

## RUNNING BIG WITH BIG ISLAND RUNNING COMPANY

### Happy (Belated) New Year!

The end of 2010 was a little bit of a blur. By the time we got around to preparing a newsletter it was already the middle of January, so we just decided to wait until February. We hope everyone made some great New Year's Resolutions and that they are still going strong!

February seems to be the month of free triathlons here in Kona, with Team Mango hosting three separate events this month! With many people training for the sold-out Lavaman Waikoloa, these are great training races. The first is Team Mango's Springtime Triathlon, with a 1/2 mile swim, hilly 15 mile bike and hilly 6 mile run, on February 6.

The next weekend is the much-anticipated IronMango Monster and Mini-Monster Triathlons. The Mini-Monster event will be a 70.3 mi. triathlon (1.2 mi. swim, 56 mi. bike, and 13.1 mi. run) and the Monster will be a 140.6 mi. triathlon (2.4 mi. swim, 112 mi. bike, and 26.2 mi. run). The swim course will be a swim to the King's Buoy from Kailua Pier (1.2 mi. roundtrip), with a second lap for the Monster event. The bike course will head north on the Queen K to Waikoloa (Mini-Monster) or Hawi (Monster). Finally, the run course will be either one (Mini-Monster) or two (Monster) laps up and down Alii Drive and out to the Old Airport. This event will be free, but pre-registration is required. Also, participants will need to provide their own support (water, sports drink, food, etc.) For more information, visit Team Mango's [website](#).

On February 20, there is a break from the triathlons with a run-only Peaman event, the Terrific Turtle Trudge (332,640 inches), Dragon Dash (126,720 inches) and Golden Fox 1-mile Gallop (63,360 inches). But the triathlons are back the next weekend with Team Mango's Sprint Triathlon (1/3 mi. swim, 14 mi. bike, and 2 mi. run) on February 27.

We hope everyone's training is going well so far this year. Also, if you weren't able to get into Lavaman Waikoloa, check out the TriFest being held on Kauai on March 12-13. There are a lot of different races to choose from there. More info is available at [www.gardenisletrifest.com](http://www.gardenisletrifest.com).

February 2, 2011



Runners head out at the start of the 6th Annual Jingle Bell Run in December.

### UPCOMING EVENTS

February 6, 2011—Big Dog's Lovers 5K Run/Walk, Coconut Island, Hilo, 7:30 a.m., free (with canned good donation).

February 6, 2011—Team Mango's Springtime Triathlon (1/2 mi. swim, hilly 15 mi. bike, hilly 6 mi. run), Kailua Pier, 8:00 a.m., free.

February 13, 2011—IronMango Monster and Mini-Monster Triathlon, 70.3 and 140.6 mi. triathlons, Kailua Pier, 7:00 a.m., free, but pre-registration is required.

February 20, 2011—Terrific Turtle Trudge, Dragon Dash, and Golden Fox 1-mile Gallop, Kailua Pier, 8:00 a.m., free.

February 27, 2011—Waikamalo 7-mile Challenge, Waikamalo Park, Hamakua Coast, 7:30 a.m.

February 27, 2011—Team Mango Sprint Triathlon (1/3 mi. swim, 14 mi. bike, 2 mi. run), Kailua Pier, 8:00 a.m., free.

### GROUP RUN SCHEDULE

Tuesday and Thursday evenings—5 p.m.

Saturday mornings—6:30 a.m.

### New Products for 2011!

It's the start of a new year and time to check out some new gear at the Big Island Running Company. Here are some of the new products we've gotten in lately:

- **Moving Comfort Bras**—Ladies, do you feel like a regular sports bra doesn't provide enough support for you? Moving Comfort sports bras are super comfortable and supportive, with adjustable straps and bands so we can find the perfect fit for you.
- **Track Spikes**—It's almost track season again and we are offering several models of sprint and middle distance spikes, including Nike Zoom Rivals and soon Brooks PR Sprint, as well as flats and waffles.
- **Sole Cork Sandals**—In addition to the ever-popular Sole Sport Flips, we are now offering Sole Cork Sandals. These sandals provide the same orthopedic support, but have an added level of style.



Moving Comfort Bras—\$44-52



Nike Zoom Rival S—\$60



Sole Cork Sandals—\$74.95

### Kona Marathon, 1/2 Marathon, 10K and 5K Training Groups

One of the highlights of 2010 for us was our training group for the Kona Half Marathon last June, which gave us a chance to train with approximately 30 people to achieve their race goals. So, we are excited to be bringing back that program and even expanding it this year!

The 18th Annual Kunitake Farms Kona Marathon races (Marathon, Half Marathon, 10K and 5K) presented by UCC Coffee will be held on June 26, 2011. And this year, we will be offering training groups for the half marathon, 10K and 5K. (For those of you interested in the marathon distance, we will be happy to supply training plans and may be able to arrange group runs for that distance as well). An initial meeting for the groups will be held on **Tuesday, April 5 at 5 p.m.**, with the initial run beginning right after. If you are interested in the half marathon or 10K distance, we suggest starting a running regimen now so that you are able to jump into the program in March (for instance, start attending our group runs!). For those interested in the 5K, our training program will be very similar to our fall Couch-to-5K Program, so no prior running experience is necessary.



The runs will be scheduled to coincide with our group runs, which are on Tuesday and Thursday at 5 p.m. and Saturday morning at 6:30. (Note that in the spring we will be moving our runs to 6 p.m. during the week). However, even if you can't attend the group runs, you can still complete the training programs on your own.

In another exciting development, we are partnering with Mizuno this year to supply race shirts for participants who complete one of the programs. Mahalo to Mizuno for their support! And due to popular demand, a post-race party will also be held in the afternoon following the races. As members of last year's training groups will attest, last year's party was a great celebration for all the runners!

These training groups are free, but we will need you to complete a registration form, which are available at the Big Island Running Company, on our website (after this weekend), or by emailing [melissa@bigislandrunningcompany.com](mailto:melissa@bigislandrunningcompany.com). If possible, please drop those registration forms off prior to the initial meeting so we can distribute the training programs at the first meeting.

### Stay Connected

We hope you enjoyed our newsletter. Until the next one, stay up to date on local events and new products through our blog ([www.bigislandrunningcompany.blogspot.com](http://www.bigislandrunningcompany.blogspot.com)) and our website ([www.bigislandrunningcompany.com](http://www.bigislandrunningcompany.com).)

You can also find us on Facebook.

To remove your name from our mailing list, please reply to this email with "unsubscribe" in the body.

Questions or comments? E-mail us at [melissa@bigislandrunningcompany.com](mailto:melissa@bigislandrunningcompany.com) or call 808-327-9333.