

# OCC Walkers, Joggers, Hikers and Runners

By Katy Bourne and David Stackhouse

The Running Committee is back in action after a few break downs and new body parts with renewed enthusiasm.

Every month we'll have a group "Hump Day Workout" from OCC at 5 p.m. The courses and distance will vary according to the group that gathers. We encourage your ideas and feedback.

Of course libation and celebration is always welcome post "HDW".

Our first Wednesday "Hump Day Workout" will be July 19 at 5 p.m. Meet in front of the OCC entrance. To get an idea of the enthusiasm, please sign in at the Front Desk. Mark your calendar for the next "Hump Day Workout" coming up on August 23.

## Monthly Trail Adventures

Those who love nature and the open trail, our adventure schedule is also back on the calendar. All levels of hikers to runners, beginners to experts or timid to wild are encouraged to join us for a variety of beautiful trail and nature path hikes around Oahu.

We will start up again on Sunday, July 2 with the Ualaka'a Trail. This trail is close to town on Tantalus and provides



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beginner to more experienced options. We will meet at OCC at 7:30 a.m. The OCC van will provide transportation for those who need/want it, but space is limited so please sign-up at the Front Desk.

Mark your calendar for the Monthly Trail Adventures:

- July 2 - Ualaka'a Trail
- August 6 - Puu Pia Trail
- September 9 - Hana Relay
- October 15 - Judd Trail

A monthly sign-up list will be at the OCC Front Desk. Trail maps and directions will be posted in the lower level hallway each month. We look forward to seeing you on the road, path and trail. For more information contact: Katy at [katybourne@yahoo.com](mailto:katybourne@yahoo.com)