



Mid-Pacific Road Runners Club

LOCATION: HONOLULU, HI US 96803

A photograph of a sunset over the ocean. The sun is a bright, glowing orb in the center, with rays of light and a warm orange and yellow sky. The ocean is dark and calm, reflecting the light from the sun. The text "Our Mission" is written in a large, white, serif font. Below it, a paragraph of text in a bold, white, sans-serif font describes the club's mission.

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



- [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.
- [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

Maui Fires

The following is a message recently sent out by **Les Wright**, Race Director, Maui Oceanfront Marathon and Lake Tahoe Marathon. It is the positive spirit we all try to achieve so it is quoted in its entirety:

Aloha,

You all know about the devastation of Lahaina by now.

Many of you also know that the Maui Oceanfront Marathon and the Lake Tahoe Marathon are related.

Maui is hurting right now, but will recover. It will be a long time before Lahaina recovers physically. All of Maui is grieving for the loss of life as well as the destruction, and loss of jobs, but basically the rest of Maui is physically fine. Maui will need you there soon to help with the financial recovery. Maui as well as all of Hawaii survives because of its visitors. Please don't be a stranger.

We are still planning on running the Maui Oceanfront Marathon with its same course or on a slightly modified course. The

present course that ends at Kamehameha Iki Park has the last .6 miles burnt out. It won't be pretty, but important for the recovery. The rest of the oceanfront course is fine.

Our finish line at Kamehameha Iki Park should be fine for a nice finish line gathering and to celebrate the beginning of the rebirth of Lahaina. I have not attempted to contact the officials yet, frankly because their hands are full with more important things right now, and they do not need us bothering them.

Just remember, Maui needs you. Plan on visiting Maui and running with us January 14th.

Join MPRRC in Supporting Maui!

As an organization dedicated to promoting a strong, resilient community through running and physical fitness, the Mid Pacific Road Runners will be providing financial support for the recovery needs of the Maui Community affected by the devastating Maui wildfires.

This year, the net proceeds and all donations from MPRRC's Old Pali Road 5K on September 9 will be sent to the Hawaii Community Foundation's Maui Strong Fund.

You can join MPRRC in supporting the Maui Community's recovery efforts. [Sign up for the race](#), make a donation, and make a difference! If you don't plan to run the race but would still like to contribute, do so [HERE](#).

Racing Summary for August

HMSA Norman Tamanaha 15K



The RRCA Hawaii State Championship 15K, the HMSA Norman Tamanaha 15K, on Sunday, August 13, 2023, crowned the following State Champions:

Male

Overall: **Zachary Lee** (54:02), Aiea,
40+: **Jay Dela Cruz** (54:13), Honolulu
50+: **George Munoz** (1:00:38), Aiea
60+: **Craig Knohl** (1:12:22), Haleiwa

Female

Overall: **Emily Reynolds** (1:04:14), Kaneohe
40+: **Akiko Patterson** (1:08:25), Honolulu
50+: **Kelli Lyau** (1:11:15), Honolulu
60+: **Gaye Tatsuna** (1:19:47), Honolulu

See complete results for the HMSA Norman Tamanaha 15K [here](#). There are four more races in the Bioastin Marathon Readiness Series - details in The Rundown section below!



Patrick Hearn (1:12:19) and **Jacqueline Barrientes** (1:32:42) won the JBPHH Half Marathon on August 12, 2023. You could hooked on awards like that! Check out complete results [here](#).

The same day on the windward side **Brian Wyland** (3:18:06) and **Annie Pentaleri** (3:47:17) won the solo Maunawili Out & Back, while the Dad Bods, **Mike Flartey** and **Eric Kollai** (4:18:52) was the first relay team in followed by Driving Miss Davis, **Pete Boksanski** and **Rod Huddleston**, then Mom Jeans, **Kelly Sutcliffe** and **Shawna Kollai** - just so you know. See full results [here](#).

MPRRC Board Changes



Farewell to **Nicholas Pugliese** who is headed for college on the mainland. Mahalo for serving on the MPRRC Board and best of luck with your studies at Rice University!



Welcome to **Chris Kam** who will serve out Nicholas' term on the Board!

Chris is an avid runner who runs over 1,000 miles each year, and encourages everyone to get outside and enjoy the health benefits of running, jogging, walking, stumbling, etc. Chris started running in 2001 with TeamJet's Honolulu Marathon Clinic, and has since completed 18 marathons, two Oahu Perimeter Runs and countless half marathons. In the words of Chinese Philosopher Confucius: "It does not matter how slowly you go as long as you do not stop."

When not "running running", Chris is running numbers as the President and COO of Omnitrak Group, Inc., a Honolulu-based market research consultancy with clients throughout Hawai'i and tourism destination clients stretching from Florida, to Nevada, Houston, San Diego and many points in-between.

Prior to joining Omnitrak, he served as the Hawai'i Visitors and Convention Bureau's Senior Director of Market Insights from 1996 to 2016. Chris possesses a deep understanding of Hawai'i's visitor industry. He is also a popular and well-regarded speaker at national trade conferences, known for delivering complex data with useful action-oriented insights.

The 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



The first two Sunday Aid Stations in Triangle Park were a big hit! With these aid stations the club is supporting runners and walkers training in the Diamond Head area on certain Sundays 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 (reflective slap bands) while they last 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!

Calling all Volunteers!

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@mprrc.com or text the club phone, 808-520-5590.

The Rundown
Details on Upcoming Events

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.

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.





MPRRC will donate the net proceeds and all race donations for the upcoming Old Pali Road 5K to the Hawaii Community Foundation's Maui Strong Fund in support of the recovery effort on Maui. If you don't plan to run the race but would still like to contribute, do so [HERE](#).

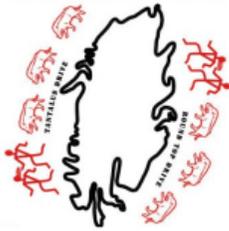
Saturday, September 9, 2023, [Old Pali Road 5K](#), 6:30 a.m., Ko'olau Ballrooms & Conference Center (formerly the Ko'olau Golf Club). Scenic, hilly, out & back course. Free parking at the Ko'olau Ballrooms & Conference Center. Our wonderful sponsor is Ko'olau Distillery makers of Old Pali Road whiskey - 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.



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.

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.

**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 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 Maunaloa Bay.

**Honolulu
MARATHON
CLINIC** 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!!



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



The Road Runners Club of America (RRCA) Championship Event Series is one of the oldest distance running traditions in the US, dating back to 1958 when the RRCA awarded its first championship designation. The goal of the RRCA Championship Event Series is to shine a spotlight on well-run, community-based events, and to promote the sport of running by recognizing the top performing runners in the Open, 40+, 50+, and 60+ categories for both men and women as RRCA Champions.

Congratulations to the 2024 RRCA National Championship Events:

March 10, 2024 – Ultra Championship – SARR Prickly Pear Trail Run – San Antonio, TX

May 5, 2024 – Marathon Championship – The OC Marathon – Costa Mesa, CA

June 22, 2024 – 10K Championship – Midnight Sun Run – Fairbanks, AK

June 29, 2024 – 1 Mile Championship – The Macklind Mile – St. Louis, MO

July 27, 2024 – 7 Mile Championship – Quad-City Times Bix 7 – Davenport, IA

August 25, 2024 – Half Marathon Championship – Pro Football Hall of Fame Half Marathon – Canton, OH

September 9, 2024 – 5K Championship – Santa Monica Classic – Santa Monica, CA

September 28, 2024 – 10 Mile Championship – 50th Annual Moore & Giles Virginia 10 Miler – Lynchburg, VA

RRCA Championship Events receive sponsorship support from RRCA along with Gatorade as the Official Fluid Replacement Drink of the RRCA and Ashworth Awards as the Official Award Provider for the series.

Mid-Pacific Road Runners Club

Honolulu, HI

Contact Club