

RUNNING BIG WITH BIG ISLAND RUNNING COMPANY

Big Island Running Company Presents The Miracle Mile and the 6th Annual Wobble & Gobble Run/Walk!

The Big Island Running Company is proud to be bringing back the ever-popular Kona Coffee Miracle Mile in connection with the 40th Annual Kona Coffee Cultural Festival. On Saturday, November 13 at 9:15 a.m., runners will be able to run the closed parade course from Coconut Grove Marketplace to West Hawaii Today ahead of the Kamehameha Schools Kona Coffee Grand Parade. Expect lots of crowd support to line the streets, as the parade begins immediately after!

Cost of entry is \$10 (\$15 on race day) and proceeds will benefit the local Team in Training runners in their efforts to raise money for the Leukemia and Lymphoma Society. Post-race awards and refreshments will be available in the West Hawaii Today parking lot. Awards will be given to the top three male and female runners overall and the top three males and females in the following age groups: 10 and under; 11-17; 18-29; 30-39; 40-49; 50-59; 60-69; and 70 and over. This race is a great opportunity to see how fast you can really run the mile!

Then on Thanksgiving Day (November 25), we will also be hosting the 6th Annual Wobble & Gobble Run/Walk. Eric Neilsen and Karlyn Pipes-Neilsen put on this great event for several years, but have passed it along to us this year. The run will start at 8 a.m. at the Walua Road Jog Path off of Lako Street. Distances for the event are 6.4 miles, 3.5 miles or 1 mile, and the race is free. Come join us and work off some of those Thanksgiving calories in advance!

We're still looking for volunteers for both events, so if you are interested, call the store at 808-327-9333 or email Melissa at melissa@bigislandrunningcompany.com. We hope to see you all out there!

New Arrivals!

This month we have a couple of new products in the store, as well as an update on the Timex GPS System that we mentioned last month.

- Nike LunarEclipse+ - Following the success of the Nike LunarGlide models last year, Nike has just released the LunarEclipse+, which provides additional cushioning, along with the same dynamic support system.
- Nathan Hydration Systems and Catalyst—Runners who are looking for ways to stay hydrated on their runs have more choices as we now carry the Nathan brand of hydration systems. In addition to the 2-bottle belts, 4-bottle belts and various handhelds, they also offer electrolyte replacement tablets called Catalyst. These tablets come in tubes of sixteen and can be placed in a bottle of water for instant electrolytes!
- Last month we featured the new Timex GPS System for keeping track of your pace, heart rate and distance while working out. Timex has just started a \$50 rebate program on the system, which retails for \$360 (with heart rate strap) or \$300 (without heart rate strap). Come take advantage of this great money-saving opportunity!



Nike LunarEclipse+ - \$130



Nathan Hydration Systems



\$50 Rebate on Timex GPS

November 1, 2010



Kona residents participating in the Ford Ironman World Championships get a ride in the Ironman Parade of Nations.

UPCOMING EVENTS

November 7, 2010—Queen K Tri-Club's 10k/20k/30k Training Run; 7 a.m.; Old Airport; free.

November 11, 2010—Big Dog's Veterans' Day 5k; 7:30 a.m.; Coconut Island in Hilo; free.

November 13, 2010—Kona Coffee Miracle Mile; 1-mile run; 9:15 a.m.; Coconut Grove Marketplace to West Hawaii Today; \$10.

November 25, 2010—6th Annual Wobble & Gobble Run/Walk; 6.4 mile, 3.5 mile and 1 mile; 8:00 a.m.; Walua Road off Lako Street in Kona; free.

November 25, 2010—Thanksgiving 5k by Big Island Road Runners; 7:30 a.m.; Coconut Island in Hilo; free.

November 28, 2010—Post Pigout Peamania, Two loops of a 1/4 mile swim and 2 mile run; 8:00 a.m.; Kailua Pier; free.

SPECIAL NOTE:

We will be closed Sunday, November 14-Tuesday, November 16 to attend a family wedding. We will reopen at 10:00 a.m. on Wednesday, November 17.

GROUP RUN SCHEDULE

Tuesday and Thursday evenings—5 p.m.

Saturday mornings—6:30 a.m.

Couch-to-5k Training Program

Following the success our half marathon training program in the spring, we wanted to help introduce more people to running. So, on October 19, we started a Couch-to-5k Training Program to help new runners (and those who haven't run in awhile) train for the Jingle Bell 5k on December 19, 2010.



Runners at the start of the 2009 Jingle Bell Run. *Photo by Jim Tilley

Approximately 15 people are participating in this program in the hopes of completing their first 5k or bettering their times and endurance from earlier races. Each Tuesday, Thursday and Saturday, they are meeting for a group run at Big Island Running Company led by one of our half marathon group participants, Maggie Leite. So far the runs have consisted of brief run intervals followed by longer walking intervals for approximately 2.5 miles, as they work their way up to running the 5k (3 mile) distance.

If this sounds interesting to you, it's not too late! Stop by the store and we'll get you started and ready to run on December 19. Good luck to all participants and if you see them out running, give them some encouragement! Who knows, maybe some of them will become members of our half marathon training group next year!

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.