

## RUNNING BIG WITH BIG ISLAND RUNNING COMPANY

### Kona Marathon Races This Month!

It's June again! The weather's heating up and the kids are out of school. And there are plenty of races this month to keep everyone busy! In particular, we're proud to be a sponsor of the Kunitake Farms Kona Marathon Races presented by UCC Coffee.

These fun events kick off on Saturday, June 18 at 8:00 a.m. with the Keiki Fun Runs. Kids 1-14 will run distances from 100 yards up to one mile at Kona Commons. Registration costs \$10, and each keiki will receive a t-shirt and goodie bag.

The following weekend's activities start on Saturday, June 25 with the Kona Marathon Expo from 10 a.m. until 5 p.m. at the Keauhou Beach Resort. Pick-up your race packet there and visit all the local vendors, including Big Island Running Company!

At 5 p.m. that day, join other runners at the Carbo-Load Dinner at the Keauhou Beach Resort. Tickets are \$40 and available at [konamarathon.com](http://konamarathon.com).

Finally, race day kicks off at 5:30 a.m. on Sunday, June 26 with the start of the marathon race. The half marathon follows at 6:00 a.m., followed by the 10K at 6:45 a.m. and 5K at 6:50 a.m. A post-race party and awards will follow on the Keauhou Beach Resort's grounds.

There's still time to sign up for all of these great events, either at Big Island Running Company or at [konamarathon.com](http://konamarathon.com)! We'll look forward to seeing you out there!

### Oiselle and New Compression Sleeve Colors!

We've recently received some new outfits from women's running apparel manufacturer Oiselle. One of the many popular features of Oiselle's apparel is the number of pockets that their shorts and tanks have! Perfect for carrying gels, keys, cash or anything else you need for your run. In addition to having all the technical aspects you want from running gear, some pieces are made of recycled materials, so you can be green on your run, too!

We've been carrying the CEP line of compression socks and sleeves for a while now, but they recently added two new colors to their compression sleeves—green (for men) and pink (for ladies). You'll be sure to stand out in training or in the race with these bright new colors!



Oiselle Long Roga Short—  
\$47



Compression Sleeves—\$40

### Runner Spotlight



Jason Heady completing the Rain Forest Runs in August.

70.3 World Championships in Lake Las Vegas.

Several members of our running group were also among the participants. Cliff Acheson completed his first Honu in 7:44. Mike Drutar finished in 6:32. Jason Heady completed the race outside of the official cut-off time, but still completed the distance in 9:14. As a volunteer at a run course aid station, I was able to see lots of other local athletes, including Rani Tanimoto, Sarah Higgins, Jessica Abner, Rob Van Geen, Kris and Kym Kiser, Corey Pulluam, Sam Brown, John Simmerman, Grant Miller, Warren Hollinger, Toby Olney, Ellie Sumic, Jim Moore, Ricci Racela, Andrea Bess, Jay Plasman and I'm sure many others who I am forgetting. Congratulations to everyone who competed!

Next weekend, those Big Island finishers who entered the lottery and completed the race will find out whether they've won slots in the Ironman World Championships in Kona. Good luck and we're looking forward to cheering you on in October!



Cliff Acheson at the Iron-Mango event in February.

June 6, 2011



2011 Big Island Road Runners Scholarship recipients Hana Scully and Rogelio Barroga accept recognition from State Representative Jerry Chang.

### UPCOMING EVENTS

June 11, 2011— Ka'u Family Fun Fest Half Marathon, 10K and 5K; Na'alehu Park; 7:00 a.m.

June 12, 2011—Queen K Tri Club's Terrible Twenties (20K and 20-mile runs); Natural Energy Lab; 7:00 a.m.; free.

June 18, 2011— Keiki Fun Runs; Kona Commons; 8:00 a.m.; \$10.

June 18, 2011— Salute to our Veteran's Hilo Bay 5K; Hilo Hawaiian Hotel; 7:00 a.m.; \$35.

June 19, 2011—Papa Pea's Birthday Biathlon and Salute to the 70s; 1/2 mile swim and 2 mile run; Kailua Pier; 8:00 a.m.; free.

June 21, 2011—King's Trail Summer Solstice Run (7 mi., 4 mile, 1 mile and keiki runs); OTEC; 4:30 p.m.; \$38

June 26, 2011—Kona Marathon and Family Runs (Marathon, Half Marathon, 10K and 5K); Keauhou Beach Resort; start times and prices vary per race distance.

### GROUP RUN SCHEDULE

Tuesday and Thursday—6 p.m.

Saturday—6:30 a.m.

### 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.