FOR IMMEDIATE RELEASE
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Hawaii Kai Mile Presented by Hawaii Running Lab Returns on November 2, 2025

HONOLULU, HI — Hawaii Running Lab is delighted to announce the 3rd annual **Hawaii Kai Mile Presented by Hawaii Running Lab**, returning on **Sunday, November 2, 2025**. This unique one-mile road race combines the spirit of competition with community, encouraging runners of all ages and abilities to take part.

Race Details & Highlights

- **Date & Time:** Sunday, November 2, 2025, starting at 7:00 a.m. (exact wave details TBD)
- **Course:** The race begins at the **Hawaii Kai Skate Park** and finishes fronting **Kaiser High School**.
- **Distance:** 1 mile (road)
- **Registration Includes:** Race entry, finisher medal, post-race snacks.
- **Age Group Awards:** Awards in 3-year age blocks for youth and 10-year age blocks for adult divisions. Top 3 in each group will receive awards.
- **Team Competition & Prize Pools:**
    - **New for Fall 2025:** The team **that registers the most runners** will earn a share of a dedicated prize pool.
    - Additionally, the top 3 men and top 3 women overall will earn a share of a dedicated prize pool.

This edition of the Hawaii Kai Mile brings fresh incentives and opportunities to engage more deeply with the local running community. Whether you're running for time, fun, or to help your team earn glory, this race is designed to reward participation and performance alike.

Why Run the Hawaii Kai Mile?

- **Accessible & Family Friendly:** The event welcomes runners of all levels — from youth participants to seasoned athletes.
- **Community Building:** Families, schools, clubs, workplaces, and run groups are encouraged to form teams and compete together.
- **Scenic & Convenient Course:** The route through Hawaii Kai offers a scenic setting and a finish in front of Kaiser High, making it accessible to residents across Oahu.

Important Notes & Deadlines

- **Team Registration:** Teams should register under a shared team name (e.g. “My Run Club A,” “My Run Club B,” etc.)

- **Volunteer & Sponsor Opportunities:** Interested community members, local businesses, and running groups are invited to partner as volunteers or sponsors. Your support helps make the day memorable for all participants.
- **Course Safety & Logistics:** Organizers will coordinate street closures, timing, hydration, and post-race amenities. Further logistics (parking, bib pickup, wave times) will be posted closer to race day.

Quotes

"We're excited to bring the Hawaii Kai Mile back with even more excitement and community engagement this fall," said Dr. Michael Garrison, Founder of Hawaii Running Lab. "We believe in creating running opportunities that bring people together — families, teammates, clubs — and this race embodies that spirit."

"Adding *registration-based team prizes* is our way to reward not just speed, but community mobilization and participation," said the race director. "We hope this encourages more groups to get involved and make the race bigger and more fun."

How to Register & Learn More

To register, form a team, or learn more about our age divisions, prize structures, race day plans, and sponsorship packages, visit: **www.hawaiikaimile.com** or the Hawaii Running Lab website www.hawaiirunninglab.com. Stay tuned for updates on wave assignments, packet pickup locations, sponsor announcements, and more. We look forward to welcoming runners, families, and supporters to Hawaii Kai for a morning of speed, stamina, and aloha.

NOTE TO EDITORS: Photos/videos of previous Events are available. Contact Michael@hawaiirunninglab.com.

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About Hawaii Running Lab Hawaii Running Lab (HRL) is a Honolulu-based coaching and running community organization founded by Dr. Michael Garrison (Ph.D.). HRL's mission is to foster a supportive environment for runners of all levels, offering coaching, events, and opportunities to combine scientific rigor with the joy of running. https://www.hawaiirunninglab.com/