

December 2023 MPRRC Newsletter

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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.

December 2023



Upcoming Events Quick List



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 14, 2024, [Maui Oceanfront Marathon](#), 5:00 a.m.

January 20, 2024, [Akahai 5K, 10K & Half Marathon](#), 7:00 a.m.

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

January 26, 2024. Moonlight Run 5K, opening soon

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

February 10, 2024, [Keiki Great Aloha Run](#), 7:30 a.m.

February 17, 2024, [Great Aloha Run Silver Streaks Sunrise Walk For Seniors](#), 7:30 a.m.

February 19, 2024, [Great Aloha Run](#), 7:00 a.m.

February 25, 2024, [Kailua 10-Miler & 5K](#), 6:00 a.m.

The Outside Lane

November Race Results

[Val Nolasco Half Marathon](#) - see full results [here](#)

1st Place Female: JORDAN SIENKIEWICZ, San Diego, 1:25:32

1st Place Male: KU KAAHANUI, Waianae, 1:15:05

Five-Race Series

1st Place Female: AKIKO PATTERSON, Honolulu, 8:31:33

2nd Place Female: KELLI LYAU, Honolulu, 8:51:53

3rd Place Female: MIYUKI MUÑOZ, Aiea, 9:07:08

1st Place Male: JEREMY MORGAN, Kaneohe, 6:45:04

2nd Place Male: JAY DELA CRUZ, Honolulu, 6:46:08

3rd Place Male: KEVIN ENRIQUES, Honolulu, 7:21:49

[Kailua Surfriders Run/Walk](#) - see full results [here](#)

5K

1st Place Female: LIV DELGADO, 20:46

1st Place Male: BJORN MARSEN, Honolulu, 19:59

10K

1st Place Female: KUULEIHULU NAMAKAEH, 52:04

1st Place Male: MICAHEL CACAL, Honolulu, 38:15

[Honolulu Marathon Clinic Turkey Trot](#) - see full results [here](#)

10-Miler (order of finish, not predict your time results)

1st Place Female: DANIELLE MURASHIGE, Philadelphia, 1:19:12

1st Place Male: BILL BUPP, Honolulu, 1:10:38

10K

1st Place Female: CHELSEA ORR, Washington, 40:45

1st Place Male: PETER RAMUNDO, Kansas, 36:48

5K

1st Place Female: EUGENIA FANTONI, Ft. Lauderdale, 21:09

1st Place Male: TYLER WILLIAMS, Waimanalo, 16:36

[MCBH Turkey Trot](#) - see full results [here](#)

10K

1st Place Female: AMANDA BEUCLER-RAPOS, 37:45.9

1st Place Male: JASON HICKENLOOPER, 39:39

5K

1st Place Female: MEGUMI OSHIMA, 19:31

1st Place Male: JACOB BISHOP, 19:00

[Mid-Pacific Country Club Turkey Trot](#) - see full results [here](#)

1st Place Female: CAMDEN SCHOPLER, Kailua, 15:00

1st Place Male: SAWYER SCHOPLER, Kailua, 13:46

[Turtle Bay 5K Turkey Trot](#) - see full results [here](#)

1st Place Female: BONNY SUSKI, Kailua, 20:19

1st Place Male: COLIN LISENBY, 18:53

[Kaiwi Coast Run & Walk](#) - see full results [here](#)

1st Place Female: BONNY SUSKI, Kailua, 26:08

1st Place Male: MICHAEL CHIN, Honolulu, 21:54

[Makoa Half Marathon](#) - see full results [here](#)

1st Place Female: MARGIE CULLEN, San Francisco, 1:28:53

1st Place Male: MICAHEL CACAL, Honolulu, 1:26:17

10K

1st Place Female: TERESA ALLMAN, Honolulu, 42:01

1st Place Male: ADOLAR FREITAG JUNIOR, Peru, 44:53

5K

1st Place Female: BROOKLYN BROWN, Pearl City, 19:49

1st Place Male: VAL UMPHRESS, Mililani, 20:04

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. Register [here](#).

[Help with a pace group](#): Uncle Mid-Pac needs you here, too! One of most rewarding things in sport is to help someone engage in the sport or improve. Here's your chance to help others enjoy running as much as you do! Pace group leadersassistants are needed for all paces. To volunteer to help with a pace group, click [here](#) or see the "Calling all Volunteers" section below.

[Video Race Results](#)

Mid-Pacific Road Runners Club will offer video results for club races starting with the Santa Hat 5K Family Fun Run/Walk. In collaboration with Josh Sappington, @jsapproductions, a video camera will be set up at the finish line to film every finisher. The video is uploaded to the RunSignUp results page for the race, the RunSignUp software reads the bib number of each finisher, and puts a link by the finishers name on the results page so their individual finish video can be viewed. No video results if your bib number is not visible to the camera. Very slick stuff! Wanna see a sample? Go [here](#) to see video results for the first 100 finishers for the Boca Hawaii 30K this past October.

[Marathoner's Survey/Study](#)

Jason Brause, a graduate student at New York University is conducting a study to learn more about how mental exercises can aid marathon runners. He is looking to recruit participants who are registered to run the upcoming Honolulu marathon. Participation will take approximately 1 hour in total, consisting of 4 surveys each lasting 15-20 minutes. Everyone who completes the study will be eligible to win 1 of 5 prizes that will be raffled off at the conclusion of the study.

This study has been approved by NYU's ethics review board (IRB-FY2023-7824) and fully complies with US data protection laws. This study is conducted solely for scientific purposes. Insights learned from the study could help marathon runners better overcome challenges they face while running. The flyer with details is attached.



Aloha KANE, here are upcoming volunteer opportunities for you!

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](#).

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

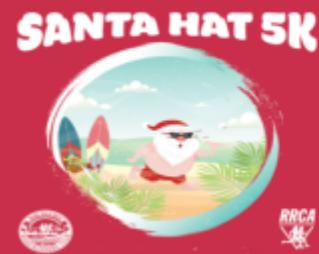
Chapson Diamond Head Dash 8K, 7:00 a.m., January 21, 2024 - volunteer [here](#).

Johnny Faerber 10K, 7:00 a.m., February 4, 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



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 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.



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!

Sunday, **January 14, 2024**, Maui Oceanfront Marathon, 5:00 a.m., Lahaina, Maui. There will be a marathon (RRCA State Championship), Half Marathon, 6-Miler, and 5K. The marathon starts in Waimea with the other races starting at points along the way. The destruction of Old Lahaina Town necessitated an altered route and the finish has moved to H30 outside Launipoko Beach Park. The Maui Oceanfront Marathon is going to help rebuild King Kamehameha's Hale at the original finish line. To donate to this cause send to: Maui Oceanfront Marathon, 2480 So Kihei Rd #9, Kihei, HI 96753. Maui needs you. Run Maui. Bring your friends.

Saturday, **January 20, 2024**, Akahai 5K, 10K & Half Marathon, 7:00 a.m., Wai Kai, 91-1621 Keone'ula Blvd, Ewa Beach. Race Series presented by Aloha Racing.

Friday, **January 26, 2024**. Moonlight Run 5K, opening soon.



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.

Saturday, **February 10, 2024**, [Keiki Great Aloha Run](#), 7:30 a.m., Magic Island, Ala Moana Regional Park. For kids 12 and under.

Saturday, **February 17, 2024**, [Great Aloha Run Silver Streaks Sunrise Walk For Seniors](#), 7:30 a.m., Magic Island, Ala Moana Regional Park. A one+ mile walk around Magic Island for seniors 55 and over.

Monday, **February 19, 2024**, [Great Aloha Run](#), 7:00 a.m., Aloha Tower. In person or virtual 8.15 Mile race from Aloha Tower to Aloha Stadium. Sign up to support local charities as an individual, team of 7, or as part of your organization or group in the President's Club.



The Kailua 10-Miler & 5K



Sunday, February 25, 2024, [Kailua 10-Miler & 5K](#), 6:00 a.m., Boys & Girls Club, Windward Clubhouse, 145 S Kainalu Dr. Kailua.

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://runsignup.com/Club/HI/Honolulu/HonoluluMarathonClinic>



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](#)