



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



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](#), 7:30 p.m.

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.

March 3, 2024, [King's Runner 10K](#), 6:30 a.m.

March 23, 2024, [Ku'ikahi 5K, 10K, Half Marathon](#), 7:00 a.m.

March 24, 2024, [Windward Half Marathon & 5K](#), 6:00 a.m.

April 7, 2024, [HPH Women's 10K & 5K](#), 6:30 a.m.

April 14, 2024, [Hapalua Half Marathon](#), 6:00 a.m.

April 27, 2024, [The Pineapple Run](#), 6:00 a.m.

The Outside Lane



(pc: Sandy Caswell)

Santa Hat Family Fun Run/Walk 5K

Hey, if you missed this one you missed out on a whole lotta' fun! Not only did Santa come by, there were elves to help out, jingle bell Santa Hat awards for all, fantastic photos including drone footage, video results, and great weather!! Congratulations to the finishers and a huge mahalo to the volunteers!

1st Place Female: **BECCA KAWAOKA**, Washington, 18:06

1st Place Male: **ELLIOT KAWAOKA**, Washington, 18:01

Full results [here](#). You can see race photos [here](#), drone footage of the start and the race [here](#), and video results for the first 161 finishers [here](#).

Honolulu Marathon

1st Place Female: **CYNTHIA JEROTICH LIMO**, Kenya, 2:33:01

1st Place Male: **PAUL LOYANGATA**, Kenya, 2:15:41

1st Hawaii Female Finisher: **EMILY REYNOLDS**, Kaneohe, 3:11:34

1st Hawaii Male Finisher: **JEREMY MORGAN**, Kaneohe, 2:37:43

Start To Park 10K

1st Place Female: **MOLLY SEIDEL**, Honolulu, 32:25

1st Place Male: **JOSHUA WILLIAMS**, South Carolina, 32:02

Kalakaua Merry Mile

1st Place Female: **NIKKI HILTZ**, 3:58:07

1st Place Male: **YARED NAGUSE**, 3:56:58

Honolulu Marathon Expo



Did you stop by the MPRRC booth at the Honolulu Marathon Expo and get your 2024 Race Schedule Magnet? The club had a very successful booth offering a membership special, club gear, and "vintage" shirts for \$5. Mahalo to the hard working volunteers! PS: the next opportunity for snagging a 2024 Race Schedule Magnet is the Great Aloha Run Expo.

GAR In-Training



The Great Aloha In-Training is again being managed by the club and the turnout has been really good. The training sessions are every Sunday morning, 6:30, at the Bandstand in Kapiolani Park. You can still sign up [here](#) and you can volunteer to help with a pace group [here](#).

The MPRRC/Faerber's Flyers Christmas Party.



The Annual Christmas Party was held at Koko at Kalia restaurant at the Hale Koa Hotel with a great meal, gift exchange, and Marathon Prediction Contest. Many thanks to Connie Comiso for organizing a wonderful holiday event!

Hurt 100 volunteers



The Hawaii Ultra Running Team's HURT 100 race is set for January 13 - 14. The lottery to determine participants has already been held but this world class 100-Mile endurance race still needs volunteers. Take a minute to consider helping out for a few hours - it just might change your mind about what endurance looks like. Volunteer information is [here](#).

Honolulu Marathon Hawaii Resident Pre-registration for 2024 is open!

Hawaii Residents can register for the 2024 Honolulu Marathon at \$78 (first 3000), then \$94 (yeah, yeah, we remember when it was a dollar a mile for Kama'aina). The offer is good until January 7th. Oh, and you get an In-Training shirt, too.

Sonix Therapy Discount for Club Members



Sonix Therapy Hawaii is offering leading-edge therapies to help with pre- and post-race recovery utilizing multiple therapies concurrently for a more therapeutic outcome:

- The Body Activator - Neuromuscular Stimulation Therapy
- Acoustic Pressure Wave Therapy
- Molecular Hydrogen Inhalation Therapy
- Cellular Repair Therapy
- Far Infrared Negative Ion Therapy

MPRRC members get 10% off therapy services. For more information about Sonix Therapy click [here](#).

Calling all Volunteers!

Aloha KANE, here are upcoming volunteer opportunities for you!

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](#).

Kailua 10-Miler, [February 25, 2024, 6:00 a.m.](#) - volunteer [here](#).

Windward Half Marathon, [March 24, 2024, 6:00 a.m.](#) - 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**



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.---

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](#), 7:30 p.m., Hangar 103, MCBH, Kaneohe. This race runs along the flight-line and runway of Marine Corps Base Hawaii in this family-friendly event lit up by this year's Full Wolf Moon! The race is open to the general public! However, all civilians (with no base access) MUST register in DBIDS by Sunday, 14 January by 11:59 pm HST. Link to DBIDS Pre-Enrollment: <https://dbids-global.dmdc.mil/enroll#!/>
Further information contact: Conor Hannum, conor.hannum@usmc-mccs.org, 808-254-7590.

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.



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

Sunday, **March 3, 2024**, [King's Runner 10K](#), 6:30 a.m., Thomas Square, Honolulu. Flat 10K course from Thomas Square to the Kaka'ako Waterfront Park to Ala Moana Beach Park back to Thomas Square.

Saturday, **March 23, 2024**, [Ku'ikahi 5K, 10K, Half Marathon](#), 7:00 a.m., Ala Moana Beach Park. These races are all inside the park with the Half Marathon making multiple loops.



Sunday, **March 24, 2024**, [Windward Half Marathon & 5K](#), 6:00 a.m., Boys & Girls Club, 145 S. Kainalu Dr., Kailua. Get your half marathon season started here in the shadows of the beautiful Ko'olau Mountains!

Sunday, **April 7, 2024**, [HPH Women's 10K & 5K](#), 6:30 a.m., Kapiolani Park. This Women only 10K & 5K Fun Run is a morning of fitness, fun and female empowerment.

Sunday, **April 14, 2024**, [Hapalua Half Marathon](#), 6:00 a.m., Duke Kahanomoku Statue, Kalakaua Avenue

Saturday, **April 27, 2024**, [The Pineapple Run](#), 6:00 a.m., Ka'Ala Elementary School, 130 California Ave, Wahiawa

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/>



[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



RunLead Badge Program

RRCA has started a new program to facilitate run group management and leadership! The RunLead Badge Program is for anyone who is leading or assisting a community running group.

The program goals for the RunLead Badge are to:

- Provide knowledge to people interested in being a community-based RunLead, run mentor, or pace group leader.
- Provide education for organized groups in need of trained RunLeads, mentors, and pace group leaders.
- Provide an overview of safety concepts for managing run groups, including managing group dynamics, behaviors, inclusivity, and more.
- Provide background knowledge to inspire RunLead Badge holders to take the next step and become an RRCA Certified Run Coach.

The cost of this on line program is \$25. For more details go [here](#).



66th RRCA National Convention
May 2 – 5, 2024
Costa Mesa, California

RRCA will host the 66th RRCA Convention in Costa Mesa, CA between May 2 – 5, 2024 in conjunction with the Hoag OC Marathon and Half. Join hundreds of running community leaders, race directors, coaches, and sponsors at the more affordable, fun-filled, and educational conference for the running community.

Registration is \$395, and includes:

- Robust education program with networking receptions & luncheons
- Attendee goody bag and organized morning group runs with gifts
- Time in the schedule for packet pick-up for our partner race

Full details [here](#).

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Honolulu, HI

Contact Club