



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



[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.

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

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

[Ho'omau 5K, 10K, & Half Marathon](#), Saturday June 10, 2023, 5:30 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.

[Freedom Run from Epilepsy](#), Tuesday, July 4, 2023, 7:00 a.m.

The Outside Lane

March saw a lot of races happening.

- On March 5th The King's Runner 10K was won by **Cosmo Brossy** (32:11), Honolulu, and **Anna West** (34:44), Kailua. Complete results are [here](#).

- At the Kuikahi Half Marathon, March 18th, **Kyle Griffioen** (1:33:56) of Honolulu, and **Ashleigh Lauber** (1:55:16) of Aiea took top honors with **Tania Tan** (42:16) of Honolulu and **Joseph Liu** (44:36) of Dublin, CA, winning the 10K and **Jeremy Morgan** (17:14) of Kaneohe and **Misha Strage** (22:06) of Honolulu leading the 5K. Full results for all of the Kaukahi races are [here](#).

- HURT's Aiea Loop Express, also on March 18th, was won by **Victor Garcia** (52:04) and **Sophia Lodigiani** (1:05:55). Full results and video [here](#).

- For the HPH Women's 10K on March 19th, **Samantha Delgado** of Honolulu took the 10K in 42:35 and **Mya Bond** of Polk City, IA, won the 5K in 25:18 - **Joyce Chan** of Honolulu came in 20 seconds later to take second place in the 5K. Get the full list of finishers [here](#).



- Our own Hawaii Running Lab Windward Half Marathon & 5K on March 26th was won by **Michael Cacal** of Honolulu in 1:22:42 for the Half Marathon with the first female finisher, **Amanda Beucler** of Kailua coming in at 1:27:25. The 5K was won by **Troy Oshimo** of Honolulu in 17:24 and **Anna West** of Kailua was the first female finisher (and 3rd place overall!) in 18:03. Get the full finisher lists [here](#). and race photos [here](#).



Many thanks to Connie Comiso and Joy Schoenecker for representing the club at the Road Runners Club of America National Convention in Chicago. In March. In the cold. Over the two days of the convention learning sessions are held on the club governance, training groups, risk management, and much more.

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. **Registration deadline extended until Sunday, April 2nd - Don't miss it - Register [here](#) now!** The Banquet is free to MPRRC members, \$70 for non-members.



Calling all Volunteers!



The next event that needs volunteers is the Mother's Day Beauchamp 10K on May 14th. Volunteer [here](#).

If you have questions about volunteering, contact Joan Davis at joaniediva1@gmail.com, Pete Boksanski at

The Rundown

Details on Upcoming Events

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.

Saturday, June 10, 2023, [Ho'omau 5K, 10K, & Half Marathon](#), 5:30 a.m., Sea Life Park, 41-202 Kalaniana'ole Hwy. Presented by Aloha Racing in Support of Winner's Camp Foundation.



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.

Tuesday, July 4, 2023, [Freedom Run from Epilepsy](#), 7:00 a.m., Kailua High School, 451 Ulumanu Dr. In Support of the Epilepsy Foundation of Hawaii this is a 5K run, 10K run, and 1-Mile (untimed) Fun Run/Walk.

Oahu Running/Training Groups

MPRRRC 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/>



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!



The Road Runners Club of America held its annual convention recently in Chicago. Each year the RRCA selects outstanding runners or key influencers in the sport to induct into the Distance Running Hall of Fame. This year Molly Huddle, Galen Rupp, and Carey Pinkowski were inducted. Details at <https://www.rrca.org/2023-hall-of-fame-inductees/>.



In addition, at the convention, RRCA annual awards to honor the service and dedication of outstanding leaders in the running community.



Outstanding Club President of the Year: Michelle Sledge, Chattanooga Track Club, Chattanooga, TN.

Outstanding RRCA State Representative: Scott Fiske, Michigan State Rep.

Outstanding Volunteer of the Year: Franklin Ruona, San Quentin 1000 Mile Club, Novato, CA.

Outstanding Beginning Running Program: Conroy Zien & Sarah Day, Montgomery County Road Runners Club, Gaithersburg, MD.

Outstanding Youth Running Program: Rappahannock Ospreys, Fredericksburg, MD.

Browning Ross Spirit of the RRCA Award: Jean Arthur, RRCA Past Board Member, Silver Springs, MD.

Road Runners of the Year:

- Futsum Zeinasellassie, Open Male
- Emily Sisson, Open Female
- Abdi Abdirahman, Male Master
- Camille Herron, Female Master
- Jacky Hunt-Broersma, Challenged Athlete

Communications Excellence: Front Runners New York.

Excellence in Running Journalism: Kelyn Soogn, The Washington Post.

Road Race of the Year: Avenue of the Giants Marathon, 6 Rivers Running Club, Arcata, CA.

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Honolulu, HI

Contact Club