



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



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

November 5, 2023, [Kailua Surfriders Run/Walk](#), 7:00 a.m.

November 18, 2023, [Turkey Trot 5K/10K](#), 6:30 a.m.

November 19, 2023, [Kaiwi Coast Run & Walk](#), 6:45 a.m.

November 23, 2023, [Honolulu Marathon Clinic Turkey Trot](#), 7:00 a.m.

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

November 23, 2023, [2nd Annual MPCC Turkey Trot](#), 8:30 a.m.

November 23, 2023, [Turtle Bay 5K Turkey Trot](#), 7:30 a.m.

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

December 10, 2023, [Honolulu Marathon](#) and [Start To Park 10K](#), 5:00 a.m.

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

January 1, 2024, [Bosetti 1st Sunrise 10K](#), 7:00 a.m.

January 7, 2024, [Bob & Ron's Manoa 5K](#), 7:00 a.m.

January 21, 2024, [Chapson Diamond Head Dash 8K](#), 7:00 a.m.

February 4, 2024, [Johnny Faerber 10K](#), 7:00 a.m.

The Outside Lane

October Race Results

[Hybrid Design 25K](#) - full results [here](#)

1st Place Female: **Amanda Beucler-Rapos**, Kailua, 1:40:15

1st Place Male: **Jay Dela Cruz**, Honolulu, 1:32:24



Tantalus 10-Mile Challenge

[Tantalus 10-Mile Challenge - full results here](#)

1st Place Female: **Teresa Allman**, Honolulu, 1:11:42

1st Place Male: **Jonathon Priebe**, Ann Arbor, 1:01:54

[Peacock Challenge 55-Miler](#) - full results [here](#)

1st Place Female: **Annie Pentalieri**, 11:52:49

1st Place Male: **Eric Wesolowski**, 10:12:04

[Peacock Challenge 27.5-Miler](#) - full results [here](#)

1st Place Female: **Mary Edgmon**, 5:25:08

1st Place Male: **Cole Raven**, 4:49:49

[Front Runners/Front Walkers 5K](#) - full results [here](#)

1st Place Female: **Jacalyn Overdier**, Tripler Medical Center, 20:52

1st Place Male: **Kevin Enriques**, Honolulu, 18:36

[Boca Hawaii 30K](#) - full results [here](#)

1st Place Female: **Amanda Beucler-Rapos**, Kailua, 2:06:52

1st Place Male: **Ku Kaahanui**, Waianae, 1:49:47

The Triangle Park Aid Station



The Triangle Park Aid Station (sadly) is done for this year. Huge mahalo to coordinator **Naomi Morita** and the many volunteers who helped on those special Sunday mornings! B. Cooler and his brothers will be back next year!

Honolulu Marathon Clinic Turkey Trot



MPRRC is partnering with the Honolulu Marathon Clinic again this year to put on the annual Honolulu Marathon Clinic Turkey Trot. The Honolulu Marathon Clinic meets every Sunday morning in Kapiolani Park from March through November providing **free training** for the marathon (or any distance race) to anyone and everyone. The clinic is supported by donations and by the proceeds from the Turkey Trot. Show your support by entering the race or by volunteering - the volunteer link is below under "Calling all Volunteers."

Honolulu Marathon Expo



MPRRC and the Road Runners Club of America will sponsor a booth at the Honolulu Marathon Expo from Thursday, December 7, 2023 through Saturday, December 9, 2023, with set up on December 6th. There are 25,000 expected attendees. Volunteers are needed to staff the booth in 3-4 hour shifts. Volunteers receive an orientation about the club, the RRCA, Expo procedures, and then promote the sport of running, the club, and the RRCA as well as sell club memberships and merchandise handling cash, check, and credit card purchases. It is a great opportunity to interact with hundreds of runners during a single shift! *Oh, and no sweat or labored breathing involved.* Check out the details [here](#).

The Great Aloha Run In-Training Sessions



Get ready for the annual Great Aloha Run on February 19, 2024! Training sessions covering progressively longer distances will be held every Sunday morning at the Kapiolani Park Bandstand beginning December 17, 2023. The training sessions are free, hosted by MPRRC again this year. Individual pace groups for walkers, walk/run, joggers, and runners will be available. Uncle Mid-Pac needs you here, too! Pace group leaders/assistants are needed for all paces. To volunteer to help with a pace

group, click [here](#) or see the "Calling all Volunteers" section below.

Calling all Volunteers!

Aloha KANE, here are upcoming volunteer opportunities for you!

The Honolulu Marathon Clinic Turkey Trot, November 23, 2023 - volunteer [here](#).

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

MPRRC Booth at the Honolulu Marathon Expo, December 7 - 9, 2023, Hawaii Convention Center, 1801 Kalakaua Avenue - volunteer [here](#).

Great Aloha Run In-Training Sessions, December 17, 2023 - February 4, 2024, Kapiolani Park Bandstand - volunteer [here](#).

Bosetti 1st Sunrise 10K, January 1, 2024 - 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, **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.

Saturday, **November 18, 2023**, [Turkey Trot 5K/10K](#), 6:30 a.m., Marine Corps Exchange, Cushman Ave., MBH, Kaneohe. Civilians without base access must register in [DBIDS](#) by Friday, November 3, 2023.

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.



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! AND two free entries into the 2024 Honolulu Marathon will be given away in a random drawing!

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.

Thursday, **November 23, 2023**, [2nd Annual MPCC Turkey Trot](#), 8:30 a.m., Mid-Pacific Country Club, 266 Kaelepulu Drive, Kailua.

Thursday, **November 23, 2023**, [Turtle Bay 5K Turkey Trot](#), 7:30 a.m. Turtle Bay Resort, 57-091 Kamehameha Highway, Kahuku. There is also a modified Olympic Triathlon, Relay Triathlon, and Youth Triathlon on November 25th, same link.

SANTA HAT 5K

MID-PACIFIC
ROAD RUNNERS CLUB

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 by 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.



Bosetti 1st Sunrise 10K



Monday, **January 1, 2024**, [Bosetti 1st Sunrise 10K](#), 7:00 a.m., Kalama Valley Park, 555 Kealahou Street, Hawaii Kai. Start your new year right - with a sunrise 10K!



Bob & Ron's Manoa 5K Chapson Diamond Head Dash 8K Johnny Faerber 10K



Sunday, **January 7, 2024**, [Bob & Ron's Manoa 5K](#), 7:00 a.m., Manoa Valley Recreation Center, 3119 Manoa Road. This is the first race in the Great Aloha Readiness Series.

Sunday, **January 21, 2024**, [Chapson Diamond Head Dash 8K](#), 7:00 a.m., Kapiolani Park, 2686 Kalākaua Ave. (near the statue of Queen Kapiolani). This is the second race in Great Aloha Readiness Series.

Sunday, **February 4, 2024**, [Johnny Faerber 10K](#), 7:00 a.m., Kapiolani Park, 2686 Kalākaua Ave. (near the statue of Queen Kapiolani). This is the third and final race in Great Aloha Readiness Series.

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!

Mid-Pacific Road Runners Club

Honolulu, HI

[Contact Club](#)