



Hawaiian Ultra Running Team



2014 H.U.R.T. Trail Series

- March 15 **Aiea Loop Express 7 mile** 7:00 am (Michael Cole PingCheck@gmail.com 232-5706 & Randy Flores 216-6700 marbleisland@gmail.com)
- April 12 **Vi's Top of Tantalus 7 mile** 8:00 am (Kat Tagaca 285-2457 htagaca@yahoo.com & Judy Carluccio 509-954-7374 judys903@yahoo.com)
- May 10 **Run with a View 8+ mile** 7:00 am (Cheryl Loomis 277-4960 cheryl.loomis@cubic.com & Rosie Warfield 808-772-2983, shortysgirl182@yahoo.com)
- June 7 **Mango Madness 10+ mile** 7:00 am (Melanie Koehl 371-8633 mel@melaniedeckerdesign.com & Jacque Tellei 223-6789 artingal@hotmail.com)
- July 5 **Kaena Point Firecracker 10 mile** 7:00 am (Julie Takishima 271-7748 julie.takishima@yahoo.com & (Jeff Fong 258-0394 jwcfong@hawaii.edu)
- Aug 9 **Maunawili Out & Back 22 mile & Relay** 7:00 am (Marian & Neal Yasuda 221-5171 mnyasuda@hawaii.rr.com)
- Aug 30 **Tantalus Triple Trek 50k** 5:30 am (Fish 358-9130 fishlucky8@gmail.com & Sue Lohr suerun@yahoo.com & Heather McCafferty 382-4507 hawaiiflyo@hotmail.com)

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

*** Vi's Top of Tantalus to start at 8:00 am

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

For general information, contact: Cheryl Loomis (Cheryl.loomis@cubic.com 277-4960) or John Salmonson (235-0577 hurtpals@aol.com).

Sign up for all Races is at: www.ultrasignup.com

Visit us on the web at www.hurthawaii.com

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