



Mid-Pacific Road Runners Club

LOCATION: HONOLULU, HI US 96803

March 2024

In this edition:

- Complete Oahu Running Events Calendar with registration links
- February Race Results
- Training Groups on Oahu
- MPRRC Strava 1000 Mile Challenge Results
- MPRRC Annual Banquet & Membership Meeting
- Hawaii Running Hall of Fame Inductees
- And much more!

The Outside Lane

February Race Results



pc - Brian Clark

Johnny Faerber 10K

1st Place Female: **TERESA ALLMAN**, Honolulu, 40:09

1st Place Male: **COSMO BROSSY**, Honolulu, 34:08

Full Results [here](#).

Great Aloha Run

1st Place Female: **ARIELLE ZLOTNICK**, Waialua, 49:11

1st Place Male: **DAVIS KA`AHANUI**, Waianae, 42:01

Full Results [here](#).

Sunrise and Shining Sea 5K

1st Place Female: **AUDREY ZWICKER**, 23:19

1st Place Male: **MICHAEL CACAL**, Honolulu, 18:12

Full results [here](#).

Kailua 10-Miler & 5K

10-Miler

1st Place Female: **JENNIFER HALEY**, Kailua, 1:16:33

1st Place Male: **MICHAEL CACAL**, Honolulu, 1:04:50

5K

1st Place Female: **KATELYN COTTERELL**, Canada, 16:44

1st Place Male: **TROY OSHIMO**, Honolulu, 15:35

Full Results [here](#).



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 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.



In case you missed it - US Olympic Marathon Trials

The US Olympic Track & Field Trials will be held in June but the Olympic Marathon Trial was held in Orlando, Florida, on February 3, 2024. For the men, Connor Mantz, Clayton Young, and Leonard Korir will represent Team USA. For the women it's Fiona O'Keeffe, Emily Sisson, and Dakotah Lindworm.



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.



Honolulu Marathon Clinic Start

The Honolulu Marathon Clinic will begin on Sunday, March 10, 2024, in Kapiolani Park. Nine months of gradual marathon training build up - FREE! Join [here](#).

Calling all Volunteers!

Aloha, here are upcoming volunteer opportunities for you!

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

Annual Banquet, Friday, April 12, 2024, 5:30 p.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**

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.

Sunday, March 10, 2024, [Honolulu Rainbow Ekiden](#), 8:00 a.m., Kapiolani Park. Back after a 5-year hiatus, this event includes a 3-5 person relay team (Five 5K laps), a 5K Run/Walk for individuals, and the Oli'oli Kids Challenge (ages 6 - 12, approx. 1 mile, starts at 10:00 a.m., limited to 50 participants). Individual files with details about elements of the event can be accessed [here](#).

Saturday, March 16, 2024, [Na Ali'i 5K/10K](#), 6:30 a.m., Officer's Club, Reed Road, MCBH, Kaneohe. First 10K of the year on the Marine Corps Base with a 5K option, too. This race is open to the general public.

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.

Saturday, March 23, 2024, [Aiea Loop Express](#), 7:00 a.m., Kea'iwa Heiau State Recreation Area. This 6.75 mile trail run is the start of the HURT Trail Series. Registration open March 1, 2024, and closes March 20, 2024. Time to get your mud on!



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!

Saturday, March 30, 2024, [Easter Fun Run & Scavenger Hunt](#), 7:00 a.m., Kahuna Sports Bar & Grill, Marine Corps Base Hawaii, Kaneohe. This race is open to the general public! All civilians (with no base access) MUST register in [DBIDS](#) by Sunday, March 17, 2024.

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 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?

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

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.

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

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.

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.



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.

Oahu Running/Training Groups

MPRRRC 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/> Register for HMC [here](#), it's FREE.

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!



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!

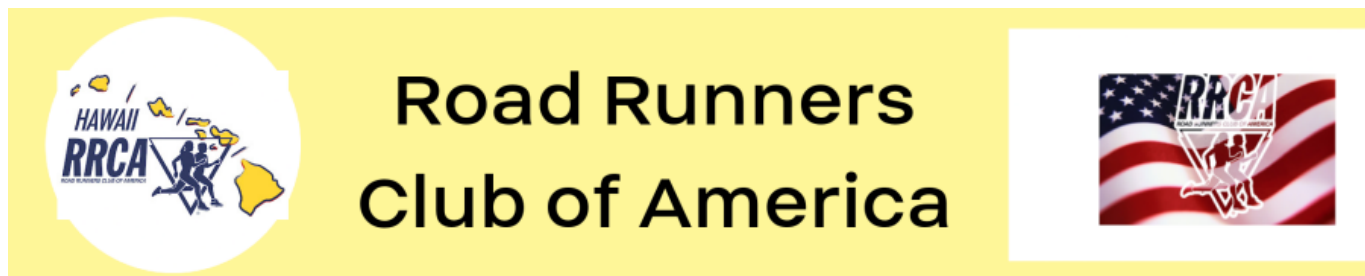
MPRRC 1000 Mile Challenge 2023 Results are in!!

Congratulations to everyone who logged some active miles in 2023 but especially the 117 folks who exceeded the 1000 mile mark for the year!!! The number of participants enrolled in the Challenge this year (464) greatly exceeded last year (268). Many accounts (56) are set to "Private" and data on those participants is not available so there are probably more who exceeded the 1000 Mile Challenge. There are currently 515 participants though only 464 were included in the results for various reasons. There were 322 from Hawaii, the remainder were from 23 states, 1 territory, and 25 foreign countries. States with the highest counts were California (7), Virginia (7), and Florida (4). The countries with the highest number of participants were Brazil (20), India (9), and Italy (7). There were 117 who exceeded 1000 miles and another 96 who ran or walked between 500 and 999 miles meaning almost half of you put in some serious mileage in 2023!

Here are the Top Ten athletes who exceeded 1000 miles in 2023:

- 1 Chaya J
- 2 Kawika Carlson
- 3 Yuan Gao
- 4 Michelgiuseppe Riondino
- 5 Vicky Sidhu
- 6 Damian 808
- 7 Takeshi Yamada
- 8 Kelli Lyau
- 9 Andrew Burness
- 10 Matt Benedettini

The complete listing can be found [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](#).

Mid-Pacific Road Runners Club

Honolulu, HI

Contact Club