



# Hawaiian Ultra Running Team



## 2010 H.U.R.T. Trail Series

- March 20 **Moanalua 6 Mile** (Christain Friis 282-9547 [hpucrosscountry@gmail.com](mailto:hpucrosscountry@gmail.com) )
- April 10 **Top of Tantalus 7 mile** (Kat Tagaca 285-2457 [ktagaca@yahoo.com](mailto:ktagaca@yahoo.com)) & Rob Lahoe 392-4815 [cetacean6@hotmail.com](mailto:cetacean6@hotmail.com) )
- May 8 **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 12 **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 3 **Kaena Point Firecracker 10 mile** (Bob & Barbi McAllaster 225-2864 [kailuamac@yahoo.com](mailto:kailuamac@yahoo.com))
- Aug 14 **Maunawili Out & Back 22 mile & Relay** (Marian & Neal Yasuda 221-5171 [mnyasuda@hawaii.rr.com](mailto:mnyasuda@hawaii.rr.com))
- Sept. 4 **Tantalus Triple Trek 50k** (Fish 358-9130 [fishlucky8@gmail.com](mailto:fishlucky8@gmail.com) & Ernest Tay 620-4285 [ernesttay@hotmail.com](mailto:ernesttay@hotmail.com) )\*\*\*
- Oct. 23 **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. No early sign-ups or race applications/entry forms, just show up race morning, at least 30 minutes prior to race start.

Directions to race start and race details posted the week of the race at [www.hurthawaii.com](http://www.hurthawaii.com)

**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.*