

RUNNING BIG WITH BIG ISLAND RUNNING COMPANY

Off to the Races!

May starts off with a splash—the Cinco de Mayo Splash! This 1-mile swim takes place at Anaehoomalu Bay in Waikoloa at 8 a.m. on Saturday, May 7. If that swim isn't enough for you, get another swim in on Sunday, May 8 with Polar Bear's Pinto Bean and Pinata Biathlon, a 3/4 mile swim and 3.1 mile run at Kailua Pier at 8 a.m.

The next weekend is the Visitor Industry's 33rd Annual Charity Walk starting at the Mauna Lani Resort on Saturday, May 14. Then the following weekend, the Queen K Tri Club is putting on a 13.1 mile high tempo training run on May 22, starting at the Old Airport Park. This is a perfect way to have an aid-station assisted run in advance of either the Rohto Ironman (Honu) 70.3 on June 4 or the Kona Marathon and Half Marathon on June 26.

On the Hilo side of the Big Island, there are two great 5Ks in May. First, on May 15 is the Scholarship 5K at Coconut Island. At this race, one local male and female high school runner will each be awarded a \$1,000 scholarship from the Big Island Road Runners.

Then, on May 29, come out to Lilioukalani Park in Hilo and support the local Emergency Medical Services in their EMS Run. This 5K run and 2-mile walk draws over 500 people! The awards and the random drawings are also impressive.

Finally, Jason Lester and several others will be attempting the EPIC 5 again this year—completing a full Ironman distance event on each of the 5 main Hawaiian islands in 5 days from Thursday, May 5-Monday, May 9. Volunteers are still needed to help on the Big Island on Monday, May 9, starting at 9 a.m. If you are interested, please email melissa@bigislandrunningcompany.com and we'll get you in touch with the organizers. Good luck to the participants!

Wave Prophecy and GU!

May brings two exciting new products to Big Island Running Co.: Mizuno's hottest new model, the Wave Prophecy, and GU Energy Gels.

The Wave Prophecy is Mizuno's new, highest end neutral cushioned trainer. It takes the Infinity Wave Plate that has long been a part of the Wave Creation and expands it all the way from the heel to the toe. Add an advanced upper that gives the shoe a glove-like fit and the result is a shoe that runs as smooth as it looks! Come in today and try on a pair of these truly revolutionary shoes.

Big Island Running Co. is also proud to announce that we are now carrying Gu Energy Gels, which are the official energy gels of the Kona Marathon Races and the Volcano Art Center Runs. We have six flavors of the original Gu formula and two flavors of Gu's Roctane line, so you're sure to find a Gu for you.



Women's Mizuno Wave Prophecy—\$199.95



Men's Mizuno Wave Prophecy—\$199.95



Gu Energy Gels—\$1.49
Gu Roctane—\$2.79

Runner Spotlight



In August, the Aloha Tri-Sport Goodwill Team will be heading to the Philippines to participate in Ironman Philippines 70.3. Approximately 20 residents of the Big Island are part of the team that will be traveling to the race, including our running group members Eddie Ombac (left) and his wife Rose (below).

In addition to competing in the Ironman race, the group is looking to spread Aloha by conducting free health and fitness clinics for 200 needy high school students in Naga City and in the village where the run course goes through. Participants of the clinic will get shoes and running accessories to run in a 1-mile fun run led by the Aloha Tri-Sport Goodwill Team athletes. They will also be hosting a smaller clinic for mothers and children with a keiki dash.

In order to make these clinics a success, they are asking for our help. **Between now and May 15**, they are accepting donations of running shoes (smaller sizes are best), new or slightly used socks, hats, visors, t-shirts and running shirts.

Donations can be made at Big Island Running Company, the Kailua-Kona Starbucks (by KTA), Dr. Monica Scheel's office in Kaloko, Bike Works Kona, Bike Works Beach 'n' Sports Waikoloa, and Lava 105.3's Kona office in Old Industrial. Please take a look through your closets and see what you can donate!



May 5, 2011



Running in support of Japan at Peaman's Carboman 10-mile Mosey, Roadrunner 3.5-mile Romp, and 1-mile Mighty Mouse Scamper.

UPCOMING EVENTS

May 7—Cinco de Mayo Splash, 1 mile swim, A-Bay, Waikoloa, 8 a.m., adults \$20, kids \$15.

May 8—Polar Bear's Pinto Bean and Pinata Biathlon, 3/4 mile swim and 3.1 mile run, Kailua Pier, 8 a.m., free.

May 14—Visitor Industry Charity Walk, 3 miles, Mauna Lani Resort, runners start at 6:45 a.m., walkers at 7:00 a.m.

May 15—Scholarship 5k, Coconut Island, Hilo, 7:30 a.m.

May 22—Queen K Tri Club's 13.1 mile high tempo training run; Old Airport, 7:30 a.m., free.

May 29—EMS Run, 5K run and 2 mile walk, Lilioukalani Park, Hilo, 8:30 a.m., adults \$20, kids \$10.

GROUP RUN SCHEDULE

Tuesday and Thursday evenings—6 p.m.

Saturday mornings—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) 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.