

RUNNING BIG WITH BIG ISLAND RUNNING COMPANY

The Return of the Kona Marathon Training Groups!

April 2, 2011

It's that time of year again... time to start training for the 18th Annual Kunitake Farms Kona Marathon, Half Marathon, 10k and 5k presented by UCC Coffee! Here is a link to some information on the program that Big Island Running Company is offering this year: http://bigislandrunningcompany.com/Big_Island_Running_Company/Kona_Marathon_Training_Program.html. The registration form is also available on that page.

Our first meeting will be next **Tuesday, April 5 at 5 p.m.**, with a run following at 6 p.m. If you can get us your registration form/information prior to that meeting, we will be able to provide you with your training calendar at the first meeting. The runs will then be held every Tuesday and Thursday at 6 p.m. and every Saturday at 6:30 a.m.

The program will be similar to last year's program, which saw over 25 participants complete one of the four race distances. No prior running experience is necessary, as we will be bringing back our Couch-to-5K Program for the 5K race. In addition, we will have race shirts for those who complete one of the programs.

We're also planning different talks on stretching, injury prevention, and nutrition throughout the program. The first session will be held by Dr. Ann Griffin on Saturday, April 9 following the 6:30 a.m. run. We hope you will join us and pass the information along to your family, friends, co-workers, and anyone else who may be interested! If you have any questions, feel free to email melissa@bigislandrunningcompany.com or call us at 327-9333.



Top three finishers of the Big Island International Half Marathon accept their awards from members of Hālau Nā Pua 'O Uluhaimālama.

UPCOMING EVENTS

April 10, 2011—Emily Wedemann Memorial 5-miler; Coconut Island, Hilo; 7:30 a.m.

April 17, 2011—Carboman 10-mile Mosey, Roadrunner 3.5-mile Romp, and 1-mile Mighty Mouse Scamper; Kailua Pier; 8:00 a.m.

April 23, 2011—Keoua Canoe Club's 30th Annual Mac-A-Thon; 10K and 5K; Honaunau; 7:00 a.m.

April 24, 2011—Team Mango Captain Cook Challenge Triathlon; 1 mi. swim, 2 mi. trail run, 28 mi. bike, and 4 mi. run; Kealakekua Bay; 8:00 a.m.

Bright Colors Galore!

Spring is a time for bright, bold colors, and we have plenty of new colors in apparel and shoes in stock now.

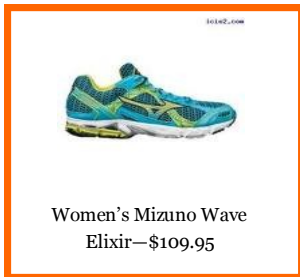
For shoes, the Mizuno Wave Elixir has been a popular performance shoe for runners who need some support, but still want to use a really lightweight shoe. And with the newest version, the Wave Elixir 6, the colors make sure you look fast!

In apparel, we've long carried the Native Impulse brand of swimsuits, cycling tops and jogbras, hand-made locally here on the Big Island. We've just received two bright, new tropical prints. The Barrier Reef print on the left below comes in a bikini, while the Tropical Patchwork print on the right comes in a cycling top, jogbra, and shorts.

GROUP RUN SCHEDULE

Tuesday and Thursday evenings—6 p.m. (**NOTE THE NEW TIME**)

Saturday mornings—6:30 a.m.



Women's Mizuno Wave Elixir—\$109.95



Men's Mizuno Wave Elixir—\$109.95



New Native Impulse Prints

Big Island International Marathon Recap

2011 was another year of perfect weather for the 14th Annual Big Island International Marathon, Half Marathon and 5k. A nice overcast sky, cool temps and no rain helped create a great experience for the many finishers. Although the race included many people from around the U.S. and the world, we'd like to recognize and congratulate a few of the local runners.



Chitwin San Tun (3:58:29) and Kevin Lannen (4:37:07) from Kona both finished their first marathons ever! Chitwin plans to do the Honolulu Marathon this year as well—no word yet on whether another marathon is in Kevin's future.

On the opposite end of the spectrum, four local runners completed their 14th Big Island International Marathon—DJ Blinn, David Hammes, Marie Kuramoto, and Cowman A-moo-ha.



Kona and Big Island Running Company was also represented well in the half marathon, with Peter Ballerini, Maggie Leite, and Scott Wiitala all completing the race in their Run Big! shirts!

Congratulations to all of the finishers!

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) and our website (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 or call 808-327-9333.