

H.U.R.T. TRAIL 100-MILE ENDURANCE RUN
January 19-20, 2008

Location: Hawaii Nature Center – Makiki Heights Drive
Start: 6 a.m. 36 hours allotted time. No extensions.
Course: A very tough 100-mile multiple lap (5) course on muddy, rooted, and rocky single-track trails in a mountainous tropical rainforest. Expect precipitous, often hidden, dangerous drop offs, with nearly 25,000 feet of ascent and descent. The H.U.R.T. Trail 100 is, at least, as difficult as any Continental lowland 100-mile run. This event is designed for the minimalist and adventurous ultra runner. This is a 100 mile event, however, any entrant who passes the 100K mark but does not complete 100 miles in the allotted time will be credited with a 100K finish in the official race results. There are no order of finish awards for completing 100 km.
Trail Work: Entrants are strongly encouraged to complete 8 hours of trail work and or volunteer for 8 hours at a trail run.
Aid Stations: Three per loop, fifteen total, with drop bag available at each. Aid stations are 5.4 to 7.3 miles apart. Runners/Pacers are strongly encouraged to carry three water bottles or their equivalent between aid stations.
Limited Entry: Entry limited to 100. Ordered by date of acceptance. We expect the race will be full by December 1, 2007.
Rules: Please read the rules in the race booklet at <http://www.hurt100trailrace.com/> before submitting application.
Contact: Race Registrar: PJ Salmonson, HURTpals@aol.com, (808) 235-0577
Prizes: Belt buckles for all finisher's. A prize of \$500.00 will be awarded for breaking the current Men's / Women's course record at the 100 Mile Distance.

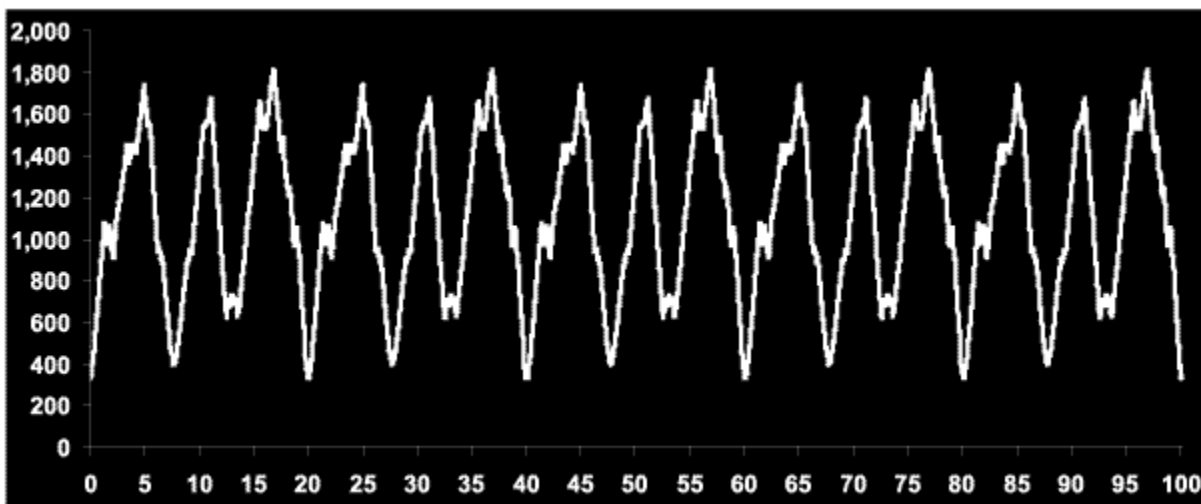
Dear Runner,

Applications for the 2008 H.U.R.T. 100 are no longer being accepted as the race has reached the runner capacity. Thank you for your interest in running the H.U.R.T. 100. Applications for the 2009 event will be available on 6/15/2008.

Respectfully,

John Salmonson and Jeff Huff

HURTpals@aol.com. The race director reserves the right to deny entry to any runner without reason.



H.U.R.T. 100 Profile