



Mid-Pacific Road Runners Club

LOCATION: HONOLULU, HI US 96803





Upcoming Events Quick List



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

[Maunawili Out & Back](#), Saturday, August 12, 2023, 6:00 a.m.

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

[Tantalus Triple Trek](#), Saturday, September 2, 2023, 5:30 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.

[Peacock Challenge](#), Saturday, October 14, 2023, 6:00 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

July is the month for two of the club's Windward side races - The Kailua Beach Shark Chase and the Lanikai 8K in Memory of Daniel Levey!



pc Dan Rafuls

The Kailua Beach Shark Chase

Race Director, **Rod Huddleston**, made sure everyone had a great time at the Kailua Beach Shark Chase! The lead shark got a head start and another trailed behind but it was **Lachlan Sheen** (27:43), Australia, coming in first with **Lucinda Caldwell** (31:43), Kaneohe, the first female finisher. Then a potluck with "shark" melon and shark cake, awards, random prize drawings, and the beach! Full race results [here](#). Photos [here](#).

The Lanikai 8K in Memory of Daniel Levey

The following weekend the club returned to Kailua Beach Park for the Lanikai 8K in Memory of Daniel Levey - another fine day at the beach! The first finisher was **Jared Breaux** (29:12), Kailua, with **Amanda Beucler** (32:14), Kailua, the first female finisher. The special memorial Daniel Levey Award went to **Nathaniel Ho** (33:19), Aiea. Mahalo to **Dr. Joyce Cassen** and **Norm Levey** for their continuing support of the race in memory of their son, Daniel. After the race, refreshments included free shave ice by Windward Snow! Full race results [here](#). Photos [here](#).



pc Les Omura

What happened at all those other races in July?

- The Ka'ena Point Firecracker, July 1st, put on by HURT was won by our own **Michael Cacal** (1:05:42) and **Marissa Cunsch** (1:08:18) - full results [here](#).
- The RRCA State 8K Championship race, Tropical Triple Crown's Coconut Chase, was won by **Anthony Barrie** (25:31), France, and **Anna Ellis** (32:26), Kapolei - full results [here](#).
- Independence Day wouldn't be complete without the Marine Corps Base Hawaii Runway 5K won by **Evan Slominski** (16:29)

and **Amanda Beucler-Rapos** (18:07) - full results [here](#).

- Also on July 4th, the Freedom Run From Epilepsy in Kailua featured a 10K, won by **James Delora** (38:28) and **Anna Ellis** (40:37), and a 5K won by **Jeven Lim** (19:17) and **Saige Miller** (21:53) - full results [here](#).

- Aloha Racing's Laule`a 5K, 10K, & Half Marathon was held on July 15th - the Half Marathon was won by **Noah Hartlein** (1:24:53) and **Amanda Beucler-Rapos** (1:26:40), the 10K was won by **James Eggmann** (36:31) and **Rebecca Jones** (48:39), and the 5K was won by **Samuel Rickerby** (16:14) and **Krysta Adkins** (19:57) - full results [here](#).

Triangle Park Aid Station - **First one is Sunday, August 6th!!**



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.* AND the Cooler Brothers will be [giving away a free gift](#) to those who stop by...

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!



Upcoming volunteer opportunities:

Triangle Park Aid Station, August through November - volunteer [here](#).

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

Tantalus 10-Mile Challenge, October 8, 2023 - volunteer [here](#).

Santa Hat Family Fun Run/Walk 5K, December 3, 2023 - volunteer [here](#).

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

The Rundown

Details on Upcoming Events

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](#), 6:00 a.m., Ko'olau Golf Course (which is now the Ko'olau Ballrooms & Conference Center), 45-550 Kionaole Rd, Kaneohe. This HURT trail event is 22 miles along the Ko'olau Mountain Range to Waimanalo and back. There is also a relay version available.



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.

Saturday, September 2, 2023, [Tantalus Triple Trek](#), 5:30 a.m., Hawaii Nature Center, 2131 Makiki Heights Dr. This 30-mile triple loop HURT trail event goes up Kanealole (Center/Pipe) trail looping around to Manoa Cliff and Kalawahine trails, down the Maunalaha trail (Hogsback), crossing the HNC driveway over to the Makiki Botanical trail to the public parking area where you can do it twice more.

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!

Closed to vehicular traffic since 1959, the Old Pali Road will continue to be closed to all vehicles, as hundreds of runners and walkers “merge” at MPRRC’s Old Pali Road 5K Race on Saturday, September 9.

As the makers of “Old Pali Road Whiskey” and a disabled veteran-owned business dedicated to the local and military community, Ko`olau Distillery is proud to serve once again as the official sponsor of this year’s race. Founded in Windward Oahu in 2018, Ko`olau Distillery celebrates its fifth anniversary this year, continuing its commitment to the community and the stewardship of our Island home’s natural resources. Find out more about [Ko`olau Distillery!](#)

Register today for the Old Pali Road 5K Race, which is more than a stroll down “Memory Lane” and more fun than “Life in the Fast Lane”! It is a hilly adventure on the scenic, historic Old Pali Road.

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



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.

Saturday, October 14, 2023, [Peacock Challenge](#), 6:00 a.m., Dillingham Airfield, 69-415 Farrington Hwy, Waialua. A rugged 55 miles in Northwest Oahu on trails located in the Kuaokala Forest Reserve Area above the Dillingham Airfield, presented by HURT. A single loop 27.5 mile version is also available.



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.



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!)



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. <https://www.honolulumarathonclinic.org/>

STRAVA

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



Did you know you could become a Certified Race Director? RRCA's Race Director Certification Course prepares you to take on the challenge of organizing a racing event. Go [here](#) for details.

[Mid-Pacific Road Runners Club](#)

Honolulu, HI

Contact Club