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## 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.**

May 2023



## Upcoming Events Quick List



[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.

[Mango Madness](#), Saturday, May 20, 2023, 7:00 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.

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

[Lanikai 8K in Memory of Daniel Levey](#), Sunday, July 23, 2023, 7:00 a.m.

[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.

[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.

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

## The Outside Lane

### The Hapalua

The 2023 edition of the Hapalua Half Marathon did not disappoint! The Chase resulted in a win by Team Hawaii in many years with **Zachary Lee** (1:16:10) crossing the finish line first with **Davis Kaahanui** (1:11:49) and **Michael Chin** (1:14:56) finishing less than a minute behind him. The first female finisher was **Carey Colbert** of Team Hawaii followed by **Gabi Bedlion** and **Mikayla Fujiwara** finishing within the next 60 seconds. The first chaser to finish was **Jacob Thompson** of Arizona with a blistering time of 1:04:58 while the first female chaser to finish was **Jessa Hanson** of Minnesota in 1:13:03! For the main body of racers, **Patrick Hearn** of Kailua was first across the finish line in 1:13:21 with first place female finisher **Annie Wang** of Honolulu coming across at 1:31:01.

### The MPRRC Annual Banquet & Membership Meeting



The MPRRC Annual Banquet & Membership Meeting was a delightful evening of friends, food, and fellowship! And no one had to run anywhere - except to the front to pick up well deserved awards!

Outstanding Runners of the Year are calculated using the results from eight specified club races. To qualify a runner must have finished at least five of the races. The results are age-graded - mahalo to **Craig Knohl** for compiling the results!

*The Outstanding Runners of the Year 2022 are:*

**Deb Matheus   Naomi Morita   Jeanine Nakakura   Annie Marshall   Debra Nelson**

**Peter Boksanski   Kevin Enriques   Michael Cacal   Michael Kasomoto   Alfred Chun**

*Outstanding Volunteer Awards went to:*

**Betty Gail Alford   Pete Boksanski   Paula Carroll   Trisha Ching   Joan Davis  
Judith Inazu   Annie Marshall   Mark Shorter**

Our guest speaker, **Candes Gentry**, Athlete, Artist, Author, and former Miss Hawaii, inspired us all by sharing her life

experiences. Many thanks to **Connie Comiso** and crew for organizing the banquet and to **Joy Schoenecker** for the fabulous table decorations! If you missed it, there is always next year...



#### The Boston Marathon

There were 81 Hawaii Residents that finished the Boston Marathon this year. Many hung out at Hawaii House in Hopkinton hosted by Dawn Smith & Chris Lavoie just before the race. The first finisher from Hawaii was **Cosmo Brossy** in 2:28:25 with **Amanda Beucler** of Kailua finishing in 2:56:40. A listing of all Hawaii finishers is attached. Complete Boston Marathon results can be searched [here](#).



#### Hawaii Running Hall of Fame

Don't forget to register the Hawaii Hall of Fame Induction Ceremony Banquet on May 19, 2023, Japanese Cultural Center, 2454 S. Beretania Street - **the price goes up on May 1st!**

***Calling all Volunteers!***

## **Upcoming volunteer opportunities:**

Mother's Day Beauchamp 10K, May 14, 2023 - volunteer [here](#).

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

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

For questions about volunteering please contact [volunteers@mprrc.com](mailto:volunteers@mprrc.com) or text the club phone, 808-520-5590.

## ***The Rundown*** **Details on Upcoming Events**

**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.

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### *Mother's Day Beauchamp 10K*



**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!

**Saturday, May 20, 2023**, [Mango Madness](#), 7:00 a.m., Makiki Pumping Station (Archie Baker Park), 1959 Makiki Heights Dr. This HURT event is a challenging race that is 10+ miles through tough, technical, and steep terrain of the Tantalus trail system. The route is different every year where there are unexpected detours along the way. Bring your game face and your sense of humor!



### Road Runners Club of America Western Region Championship Race



**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.

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**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.

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**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.

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**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.

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**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.



**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!



# The Lanikai 8K in Memory of Daniel Levey



**Sunday, July 23, 2023, The Lanikai 8K in Memory of Daniel Levey**, 7:00 a.m., Kailua Beach Park near the Boat Ramp. Start at the monument at the entrance to Lanikai and make two loops of the Lanikai neighborhood to finish near the boat ramp. There is a special award for the winner of the age group for Daniel Levey, the Cherry Blossom Court will be on hand for the water station and awards ceremony, and there is **free shave ice after the race!**



**This 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, 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.

**Sunday, September 3, 2023, Runner's HI 20K**, 6:00 a.m., Kalaeloa (Barber Point). This is the second race in the Bioastin Marathon Readiness Series and is the RRCA Hawaii 20K State Championship.

**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.





# The Old Pali Road 5K



**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!



## Tantalus 10-Mile Challenge



**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*.



## Honolulu Front Runners/Front Walkers Pride Run/Walk 5K



**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 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!



## Santa Hat 5K Family Fun Run/Walk



**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 then visit the Honolulu City Lights. Santa *might* be watching...

## 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/>



### 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](#)