



# Hawaiian Ultra Running Team



## 2009 H.U.R.T. Trail Series

- April 11     **Top of Tantalus 7 mile** (Kat Tagaca 285-2457 [ktagaca@hawaii.edu](mailto:ktagaca@hawaii.edu)) & Rob Lahoe 392-4815 [cetacean6@hotmail.com](mailto:cetacean6@hotmail.com) )
- May 9        **Run with a View 8+ mile** (Cheryl Loomis 488-0784 [cheryl.loomis@cubic.com](mailto:cheryl.loomis@cubic.com)) & Don Fallis 247-4144 [expo@hawaii.rr.com](mailto:expo@hawaii.rr.com))
- June 13     **Mango Madness 10+ mile** (Pete Martinez 538-7080 [petem@ebizhawaii.com](mailto:petem@ebizhawaii.com) & Mike Muench 372-2630 [mnm01@hawaii.rr.com](mailto:mnm01@hawaii.rr.com))
- July 4        **Kaena Point Firecracker 10 mile** (Bob & Barbi McAllaster 225-2864 [kailuamac@yahoo.com](mailto:kailuamac@yahoo.com))
- Aug 1        **Maunawili Out & Back 22 mile & Relay** (Marian & Neal Yasuda 221-5171 [mnyasuda@hawaii.rr.com](mailto:mnyasuda@hawaii.rr.com))
- Sept. 5      **Tantalus Triple Trek 50k** (John & PJ Salmonson 235-0577 [hurtpals@aol.com](mailto:hurtpals@aol.com))\*
- Oct. 24      **Peacock 54** (Gordon Lau 478-2798 [makuahills@hawaii.rr.com](mailto:makuahills@hawaii.rr.com) & Don Fallis 247-4144 [expo@hawaii.rr.com](mailto:expo@hawaii.rr.com) \*)

**All races to start at 7:00 am on Saturday, with the following exceptions:**

\*Tantalus Triple Trek to start at 5:30 am

\*Peacock 54 Mile to start at 6:00 am

**Entry fee:** \$10 per race/per person or \$60 for the series of 7 races. No early sign-ups or race applications/entry forms, just show up race morning, at least 30 minutes prior to race start.

**Shirts:** \$20 (limited number—they go fast)

For general information contact: Don Fallis 247-4144 [expo@hawaii.rr.com](mailto:expo@hawaii.rr.com) or John Salmonson 566-6543 [hurtpals@aol.com](mailto:hurtpals@aol.com)

**Visit us on the web at [www.hurthawaii.com](http://www.hurthawaii.com)**

*Feel free to join us on our weekly training runs announced on this web site.*