



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



[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, 6:30 a.m.

[Lanikai 8K in Memory of Daniel Levey](#), Sunday, July 23, 2023, 6:30 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.

Honolulu Marathon Clinic Turkey Trot, Thursday, November 23, 2023, 7:00 a.m. (opening soon)

[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

Who's winning all these races?

- The Camp Smith Grueler was lead by **Ethan Hall** (23:59) with **Angela Bostwick** (26:51) the first female finisher. Full results [here](#).

- Our own **Michael Cacal** (1:22:29), Honolulu, and **Anna Ellis** (1:35:06), Kapolei, took first place in the June 10th Ho`omau Half Marathon. **Brock Flere** (30:39), Ohio, and **Courtney Walsh** (48:07), Wailuku, were the 10K winners and **Al Jerome Natac** (21:46), Mililani, followed less than a minute later by **Misha Strange** (22:44), Honolulu, took first places in the 5K. Full results for all three events can be found [here](#).

- HURT's Wa`ahila Wanderer on June 10th was won by **Conrad Newfield** (1:01:18) with **Whitney Goodell** (1:20:01) coming in first for the females. See all the finish times [here](#).



- The 17th Annual Mango Days 5K, the RRCA Hawaii 5K State Championship, on June 18th was won by **Michael Cacal** (17:13), Honolulu, and **Georgia Sloss** (19:05), Australia. Full results [here](#).

Just so ya' know.

The Mother's Day Beauchamp 10K, the race that almost wasn't, in May prompted the club President to send a letter to the Mayor, the head of the Parks Department, and the local City Council member for that area pointing out the problems that day and requesting a possible solution. Lauren H. Thielen, Director, Department of Parks and Recreation responded June 14th. Here is an excerpt:

Thank you for your letter dated May 18, 2023, regarding your concerns at the Neal S. Blaisdell Park for your Mother's Day Beauchamp 10k event. We sincerely apologize for the inconvenience you faced that day. We are relieved to hear that despite the difficulties, your event was still held.

We also apologize for the poor restroom conditions adding to the already stressful situation. The maintenance staff should have provided a scheduled cleaning of the facility that morning, and throughout the day. Supervisors will be improving their operations for special events, especially if a staff member calls out sick at the last moment.

We understand the need to improve and we are committed to do so. For the future, we have asked our recreation staff to follow-up with the event holder prior to the event, as well as our maintenance staff, to ensure the needs of the event are fulfilled.

Triangle Park Aid Station

"Me & the other Cooler brothers will be servin' up cold refreshments & snacks again this year. Stop by & see us!"

B. Cooler



Again this year the club is supporting runners and walkers training in the Diamond area with a free aid station set up in Triangle Park (Fort Ruger Park) on certain Sundays, August through November. A RunSignUp page has been created so that if you intend to visit the aid station on any Sunday morning, you can let us know by signing up - it is FREE and will help in determining supply levels for the aid station. Sign up is not required, just helpful - stop by anytime. Check out the schedule [here](#) and be sure to consider volunteering for one Sunday - link below in *Calling All Volunteers!* If you want to volunteer but feel you just can't skip a training day, no worries! You can volunteer to help set up or break down the aid station and still go for your run or walk!

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](#).

Triangle Park Aid Station, August through November - 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, 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, 6:30 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! NOTE: *Last month the time listed was 7:00 a.m. This is incorrect - 6:30 a.m. is the start time.*



The Lanikai 8K in Memory of Daniel Levey



Sunday, July 23, 2023, Lanikai 8K in Memory of Daniel Levey, 6:30 a.m., Kailua Beach Park for check-in, start at the Monument at the entrance of Lanikai. Another run with a day at the beach AND there will be **free shave ice** after the race!!

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.

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., Kalaeloa (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.

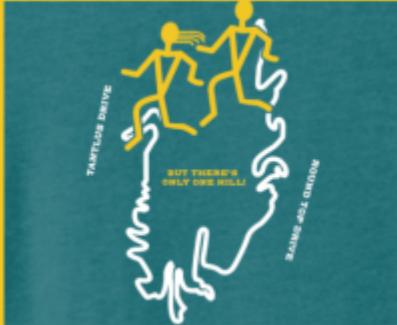
Sunday, October 22, 2023, Boca Hawaii 30K, 5:00 a.m., Kapiolani Park. This is the fourth race in the Bioastin Marathon Readiness Series and is the RRCA Hawaii 30K State Championship.

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.



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.



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!

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.



Changing the world since 1974, one runner at a time...

Turkey Trot



Thursday, November 23, 2023, Honolulu Marathon Clinic Turkey Trot, 7:00 a.m., Kapiolani Park Bandstand presented by the Honolulu Marathon Clinic and the Mid-Pacific Road Runners Club. Start your holiday right with a Turkey Trot for the whole family! There is a 10-Mile Predict-Your-Time race, a 10K, a 5K, and a 1.8-Mile Fun Run/Walk! Something for everyone plus a costume contest for the best Turkey Day themed outfit!! (Opening soon!)



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 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 free group training opportunities for all levels of runners and walkers. Come join the fun and get fit! Full details on HRP sessions [here](#).

The Windward Training Freaks (WTF) train every Tuesday at Kailua District Park. For updates and information visit their Facebook page [here](#). You can also join the WTF Strava Club [here](#).

Another great training resource is the [Honolulu Marathon Clinic](#), 7:30 am, Kapiolani Park on Paki Avenue side, Mid-March through December. You can join this free training clinic [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!



Road Runners Club of America



Ever thought about becoming a running coach? RRCA offers both in-person and online certification courses. For full details, cost, and available dates go [here](#).



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Contact Club