



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



[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.

[Wa`ahila Wanderer](#), Saturday, June 10, 2023, 7:00 a.m.

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

[Ka`ena Point Firecracker](#), Saturday, July 1, 2023, 7:00 a.m., open soon.

[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.

[Laule'a 5K, 10K & Half Marathon](#), Saturday, July 15, 2023, 5:45 a.m.

[Kailua "Shark Chase" Beach Run](#), Sunday, July 16, 2023, 7:00 a.m.

[15th Annual JBPHH Half Marathon](#), Saturday, August 12, 2023, 5:30 a.m.

[Maunawili Out & Back](#), Saturday, August 12, 2023, coming soon.

[HMSA Norman Tamanaha 15K](#), Sunday, August 13, 2023, 6:00 a.m.

[Runner's HI 20K](#), Sunday, September 3, 2023, 6:00 a.m.

[Old Pali Road 5K](#), Saturday, September 9, 2023, 6:30 a.m.

[Moonlight Run 5K](#), Friday, September 29, 2023, coming soon.

[Hybrid Design 25K](#), Sunday, October 1, 2023, 5:30 a.m.

[Tantalus 10-Mile Challenge](#), Sunday, October 8, 2023, 6:30 a.m.

[Honolulu Pride Front Runners/Front Walkers Run/Walk 5K](#), October 14, 2023, 7:00 a.m.

[Boca Hawaii 30K](#), Sunday, October 22, 2023, 5:00 a.m.

[Running Room Val Nolasco Half Marathon](#), Sunday, November 12, 2023, 5:30 a.m.

[Kaiwi Coast Run & Walk](#), Sunday, November 19, 2023, 6:45 a.m.

[Santa Hat Family Fun Run/Walk 5K](#), Sunday, December 3, 2023, 4:00 p.m.

[Honolulu Marathon](#), Sunday, December 10, 2023, 5:00 a.m.

The Outside Lane



Mother's Day Beauchamp 10K - the race that almost wasn't.

On Mother's Day Sunday the MPRRC volunteer race crew arrived at Blaisdell Park around 5:00 a.m. to set up for the race as specified by the approved park permit. The gates were locked. Cars began arriving and backed up onto the highway blocking traffic to the extent that a Bus supervisor came by to see what was happening and promptly rerouted the Bus. Police officers started directing folks to park at a nearby grocery store lot. The equipment was hauled into the park for set up and some very alert volunteers started going from car to car to get people checked in so the race could happen. Some participants left because of the delay but most stayed. The outstanding dedication of Race Director, **Frank Floyd**, and the super volunteers overcame every obstacle and got the race underway - albeit an hour late. Shortly after the race started park staff arrived to open the gate. Apologies for the delays! Many thanks to the volunteer crew AND to the participants for their patience and understanding!



Hibiscus Half Marathon - Road Runners Club of America Western Region Championship!

Jared Breaux (1:20:17), Kailua, and **Melanie Aregger** (1:30:53), Switzerland - because it was the RRCA Western Region Championship, they had a lot to lug home - finisher medal, overall award, and RRCA Championship medal! Recognizing that

masters runners are fast, too, awards were also given out for the top 40+, 50+, & 60+ finishers! The first photo above is **Zelva Frazier** with his cheering squad finishing his 50th state half marathon in the 50th state! The photo beneath it is the proud finisher along RRCA representatives **Stephen Wright** and **Sharron Fisherman**. The first 15K finishers were **Silas Davidson** (58:31), West Point, NY, and **Cassandra Kochera** (1:13:57), Honolulu. For the 5-Miler it was **Peter Ramundo** (31:13), Manhattan, KS, finishing first for the men and **Nathania Tan** (33:08), Honolulu, finishing first for the women. A complete listing of results can be found [here](#).



And then there was some Mango Madness

The grueling, unpredictable (but popular) 10+ mile trail run put on by HURT was won by **Brian Wyland** (1:47:31) and **Eirenee Pospisil** (2:29:02). As part of the "fun", the first to reach the Tantalus Pillbox (Eirenee Pospisil and Patrick Duboyce) were dubbed "King & Queen of the Mountain" and each given large wooden "K" or "Q" to hold while finishing the race!



Please welcome our newest Mid-Pacific Road Runners Club Board member, **Naomi Morita**! Naomi is an avid runner and Level II RRCA Certified Running Coach. Naomi will serve out the term of a Board member resignation.



Hawaii Running Hall of Fame Banquet

The Japanese Cultural Center was bustling with runners and running community supporters there to honor the eight 2023 inductees into the Hawaii Running Hall of Fame - Jim Barahal, Harold Chapson, Cindy Dalrymple, Jim Gallup, Michael Georgi, Scott Hamilton, Ron Pate, and Steve Sobaje. To read about each inductee and view photos go [here](#).

Calling all Volunteers!

Upcoming volunteer opportunities:

Kailua "Shark Chase" Beach Run, July 16, 2023 - volunteer [here](#).

Lanikai 8K in Memory of Daniel Levey, July 23, 2023 - volunteer [here](#).

Old Pali Road 5K, September 9, 2023 - volunteer [here](#).

For questions about volunteering please contact volunteers@mprrc.com or text the club phone, 808-520-5590.

The Rundown **Details on Upcoming Events**

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.

Saturday, June 10, 2023, [Wa`ahila Wanderer](#), 7:00 a.m., Wa`ahila Ridge Recreational Park, 1600 Ruth Place. Presented by HURT, their "shortest but gnarliest trail race that traverses 5+ miles along the Ko`olau mountain range." Starting at the top of St. Louis Heights, up Wa`ahila Ridge trail, descend Kolowalu trail to the back of Manoa Valley, and then run back.



Road Runners Club of America Hawaii State Championship Race



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.

Saturday, July 1, 2023, [Ka`ena Point Firecracker](#), 7:00 a.m., Ka`ena Point Trail, Farrington Hwy, Waialua. A relatively flat out-and-back 9.5-mile run along the north and west sides of Ka`ena Point. Beautiful views - dress festively for the 4th!



Road Runners Club of America Hawaii State Championship Race



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.

Saturday, July 15, 2023, [Laule'a 5K, 10K & Half Marathon](#), 5:45 a.m., Wai Kai, 91-1621 Keone`ula Blvd, Ewa Beach. Presented by Aloha Racing. start Keone`ula Blvd, past Wai Kai and the Hoakalei Country Club, north on Ka Makana St., Geiger Rd, Coral Sea Rd, and back.



KAILUA Shark Chase BEACH RUN



Sunday, July 16, 2023, [Kailua "Shark Chase" Beach Run](#), 7:00 a.m., Kailua Beach Park near the boat ramp. The wave-washed course follows the shoreline to a turnaround point near the Kaneohe Marine Corps Base, then back to the start area. The

entire course is on the hard packed sand portion of the beach. Shoes are optional - you will probably run through some shallow water depending on the tide and your desire to make a splash. There will be a "shark" to chase - the shark gets a head start. Can YOU catch the shark? Pot luck and talk story after the race!

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Saturday, August 12, 2023, 15th Annual JBPHH Half Marathon, 5:30 a.m., Earhart Track at Hickam Field Joint Base Pearl Harbor-Hickam. Base access is required - open to military and their guests.

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Saturday, August 12, 2023, Maunawili Out & Back, not yet open for registration.



Sunday, August 13, 2023, HMSA Norman Tamanaha 15K, 6:00 a.m., Kapiolani Park. Managed by 808Race for MPRRC, this is the first race in the Bioastin Marathon Readiness Series and is the RRCA Hawaii 15K State Championship. The series will get you race ready for the Marathon in December. Save by registering for the entire series. MPRRC members get a discounted entry fee for the series.

Sunday, September 3, 2023, Runner's HI 20K, 6:00 a.m., Kalaehoa (Barber Point). This is the second race in the Bioastin Marathon Readiness Series and is the RRCA Hawaii 20K State Championship. The series will get you race ready for the Marathon in December. Save by registering for the entire series. MPRRC members get a discounted entry fee for the series.

Sunday, October 1, 2023, Hybrid Design 25K, 5:30 a.m., Kailua Beach Park (behind Kalapawai Market). This is the third race in the Bioastin Marathon Readiness Series and is the RRCA Hawaii 25K State Championship.

Sunday, October 22, 2023, Boca Hawaii 30K, 5:00 a.m., Kapiolani Park. This is the fourth race in the Bioastin Marathon Readiness Series and is the RRCA Hawaii 30K State Championship.

Sunday, November 12, 2023, Running Room Val Nolasco Half Marathon, 5:30 a.m., Kapiolani Park. This is the fifth & final race in the Bioastin Marathon Readiness Series and is the RRCA Hawaii Half Marathon State Championship.

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Saturday, September 9, 2023, Old Pali Road 5K, 6:30 a.m., Ko`olau Ballrooms & Conference Center (formerly the Ko`olau Golf Club). Scenic, hilly, out & back course. Free parking at the Ko`olau Ballrooms & Conference Center. Our wonderful sponsor is Ko`olau Distillery makers of Old Pali Road whiskey - engraved bottles of whiskey are awarded to the top finishers (21 or over)!

Bring your camera and get some stunning photos along the route!

Friday, September 29, 2023, Moonlight Run 5K, coming soon.



The logo for the Tantalus 10-Mile Challenge features a yellow background. On the left is a teal-colored map of the course, which starts at the bottom and goes up a hill, labeled "TANTALUS 10-MILE". To the right of the map, the text "Tantalus 10-Mile Challenge" is written in large green letters. To the right of the text is the Mid-Pacific Road Runners Club logo, which is circular with a red border. Inside the border, it says "MID-PACIFIC ROAD RUNNERS CLUB" and has a small "Honolulu" logo at the bottom. The center of the logo shows two runners on a path with palm trees and mountains in the background.

Sunday, October 8, 2023, Tantalus 10-Mile Challenge, 6:30 a.m., Halau Ku Mana Charter School, 2101 Makiki Heights Drive. This course up Makiki Heights, Tantalus, and Round Top will challenge you but remember - there's just one hill.



The logo for the Honolulu Front Runners/Front Walkers Pride Run/Walk 5K features a dark red background. On the left is the "FrontRunners / FrontWalkers" logo, which includes a rainbow, silhouettes of people running and walking, the text "FrontRunners / FrontWalkers", and "Honolulu" at the bottom. In the center, the text "Honolulu Front Runners/Front Walkers Pride Run/Walk 5K" is written in white. On the right is a collage of four small photos showing people participating in the run/walk.

Saturday, October 14, 2023, Honolulu Front Runners/Front Walkers Pride Run/Walk 5K, 7:00 a.m., Magic Island, Ala Moana Beach Park. The annual FrontRunners/FrontWalkers Honolulu PRIDE RUN/WALK 5K is a celebration of diversity that is open to all. The event is an opportunity for the LGBTQ+ community and supporters to come together in pride and celebrate in an active, healthy way!

Sunday, November 19, 2023, Kaiwi Coast Run & Walk, 6:45 a.m. Start at Awāwāmalu (Sandy Beach Park), passing Halona Blow Hole and Hanauma Bay, to Hawaii Kai - 4 miles to the Hui Nalu Canoe Club halau on the shores of Maunalua Bay.



The logo for the Santa Hat 5K Family Fun Run/Walk features a green background. On the left is the "Santa Hat 5K" logo, which includes a red circle with a cartoon Santa wearing a hat, the text "SANTA HAT 5K", and the "PRCA" logo. In the center, the text "Santa Hat 5K Family Fun Run/Walk" is written in white. On the right is the Mid-Pacific Road Runners Club logo, which is circular with a red border. Inside the border, it says "MID-PACIFIC ROAD RUNNERS CLUB" and has a small "Honolulu" logo at the bottom. The center of the logo shows two runners on a path with palm trees and mountains in the background.

Sunday, December 3, 2023, Santa Hat Family Fun Run/Walk 5K, 4:00 p.m., Magic Island, Ala Moana Beach Park. The holiday run/walk that is so much FUN! The whole family can enjoy a 5K run or walk wearing their best looking Santa hat! Make it a family tradition or stop by before visiting the Honolulu City Lights. Santa might be watching...

Sunday, December 10, 2023, Honolulu Marathon, 5:00 a.m., 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](#).

For the Windward side, the Windward Training Freaks meet on Tuesdays. Check out the [WTF Facebook page](#) and the [WTF Strava Club](#).

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!

Mid-Pacific Road Runners Club

Honolulu, HI

[Contact Club](#)