



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



[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.

[Trick or Trot 5K Fun Run](#), Friday, October 27, 2023, 5:00 p.m.

[Race for Rescue 5K Trail Walk/Run](#), Saturday, October 28, 2023, 8:30 a.m.

[Makoa 5K, 10K, & Half Marathon](#), Saturday, November 4, 2023, 6:30 a.m.

[Kailua Surfrider Run/Walk](#), Sunday, November 5, 2023, 7:00 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.

[Homeward Bound 5K](#), Thursday, November 23, 2023, 8:00 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.

[Hawaii Kai Ultra Run](#), Saturday, December 16, 2023 - Sunday, December 17, 2023, start time of choice.

The Outside Lane

[Old Pali Road 5K & Maui Strong Fund](#)



The Old Pali Road 5K was spectacular - even with a little rain. **Jeremy Morgan** (19:05), Ka`a`Awa, and **Meg Oshima** (22:47), Kailua, led 221 finishers (the largest turnout in memory) over the beautiful rolling terrain. Get complete results [here](#). Many thanks to our wonderful volunteers, Race Director, **Naomi Morita**, our sponsor, **Ko`olau Distillery**, makers of Old Pali Road Whiskey, and **Jonathan Lyau**, [A. C. Lyau Company](#), for packaged snacks! **And Mahalo to all of you for making it possible to donate \$5432.60 to the Maui Strong Fund!!**

The Runner's HI 20K



The Hawaii State RRCA 20K Championship, the Runner's HI 20K, was held on September 3rd. Here are the Hawaii State 20K Champions:

Overall - **Jay Dela Cruz** (1:09:16), Honolulu, with **Jordan Sienkiewicz** (1:13:40), San Diego, the first female finisher.

40+ (Masters) - **Adriel Villasin** (1:14:05), Honolulu, and **Akiko Patterson** (1:26:47), Honolulu

50+ (Grand Masters) - **George Munoz** (1:16:03), Aiea, and **Kelli Lyau** (1:31:10), Honolulu

60+ (Great Grand Masters) - **Millard Sappington** (1:26:39), Kapolei, and **Shelly Cooper** (1:52:53), Honolulu
Get complete results [here](#).

Tantalus Triple Trek

Sergio Florian (4:24:43) won the grueling Tantalus Triple Trek with the first female finisher (and 2nd overall), **Katherine Short** (4:31:38) not far behind! Full results are [here](#).

Berlin Marathon

If you know, you know. But if you missed it, it was one of the strongest marathon fields ever. For the men, nine runners broke 2:05:00 - Eliud Kipchoge won in 2:02:42. For the women, the world marathon record stood at 2:14:04 by Brigid Kosgei. Tigist Assefa shattered the record with a 2:11:53 finish! The second female finisher came in 2:17:49 - based on the pace, a couple of kilometers behind. There is a nice YouTube summary of the race [here](#).

High School Tracks

Maybe it is going unnoticed, but most of the high school tracks are now behind locked gates and DOE plans to lock them all eventually. There has been a bit of discussion about it in the running community and a few months ago Denby Fawcett wrote an article on Civil Beat, "[Looking for a running track to exercise? Good Luck.](#)" Apparently the reasons include liability, extra wear & tear, and vandalism. For many years those who did not feel safe running, jogging, or walking on the streets found safe refuge at high school tracks - no traffic, no trip hazards, no loose dogs, usually others around, etc. For some it was probably their only exercise opportunity. On the other hand, schools must protect the school assets for the benefit of the students. How do you feel about it? Please take a brief, two question survey on the topic [here](#).

The Triangle Park Aid Station



B. Cooler

On Sunday, September 24th, the Triangle Park station not only served those afoot, but served the Hawaii Bicycling Leagues Aloha Fun Ride portion of the 40th Honolulu Century Ride for families . Early in the morning hundreds of bikers sped past the park as part of the century ride and two hours later the Aloha Fun Ride participants pedaled up to get some drinks and snacks. It was a fun time and great to see families enjoying the fun ride together! Mahalo to the volunteers, Jonathan Lyau for donating packaged snacks, and the Hawaii Bicycling League for supplying additional yummy snacks!

There is one (maybe two if there are volunteers) Sunday Aid Stations in Triangle Park remaining: October 29th and possibly November 5th. The aid station is FREE to all - 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!

Aloha, here are upcoming volunteer opportunities for you!

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

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

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

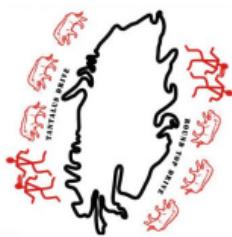
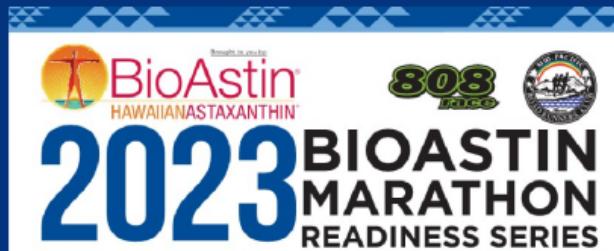
Details on Upcoming Events



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.



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 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!

Friday, October 27, 2023, [Trick or Treat Fun Run/Zombie Chase](#), 5:00 p.m., Kahuna's Sports Bar & Grill, Marine Corps Base Hawaii, Kaneohe. The family friend fun run starts at 5:00 p.m. and the Zombie Run (18yo+) starts at 5:30 p.m. outrun the Zombies to the finish - only those courageous enough to enter the Haunted House will have a chance to be crowned the fastest survivor. There is an Afterlife Halloween Bash after the race with a custom contest - prizes to be awarded to the Afterlife's Fashion MVP. Civilians with base access must register in [DBIDS](#) by Thursday, October 12, 2023.

Saturday, October 28, 2023, [Race for Rescue 5K Trail Walk/Run](#), 8:30 a.m., Kaiwi Scenic Shoreline Trail. This is a fundraiser for the Oahu Search and Rescue. Out and back course on packed dirt trails. Prizes will be awarded including best costume.

Saturday, November 4, 2023, [Makoa 5K, 10K, & Half Marathon](#), 6:30 a.m., 91-1621 Keone`ula Blvd., Ewa Beach. Presented by Aloha Racing along the Leeward coast.

Sunday, November 5, 2023, [Kailua Surfriders Run/Walk](#), 7:00 a.m., Kailua High School, 451 Ulumanu Drive, Kailua. This is a fundraiser for Kailua High School and includes a 5K and a 10K around Enchanted Lake in Kailua.

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.





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!!

Thursday, November 23, 2023, [Homeward Bound 5K](#), 8:00 a.m., Manoa Valley District Park. There is also a virtual version. Presented by The Institute for Human Services and the Punahoa Girls Cross Country Team. All proceeds go to the The Institute for Human Services in support of homeless programs. There is no race day registration.



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 and Start To Park 10K, 5:00 a.m., Ala Moana Blvd. at Queen St. MPRRC will have a booth at the Honolulu Marathon Expo - stop by to get your free 2024 Race Schedule Magnet!

Saturday, December 16, 2023 - Sunday, December 17, 2023, Hawaii Kai Ultra Run, Kalama Valley Park, 557-569 Kealahou St., Hawaii Kai. Presented the Hawaii Running Project, choose half marathon, 30K, Marathon, 50K, 50 Miles, 100K, or 100 Miles. This event qualifies for Marathon Maniacs, Half Fanatics, and 50 States Marathon Club.

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. Get all the details and sign up [here](#). Or visit their legacy site at <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!



Road Runners Club of America



Aloha,

Ever thought about becoming a running coach? The Road Runners Club of America has an on line Coaching Certification Course to make that happen! Here is the upcoming schedule of sessions:

ONLINE COURSES

OPEN: October 21-22, 2023 - Liberty ONLINE - Central Time
OPEN: October 28-29, 2023 - Modesto ONLINE - Pacific Time
OPEN: November 11-12, 2023 - Wichita ONLINE - Central Time
OPEN: December 16-17, 2023 - Boston ONLINE - Eastern Time

For complete details go the RRCA web page [here](#).

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[Contact Club](#)