitness Challenge](#), Saturday, April 8, 2023, 8:00 a.m.

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

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

[Keiki Rainbow Run](#), Saturday, April 22, 2023, 8:00 a.m.

[Five Fifty Fifty Run/Walk for Mental Health](#), Saturday, April 22, 2023, 7:00 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 Camp Smith Grueler 5K](#), Saturday, June 10, 2023, 6:30 a.m.

[Mango Days 5K](#), Sunday, June 18, 2023, 6:30 a.m.

[The Coconut Chase 8K](#), Sunday, July 2, 2023, 6:30 a.m.

[Runway Run 5K](#), Tuesday, July 4, 2023, 6:30 a.m.

The Outside Lane



The nearly 200 finishers in the final race of the Great Aloha Readiness Series, the Johnny Faerber 10K, were led by 1st overall, **Anna West** of Kailua, in 36:01 with **Andrew McHowell** of Honolulu finishing in 36:38. Congratulations to all the finishers as well as Race Director, **Connie Comiso** and her crew! Complete results can be found [here](#). Photos: John Simonds & Les Omura



It was really great to see many of you who stopped by our booth at the The Great Aloha Run Expo - a huge MAHALO to our volunteers! Our neighbors at the expo in The Honolulu Marathon Clinic booth were telling everyone about the free training from March through November. There are groups for every speed from walkers to speed demons ready to welcome you every Sunday morning (even if you aren't training for a marathon) at Kapiolani Park (on the Pali Avenue side). To kick things off this year, the first session on Sunday, March 12th, will be held at the Kapiolani Park Bandstand (the original location) in celebration of 50 years of training. You can check out the details [here](#) and sign up for the Honolulu Marathon Clinic [here](#).

Sergio Reyes of Palmdale, CA, was the first finisher (41:29) in the Great Aloha Run with **Anna West** of Kailua was the first female finisher (44:46). The following weekend the Hawaii Running Lab Kailua 10-Miler & 5K saw **Jared Breaux** finish the 10-Miler first in 1:03:06 and **Michelle Nelson**, first female, in 1:12:02, with **Troy Oshimo** first in the 5K (15:54) and **Abbey Vinuelas** the first female finisher (19:37).

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, \$70 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.

Results for the MPRRC 1000-Mile Challenge on Strava for 2022 are in!

Congratulations to everyone who logged some active miles in 2022 but especially the 68 folks who exceeded the 1000 mile mark for the year!!! It took a bit longer to compile the results - there were more enrolled in the Challenge this past year. Many accounts are set to "Private" and data on those participants is not available so there are probably more who exceeded the 1000 Mile Challenge. The top spot for the second year in a row goes to Takeshi Yamada! Wanna get in on the fun? See the Strava section below.

The Maui Marathon & Half Marathon

It happens next month so you still have time to score a discount: 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.

Calling all Volunteers!

MPRRC is implementing a new volunteer rewards program

Each time you volunteer you will not only have the gratitude of the runners and walkers, appreciation by the race director, and

that satisfying feeling you get when helping others, you will get a \$5 gift card to one of a variety of shops and businesses! No need to accumulate points or anything else - just sign up as a volunteer, show up, and that's it!

The next event that needs volunteers is the [MPRRRC Annual Banquet and Membership Meeting](#). You can register for the and then sign up to volunteer while you are there! Volunteer [here](#).

Then the Hawaii Running Lab Windward Half Marathon & 5K on March 26th. Volunteer [here](#).

Then the Mother's Day Beauchamp 10K on May 14th. Volunteer [here](#).

If you have questions about volunteering, contact Joan Davis at joaniediva1@gmail.com or Pete Boksanski at peteboksanski@gmail.com or text the club phone at 808-520-5590.

The Rundown **Details on Upcoming Events**

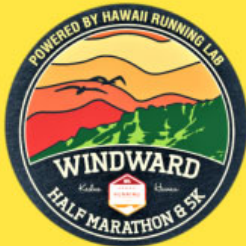
Sunday, March 5, 2023, [The King's Runner 10K](#), 6:30 a.m., Thomas Square by Blaisdell Center

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

Saturday, March 18, 2023, [Aiea Loop Express](#), 6.7 Mile Trail Race, 7:00 a.m., Aiea Loop Trailhead, Aiea. Lush trail route with 1442 feet of elevation organized by HURT.

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 8, 2023, [FinFit Life 5K Fitness Challenge](#), 8:00 a.m., Neil Blaisdell Park, Aiea. 5K Run or Walk in support of the American Diabetes Association.

Saturday, April 15, 2023, [Tillman 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.

Saturday, April 22, 2023, [Keiki Rainbow Run](#), 8:00 a.m., Kaka`ako Waterfront Park. 1.4 Mile youth run with other fitness activities for kindergarten through 6th grade organized by [Kaho`omiki](#), the Hawaii Council on Physical Activity and Nutrition, to raise funds for school P.E. and nutrition programs.

Saturday, April 22, 2023, [Five Fifty Fifty Run/Walk for Mental Health](#), 7:00 a.m., Kailua Beach Park. Part of a series of five kilometer run/walk events in all fifty states over fifty consecutive days in support of the AB Korkor Foundation.

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. Form a Mother/Daughter or Mother/Son team! A rose for mom's (or potential moms) at the finish line!



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. One of three races in the [Tropical Triple Crown](#).

Saturday, June 10, 2023, [The Camp Smith Grueler 5K](#), 6:30 a.m., Camp H. M. Smith, Bordelon Field, Halawa. 5K race up & down the signature grueling hill and alongside the Aiea Trail Loop. Civilians without base access must register for access in

DBIDS by May 26, 2023.



Sunday, June 18, 2023, [Mango Days 5K](#), 6:30 a.m., Ala Moana Beach Park, RRCA Hawaii State 5K Championship. Run or walk 5K in honor of Patty Smith who died of lymphoma at the age of 19. Her memories are compiled in "[Mango Days](#)," a book compiled by her parents, Kit and Margie Smith. One of three races in the [Tropical Triple Crown](#).



Sunday, July 2, 2023, [The Coconut Chase 8K](#), 6:30 a.m., Magic Island, Ala Moana Beach Park, RRCA Hawaii State 8K Championship. Run or walk 8K in this fun race - grass skirts and coconut bras encouraged! One of three races in the [Tropical Triple Crown](#).

Tuesday, July 4, 2023, [Runway Run 5K](#), 6:30 a.m., Marine Corps Base Hawaii, 1st St., Hanger 106, Kaneohe. One lap around the runway with scenic views of the Ko'olau Mountains and Kaneohe Bay. Civilians without base access must register in DBIDS by June 19, 2023.

Oahu Running/Training Groups

MPRRC and the Hawaii Running Project (HRP) offer group training opportunities for all levels of runners and walkers. go here for our training page listing and full details on HRP sessions [here](#). Come join the fun and get fit!

Live on the Windward side? Check out MPRRC's Windward Training Freaks [here](#).

Another great training resource is the [Honolulu Marathon Clinic](#), 7:30 am, Kapiolani Park on Paki Avenue side, Mid-March through December. First session this year is Sunday, March 12, 2023, at the Kapiolani Park Bandstand (Paki Avenue location after that). Details on their web page [here](#) and join for free [here](#).



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
