

# H.U.R.T. Trail 100 Mile Endurance Run

This event is conducted on trails in the jurisdiction of the State of Hawaii Department of Land and Natural Resources, Division of Forestry, Na Ala Hele program. Na Ala Hele has turned bare traces of pig trails through the forest into people friendly single-track tropical rain forest trails. We are very grateful for the help they have given to share their work with the international ultrarunning public. We highly recommend that you become familiar with the course before the event.

**The Race:** This is a 100- hundred-mile event; there are no 100 km options. All entrants are entered to run one hundred miles. However, entrants who pass through a 100 Kilometer distance but do not finish the 100-mile course within 36 hours will be credited in the official results as having run 100 Kilometers. The 100 km distance is actually 67+ miles or the completion of three loops and the leg to Paradise Park. Runners are allowed 36 hours to finish the event after the 0600 start.

**Cut Offs:** All cutoffs pertain to the 5<sup>th</sup> lap (Miles 80-100). Runner must check out of aid station by time listed below or be pulled from the race. If runner returns to aid station following cutoff time, runner will be pulled from the race.

Nature Center Cutoff 1100 (Mile 80)

Paradise Park Cutoff 1330 (Mile 87)

Jackass Ginger Cutoff 1530 (Mile 92.5)

The Paradise Parking lot aid station will close at 1330 hours and the Jackass Ginger (Nuuanu) aid station will close at 1530 hours. The finish line will close at exactly 1800 hours.

**Cancellation of Event:** Since this event is held on public property under the management of the Department of Land and Natural Resources the race directorate does not always have the final say as to whether or not the event will be cancelled. It is our hopes that we can deliver the event on the date scheduled, however circumstances beyond the control of the race directorate may pre-empt that effort. Since race application fees are the sole monetary means of this event, refunds of the application fee cannot be made if the event is cancelled. Please know that the event organizers take the cancellation of the event very seriously and would only consider it for safety reasons or for reasons dictated by outside agencies. If you disagree with this please do not apply to participate in the event.

## Schedule

**January 16, Friday**                      **1530**                      **Hawaii Nature Center**    **Makiki Heights Drive**

Mandatory Runner check In - Runners are to pick up race number and runner bag. A scale will be made available for competitors who wish to track their weight during the event. *Race officials will not be responsible for weighing participants. Do not bring your drop bags to the pre race brief; they will be collected on Saturday morning. Parking in the lower lot is limited- please arrive on time.*

**January 16, Friday**                      **1600**                      **Hawaii Nature Center**    **Makiki Heights Drive**

Introduction of DLNR personnel.

Mandatory trail briefing.

Medical concerns.

Search & Rescue Concerns.

Drop status.

Bring a chair if available for the trail brief. Runners will be released by 1700. The run will not sponsor a pre race meal.

**January 17, Saturday**                      **0515**                      **Hawaii Nature Center**    **Makiki Heights Drive**

1. Runner check in (mandatory)-If you don't check in you will not be an official runner.
2. Drop bag collection: You may have drop bags at each of the three aid stations. Please label them as Nuuanu, Paradise Park, or Start/Finish. Be sure and put your name and bib number on the bag. You will be visiting all these station 5 times, so pack accordingly. You are responsible for gathering your own drop bags following the event. Race management is not responsible to return these items to you. Any items left after the race will be donated to charity or thrown away.

**January 17, Saturday**                      **0600**                      **Hawaii Nature Center**    **Makiki Heights Drive**

Start of race!

**January 18, Sunday**                      **1800**                      **Hawaii Nature Center**    **Makiki Heights Drive**

End of race!

**January 19, Monday**                      **1730**                      **No host dinner.**                      **Site TBD.**

## Race Rules, Recommendations and Procedures

The HURT Trail 100 rules and procedures are designed for the safety and well being of everyone involved in the race, including runners, pacers, crews, volunteers, spectators and others using the trails. Failure to comply with these rules will result in disqualification of the runner.

## **For The Runners:**

1. The runner is responsible for knowing all the rules and is responsible for the actions of his/her pacer(s) and crew(s).
2. You must pick up your run number on Friday at the trail briefing.
3. You must check in on race morning prior to the start of the race.
4. Aid: there are three aid stations, 5.4 – 7.3 miles apart. We will be providing a variety of hot and cold food and drink. If you have special dietary needs or desires please put these supplies in your drop bags.
5. Sharing the trail: we do not have exclusive use of the trails. The trails are well used by the general public. Exercise caution when approaching casual hikers. Please warn others of your approach. When in doubt give the right of way to others.
6. Respecting the Rain Forest: The rain forest is fragile and subject to damage simply by being tread upon. Runners and pacers are expected to stay on the trail at all times. Please use the bathrooms available at the Hawaii Nature Center and the portable toilets at Paradise Park and Jackass Ginger.
7. Muling is not permitted. You must carry all your own supplies between aid stations. Crews and pacers may not retrieve bottles from the runner for filling until within the confines of the aid station, or so directed by aid station personnel. Failure to comply with this request may result in disqualification of the runner.
8. Stashing of supplies is not permitted at any place or time on the course (this includes leaving water bottles on out and back sections of the course). Aid from crews may only be given at course aid stations. **Crews cannot take or give supplies to runners or their pacers at road crossings.** Any unauthorized aid between stations is not permitted and grounds for disqualification.
9. You should print the course map and carry it with you. There is always the possibility that some of the course markings may be removed during the event.
10. It is recommended that runners carry a whistle on their person at all times. Should you become incapacitated or lost the whistle may be your lifeline. We will not be supplying whistles this year.
11. A two water bottle minimum (or equivalent hydration vest) when on the course is highly recommended. Three bottles on legs #1 and #3 is strongly encouraged. Dehydration is a major threat to successful completion of this event.
12. Littering on the course will be grounds for immediate disqualification. Do not carry aid station cups away from the aid station.
13. No course cutting. Runners must follow the marked course at all times. If the runner departs from the marked course, the runner must return to the point of departure on foot before continuing. Cutting the course is immediate grounds for disqualification.
14. You must check in and out of every aid station otherwise we cannot efficiently monitor your progress.
15. If you get hurt on the trail, stay put and keep warm. This is a multiple lap, out and back course, there should be runners who will be able to direct aid station volunteers to your site. If you get lost do not attempt to find your way cross-country. Stay on the trail and wait. Wandering aimlessly, especially at night, will reduce your chances of being found.

16. Cutoff times will be strictly enforced. Failure to comply will result in banishment from all HURT sponsored runs. Once a runner is pulled due to cut-off time they must remove themselves from the course and not continue on. We will make every attempt to shuttle the runner back to the start / finish line should they be pulled from the event.
17. If you decide to drop you must notify a run official who will place an "X" through your race number. If you should decide to retire from the event without notifying a race official and you fail to show up at the next aid station within a reasonable time, run officials may exercise their discretion to notify Search and Rescue. You may be held responsible for the cost of the Search and Rescue.
18. Removal from the Course: Race Officials reserve the right to pull a runner from the course if, in their sole judgment, the runner is not capable of continuing safely.
19. **Race officials or DLNR may cancel the race at any time prior to or during the event for any reason.**

### **Pacers\*:**

1. You must abide by all runner rules.
2. Pacers may start running with their runner after 60 miles or starting at 5 p.m. on Saturday.
3. Pacers must start their pacing duty at one of the three-aid station (Start/Finish, Paradise Park, Jackass Ginger). Pacers under the age of 18 need a release signed by a parent or guardian. Pacers will not be assigned run numbers, nor will they be tracked.
4. Only one pacer is allowed to accompany a runner at a time.
5. Aid will be available for pacers and runners, however if a shortage occurs runners have priority.
6. Both runner and pacer must receive their aid only at the designated checkpoints.
7. Pacers must arrive and leave within close proximity to their runner.
8. If for any reason a pacer falls way behind his runner, the runner can continue on without a pacer, but the pacer will be removed from the course as soon as possible, or must exit at the next aid station.
9. Pacers are not allowed to carry any supplies for the runners (muling prohibited). Pacers are also prohibited from carrying their runner's bottles into or out of the aid stations in an effort to get the bottles filled in a timelier manner.
10. No "towing" or utilizing harness and line or any other means is allowed.

\*The ultra running community in Hawaii is relatively small and pacers may be hard to come by. If you require a pacer you are encouraged to bring your own.

### **Crews**

1. Support crews are not essential since there is adequate aid station support along the way with water, electrolyte replacement fluids, and food.
2. Crew must follow the rules for pacers and runners.
3. Crew may not use aid provided by the run for their own consumption or use.
4. Crew may only park in authorized areas.
5. Crew are prohibited from giving aid of any kind at road crossings (this includes clothing as well as nutritional support)

6. Crew may support their runner only at the aids station (within 100 yards of station).
- 7. Crews are prohibited from parking at the Paradise Park lot on the first lap of the event. We need to get all our volunteers and supplies in place. Failure to comply could result in the disqualification of your runner from the event.**

## Other rules

1. Smoking is not permitted in or on the trail or at aid stations.
2. Dogs are not allowed anywhere on course.
3. City and County of Honolulu parking and driving regulations are strictly enforced.
4. Consumption of alcoholic beverages and illegal substances on any part of the course is prohibited.

## Course Markings

Each leg of the course will be marked with a different color surveyor tape. Follow the color as displayed on the map. Sections of trail NOT a part of the racecourse will be flagged with BLUE surveyor tape. If you find yourself on a part of the course with BLUE tape return to the nearest intersection and look for the right colored tape. Fluorescent surveyor ribbon and glow sticks may be used to mark night sections. Especially difficult trail sections where a critical turn is present will have more surveyor tape.

Runners should print out a copy of the map and carry it at all times. Course markings have been known to disappear.

## Safety and Medical Concerns

**Dehydration:** One of the most common medical problems for endurance athletes is dehydration. Drink plenty and often. You probably will be running in very humid conditions. A scale will be available to check your weight at the start / finish line of each lap. Each runner is solely responsible for monitoring his/her hydration level. Runners should leave each aid station with a minimum of two full water bottles (or equivalent hydration vest).

**Hypothermia:** May be a problem in the evening especially if it has rained. January is the beginning of our rainy season. It can get cool at night to below 60 degrees. Sections of ridgeline trails including Manoa Cliff Trail and Nuuanu Trail are extremely exposed to the elements and are very windy. Dry clothes and jackets are advised for the evening hours.

**Road Crossings:** During each lap you will cross one road (in two places) and will run a hundred yards along another narrow road before crossing from one trail section to the other. You must use extreme caution before, during and after crossing the asphalt. Road crossing safety is the sole responsibility of the runner. There will be no road crossing monitors on the course.

**Terrain:** You will be running on very uneven, rocky, rooty, and muddy type of trail where footing is at best adequate. Be careful when traversing wet rocks and roots. Some trails run along cliff sections with extreme drop offs.

**Lighting:** We recommend that you use a LED flashlight and/or LED headlamp from sunset to sunrise. There is a heavy forest canopy and very little starlight permeates the trail. We recommend that you carry backup batteries and flashlights and keep some in your drop bags. **The aid stations do not carry extra batteries for your use.**

**Medical Personnel:** *There will be no onsite physicians or podiatrists to take care of you.* Each of the aid stations is located within a 5-mile radius of a major medical center. The Queens Medical Center emergency room department will be notified prior to the event of the potential for endurance event type induced maladies, most notably dehydration and electrolyte loss.

**Wildlife:** Wild pigs do roam these trails. They have teeth and tusks that can do serious damage. They are most active and most likely to be seen near sunrise and sunset.

**Stream Water:** *Please do not drink the water from the streams, as there is a leptospirosis problem in Hawaii.*

**Hiking Poles:** Are permitted on the course. However, for safety of all involved, those with poles should yield trail to oncoming runners.

## Course Overview

1. 100 miles over 5 laps (partial out and backs) in a tropical rainforest.
2. 99% single-track trail, 1% asphalt.
3. There is over 24,935 feet of elevation gain and loss over the course of 100 miles. The gain comes in short sections no more than 2.1 miles at a time. There are very few sections where you can run with consistent stride for more than a few hundred yards at a time. This course requires that you pay close attention to your footing at all times!
4. There are a total of 20 stream crossings, two per lap, prior to the Paradise Park aid station (usually on a small wire grate) and prior to the Jackass Ginger aid station. Be extremely careful when crossing the streams. If the river is high due to rain, we may forego the stream crossing at Jackass Ginger. You will be notified at the trail briefing if you will not be crossing the stream. Expect wet feet every time you enter and leave the Jackass Ginger aid station.
5. The trail is composed of a moderately packed dirt surface with lots of roots and rocks, which are very slippery when wet. At night there will be dew, which makes this trail extremely slippery. If it rains (which it will), there will be plenty of mud.
6. You will be traversing a couple of exposed ridge tops with vertical embankments (Nuuanu, Manoa Cliff). Be very careful in these areas, especially at night, as you will be on wet roots and slippery grasses on an extremely narrow trail.
7. A rope may or may not be placed (not likely) at the grass line knoll (near Bien's Bench) (depending on weather conditions) heading down into Jackass Ginger.
8. This course does not lend itself well to be run in under 21 hours.
9. Realizing that the H.U.R.T. Trail 100 Mile Endurance Run is an incredible physical undertaking, race management has opted to recognize those runners who pass through 100 kilometers in official event releases as running a distance of 100 kilometers. Runners wishing to be recognized as such will be required to complete three full 20-mile loops and the leg to Paradise Park (67+ miles). Runners who had anticipated running 100 miles but for whatever reason stopped at the Paradise Park aid station or beyond after completing 3 complete loops will also be credited with a 100-kilometer run. Their actual time for the 100-kilometer distance will be their arrival time at Paradise Park. Runners who make the last cutoff at the final aid station, but finish outside 36 hours will be recognized as an unofficial 100 mile finisher, and will have the time at Paradise Park on loop four recorded as their

100 kilometer time. Final results will not reflect a time for a 100 km distance although this time will be made available to the runner at the finish. Only 100 km and 100 mile distances are recognized towards inclusion of the 500 mile-club.

## What Kind of Weather to Expect

The weather in January can be quite nice or quite bad. Over the last forty years the average maximum January temperature in Honolulu is 80.6 and average low is 62.7. Average total precipitation in January is 3.35 inches. These averages do not necessarily apply to the rainforest. You should expect a slightly lower high and cooler evening, especially on the exposed ridge tops of Manoa Cliffs and Nuuanu Ridge. Rain can come down in huge quantities over a short period of time. In any case expect high relative humidity.

## Aid Stations

The aid stations will be stocked with water, an electrolyte drink and Soda. Food items will include the standard fare that is present at most 100-mile runs. Being a run in Hawaii, one can expect a bit of variation from the standard theme. Hot and cold food will be available. The runner will be responsible for his or her own Gels/Power bars, and electrolyte caps. For those with very strict dietary habits you are advised to pack what you need.

## Awards

Awards (belt buckles) for the 100 Mile finishers will be given at the finish line. Awards will also be given to the first three finishers of each gender.

Belt buckles will be the only finishing awards given to those completing a distance of 100 kilometers. Runners completing a cumulative total of 500 miles at H.U.R.T. Trail will be recognized at the post race dinner.

An award of \$500.00 will be given for any Men's or Women's course record established in the H.U.R.T. 100 Mile event.

## Parking

1. Runners must park below the gate to the Nature Center in the gravel parking area.
2. On race day there will be a parking attendant to direct cars to park along the roadside.
3. Parking at the Makiki Recreation area is limited.
4. Crew access is at aid stations only.
5. There are several houses along the roadway fronting the Nature Center. Please limit the amount of travel during the nighttime hours. The Division of Forestry has advised us that only necessary traffic will be allowed to pass through the front gate after hours as the park need to be secured.
6. **Parking at Paradise Park will not be allowed until after 9 a.m. on Saturday morning. After that parking is available down in the neighborhood below the aid station. Failure to comply could result in disqualification**

**of your runner.** After 9 a.m. parking will be more readily available. **Crews are not allowed at the Paradise Park aid station on the first loop. The initial rush of crews after the start at the first aid station makes it difficult for our volunteers to get adequately prepared.** So please help us out in this endeavor and obey the request. Failure to do so may result in the disqualification of your runner.

## **2009 Race Team and Volunteers**

Race Directors:	John Salmonson and Jeff Huff
Start/Finish Line Coordinator:	John Salmonson
Nuuanu Aid Coordinator:	Bob & BarbiMcAllaster
Paradise Park Aid Coordinator:	Vernon Char & Rex Vlcek
Publicity & Trail Marking:	Don Fallis
Awards	PJ Salmonson & Cheryl Loomis
Medical	Joel Jenkins
Race Registrar	PJ Salmonson
Websites:	Stan Jensen: <a href="http://www.hurt100trailrace.com">H.U.R.T. Trail 100</a> , Bob McAllaster: <a href="http://www.hurt100trailrace.com">www.hurt100trailrace</a>

## **Hawaii Visitors and Convention Bureau**

For our out of town guests needing lodging you may get assistance from the HVB at 808-923-1811 or <http://www.visit.hawaii.org/>