



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
ktagaca@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 jwkfong@hawaii.rr.com)
- 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: 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.