



## Mid-Pacific Road Runners Club

**LOCATION:** HONOLULU, HI US 96803

April 2024

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# The Outside Lane

## February Race Results

### Na Ali'i 5K/10K

1st Place Female: **MELISSA MELISSA**, 42:39

1st Place Male: **KUIKAIKA KAAHANUI**, 35:12

### 5K

1st Place Female: **BAILEY LORIA**, Finish time not listed

1st Place Male: **SEAN RICHMOND**, Finish time not listed

Full Results [here](#).

### Ku'ikahi Half Marathon

1st Place Female: **JESSICA CHRISTOPHER**, Honolulu, 1:35:33

1st Place Male: **SOUMA ISHII**, Laie, 1:23:32

### 10K

1st Place Female: **RACHEL BOHNEMANN**, Kapolei, 45:47

1st Place Male: **MATTHEW CALULOT**, Waipahu, 42:27

### 5K

1st Place Female: **DEBBIE SKINGER**, Pennsylvania, 21:41

1st Place Male: **JACOB BART**, Pennsylvania, 17:34

Full Results [here](#).

### Aiea Loop Express

1st Place Female: **ARIELLE ZLOTNICK**, 57:41

1st Place Male: **TIMMY GLICKMAN**, 49:41

Full Results [here](#).



### Windward Half Marathon

1st Place Female: **LISA SWARTZFAGER**, Honolulu, 1:35:48

1st Place Male: **BLAKE FREED**, Kailua, 1:21:24

**5K**

1st Place Female: **ANDEE SWAN**, 20:59

1st Place Male: **JEREMY MORGAN**, Ka'a'awa, 16:31

Full Results [here](#).

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### Upcoming MPRRC Annual Banquet & Membership Meeting

Save the date: The Mid-Pacific Road Runners Club Annual Banquet and Membership Meeting The event will be held on Friday evening, April 12, 2024, at Ala Moana Hotel, 410 Adkinson Drive. The banquet will be catered and is free to members. However, this year there is a \$20 security deposit that will be refunded to you in cash at the door. Registered Banquet attendees who do not show up at the Banquet forfeit the \$20 security deposit to partially cover the cost of the meal that was reserved and paid in advance.

You also have the option of coming to the Annual Membership Meeting without attending the Banquet beforehand to avoid paying the \$20 fully refundable deposit.

Register [here](#). Online registration will close on April 7, 2024.

Non-member guests will cost \$75.00 each.

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## Hawaii Running Hall of Fame Banquet

The Hawaii Running Hall of Fame will hold its 2024 Induction Banquet on Friday, May 10, 2024, at the Japanese Cultural Center of Hawaii. The inductees for the class of 2024 are Jonathan Cross, Gordon Dugan, Gerry Lindgren, Silvia A. Martz, Darlene Mota, Rachel Portner, and John Salmonson. Go to <https://hirunning.org> for more details.



## The Barkley Marathons

The Barkley Marathons is arguably the most challenging, infamous marathon in the world. Five loops covering 100 miles in the rugged Cumberland mountains of Morgan County, Tennessee, with 60,000 feet of elevation - no GPS, no course marking, no pacers, no spectators, limited support, 60 hour time limit. The first official Barkley was in 1986 but no one finished all five loops until 1995. There have only been 17 finishers in all those years (some more than once) and this year there were a record 5 finishers (pictured above) including Jasmin Paris, the first women to finish. Ever. If you are not familiar with the Barkley Marathons, see more [here](#). Or check out the documentary, *The Barkley Marathons: The Race That Eats It's Young*.

**Calling all Volunteers!**

### Aloha, here are upcoming volunteer opportunities for you!

Annual Banquet, Friday, April 12, 2024 - volunteer [here](#).

Mother's Day Beauchamp 10K, 5K, & Keiki Fun Runs, Sunday May 12, 2024 - volunteer [here](#).

Hibiscus Half Marathon, Sunday, May 26, 2024 - volunteer [here](#).

Mango Days, Sunday, June 16, 2024 - volunteer [here](#).

Coconut Chase, Sunday, June 30, 2024 - volunteer [here](#).

Kailua Beach Shark Chase, Sunday, July 14, 2024 - volunteer [here](#).

Lanikai 8K in Memory of Daniel Levey, Sunday, July 21, 2024 - volunteer [here](#).

For questions about volunteering please contact [volunteers@mprrc.com](mailto:volunteers@mprrc.com) or text the club phone, 808-520-5590.

## ***The Rundown*** **Details on Upcoming Events**

**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.**

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**Sunday, April 13, 2024, [Tillman Honor Run](#), 7:00 a.m., McCoy Pavilion/Keyhole Parking Area, Ala Moana Beach Park. This casual, family friendly 4.2-Mile Run/Walk is in support of the Pat Tillman Foundation (Scholarship Fund) and will be held in multiple locations around the country and includes team entries as well as a virtual event. Who was Pat Tillman?**

**Saturday, April 13, 2024, [Vi's Top of Tantalus](#), 8:00 a.m., Pu'u Ualaka'a State Park, 2760 Round Top Dr. This 7-mile run on the technical trails of Tantalus is part of the HURT Trail series.**

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

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**Saturday, April 20, 2024, [Keiki Rainbow Run](#), 8:00 a.m., Kaka`ako Waterfront Park, 102 Ohe Street. This 1.4-Mile event is from 8:00 a.m. to 10:00 a.m. with start times based on age. Limited to 2000 entries, no race day registration, other family members may register to act as chaperones. 50% of student entry fees returned to their school. Schools must register to participate in the event to receive the donation. Students and family members from non-participating schools may still register.**

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**Saturday, April 27, 2024, [The Pineapple Run](#), 6:00 a.m., Ka'Ala Elementary School, 130 California Ave, Wahiawa. This 10K event is bringing back a tradition going back 4 decades by teaming up with the [Pineapple Festival](#) which will be held at Ka'Ala elementary School after the race from 10am-3pm!**

**Saturday, April 27, 2024, [Finfit for Life 5K Fitness Challenge](#), 8:00 a.m., Neal Blaisdell Park, 98-319 Kamehameha Hwy Aiea. This is a new race for Oahu.**

**Saturday, April 27, 2024, [Kealia Quad Crusher](#), 7:00 a.m., Dillingham Airfield, Farrington Highway. This 12-ish mile run in the hills above Dillingham airfield is part of the HURT Trail Series. Registration opens March 30,2024.**

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**Saturday, May 4, 2024, [Ho`omau 5K, 10K, & Half Marathon](#), 5:45 a.m., Wai Kai / One'ula Beach, 91-1621 Keone'ula Blvd, Ewa Beach. Presented by Aloha Racing in support of Fur-Angel Foundation.**

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**Friday, May 10, 2024, [Sunset Flightline 5K](#), 5:30 p.m., Hangar 105, 1st. Street, Marine Corps Base Hawaii, Kaneohe. This family friendly event is open to the general public. All civilians (with no base access) MUST register in DBIDS by Sunday, April 28, 2024.**

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# Mother's Day Beauchamp 10K



**Sunday, May 12, 2024, [Mother's Day Beauchamp 10K, 5K, and Keiki Fun Runs](#), Moanalua Community Park, 2900 Moanalua Road with parking at the Moanalua Gardens, 2850-A Moanalua Road. New location, new events! This year there are 3 fun run events - 10K, 5K, and Keiki Fun Run! None will be timed but all mothers (and potential future mothers) receive a finisher rose! Registration includes an all-day pass to the [Moanalua Gardens](#), so bring a picnic blanket and enjoy the beautiful setting for Mother's Day.**

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***The Tropical Triple Crown series is coming soon! Earn a medal for completing each event and earn a 4th medal for completing them all! Plus, these are all RRCA Championship events where you can run with some of the fastest folks around!***

**Sunday, May 26, 2024, [Hibiscus Half Marathon, 15K, & 5-Miler](#), 5:30 a.m., Kapiolani Park. Presented by Tropical Triple Crown, this is the first race in the Tropic Triple Crown series along with the Coconut Chase 8K and Mango Day 5K.**

**Sunday, June 16, 2024, [Mango Days 5K](#), 6:30 a.m., Magic Island, Ala Moana Beach Park. Presented by Tropical Triple Crown, this very special race which was created to honor the memory of Patty Smith, daughter of Kit and Margie Smith, who lost her battle with lymphoma at the age of 19, her diary entries, letters, poems and drawings are compiled into an amazing book called "Mango Days".**

**Sunday, June 30, 2024, Coconut Chase 8K, 6:30 a.m., Magic Island, Ala Moana Beach Park. Presented by Tropical Triple Crown, this is the final event in the Tropical Triple Crown series.**

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**Saturday, June 15, 2024, [Wa'ahila Wanderer](#), 8:00 a.m., St. Louis Heights. This 5+ mile is part of the HURT Trail Series and is their shortest but gnarliest trail along the Ko'olau mountain range. Opens for registration May 18, 2024.**

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**Thursday, July 4, 2024, [Freedom Run from Epilepsy](#), 7:00 a.m., Kailua High School, 451 Ulumanu Dr., Kailua. This fund raiser for the Epilepsy Foundation of Hawaii includes a 5K, 10K, and an untimed 1-mile Fun Run/Walk and teams can be formed for the event.**

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**Saturday, July 13, 2024, [Laule'a 5K, 10K & Half Marathon](#), 5:45 a.m., Wai Kai/Nimitz Beach, 91-1621 Keone'ula Blvd, Ewa Beach.**

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## KAILUA Shark Chase BEACH RUN



**Sunday, July 14, 2024**, [Kailua Beach 4.4-Mile Shark Chase](#), 6:30 a.m., Kailua Beach near the Boat Ramp. This unique out & back course, entirely on the wave-washed, hard-packed sand of Kailua Beach is a "shoes optional" event. High tide will be 4:03 a.m. so your toes might get wet! There will be a "shark" to chase - can you catch the shark? Pot luck and talk story after the race! This is one you don't want to miss!

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## The Lanikai 8K in Memory of Daniel Levey



**Sunday, July 21, 2024**, [Lanikai 8K Run in Memory of Daniel Levey](#), 6:30 a.m., Kailua Beach near the Boat Ramp (hey, easy to find because you were here last week at the Shark Chase!). A scenic 8K Run/Walk through beautiful Lanikai AND when you finish there is free shave ice by Island Snow! This race is held in memory of Daniel Levey and generously supported by his parents, Dr. Joyce Cassen and Norm Levey. There is a special award given to the male winner in his age group.

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## 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/>

*Other free Run Clubs/Training Groups to check out on Instagram for group runs on Oahu:*

Kaka'ako Run Club @kakaakorunclub

North Shore Run Club @northshore.run.club

Windward Run Club @windward\_run\_club

lululemon Run Club @hnlrunclub

Hawaii Running Project @hawaiiirunningproject

BC Endurance, a fee for service group, is also available [here](#), coached by Brian Clark. Be sure to check out Brian's photos of our recent club races on the site!

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[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!



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](#).

**Mid-Pacific Road Runners Club**

**Honolulu, HI**

**Contact Club**