

## RUNNING BIG WITH BIG ISLAND RUNNING COMPANY

### Volcano Art Center's Rain Forest Runs

This month, there is no shortage of challenging events—from the Kaloko hill climbs to the Mana Road runs to Lavaman Keauhou. Another excellent event is the Volcano Art Center's Rain Forest Runs on Saturday, August 20. The second year of this event promises to be a fun, scenic run.

The Rain Forest Runs offer three separate distances—half marathon, 10k and 5k— as well as some keiki dashes. All of the events are run through Volcano Village and out on Wright Road. This is an excellent chance to run in some cooler temperatures and at a higher elevation (~4000 ft!). The area also seems relatively remote, with a cow even venturing onto the course last year!

The festivities start on Friday with packet pick-up and late registration from 2-6 p.m. at the Kilauea Military Camp and then a carbo-load dinner at KMC Crater Rim Café from 5-8 p.m. You can also pick up your packet and register for the 10k and 5k between 5 and 7 a.m. on Saturday at the start area at Cooper Center. The races start at 7:00 a.m. with the half marathon, followed by the 10k at 7:30 a.m., and the 5k at 7:45 a.m.

After the race, stick around for some post-race refreshments and some awesome awards from local artists. These awards are definitely some of the best around, ranging from framed art to jewelry. Awards are given to the top 3 male and female overall in the half marathon, the top male and female overall in the 10k and 5k, and the top 2 males and female for ten-year age groups in each race.

For more information, visit [volcanoartcenter.org](http://volcanoartcenter.org) or email [raceinfo@volcanoartcenter.org](mailto:raceinfo@volcanoartcenter.org).

August 5, 2011



Peaman heads on out on the run portion of the Red, White and Blue Biathlon.

### UPCOMING EVENTS

August 7, 2011—Pedal Till Ya Puke (6.5 mi.), Run Till Ya Ralph (6.5 mi.), Papa Pea Pedal or Plod (3.5 mi.) and Mad Dog Mile; 8:03 a.m.; Kaloko Road, Kailua-Kona; free.

August 7, 2011—Mana Road 10k and 10-miler; 7:30 a.m.; Mana Road, Waimea; BIRR Members \$5, Non-Members \$10.

August 20, 2011-Volcano Art Center Rain Forest Runs (Half Marathon, 10k, 5k and Keiki Fun Runs); 7:00 a.m.; Volcano; Half Marathon \$75, 10k \$45, and 5k \$35.

August 20, 2011-1st Annual UH-Hilo and Sunrise Athletics 5k and 1 mile benefit run; 8:00 a.m.; Naniloa Golf Course, Hilo; 5k \$20, 1-mile \$12.

August 21, 2011-Brown Bear Bash and Sunny Sprint (1/3 mi. swim, 3.1 mi. run); 8:03 a.m.; Kailua Pier; free.

August 28, 2011-Lavaman Keauhou (1.5k swim, 40k bike, 10k run); 7:00 a.m.; Keauhou; \$185.

### GROUP RUN SCHEDULE

Tuesday and Thursday—6 p.m.

Saturday—6:30 a.m.

### Run Big Hats and Mizuno Wave Enigma

After many repeated requests, Run Big hats have finally arrived! These lightweight running hats are made by KC Caps with a moisture-wicking fabric to keep you cool. They come in three colors - white, gray, and pink. An elastic pull in the back adjusts the hat to fit most head sizes. The front of the hat features a sublimated "Run Big." logo, while the side panel has the Big Island Running Company logo with Kona, Hawaii.

We have also just received the newest shoe offering from Mizuno, the Wave Enigma. The Wave Enigma is built as the "big brother" of the hugely popular Wave Rider, offering a terrific neutral ride with premium cushioning and fit. It's also one terrific looking shoe.



Run Big Hats—\$19.95



W's Wave Enigma—\$129.99



M's Wave Enigma—\$129.99

### Run Big Online Store!



For the past couple of years, visitors to Kona (and locals) have been snatching up our Run Big shirts, but they didn't have a really good way to buy merchandise once they left the Big Island. That's all changing now, as we are proud to announce the newly launched online store of Big Island Running Company!

Visit [runbig.co](http://runbig.co) to purchase Run Big shirts, hats and stickers, Tri Big shirts, and our Old School Big Island Running Company logo shirts, hats and socks. Shipping is only \$5 to the US, no matter what size order you place! (Shipping charges are higher for international orders.) Paying is a breeze with either Paypal or Google Checkout. So start stocking up on your Run Big gear for your next race whether you're in New York, Chicago, or Nebraska!



The site is still a work in progress, so if you have any feedback on the new site, please let us know!

### 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.