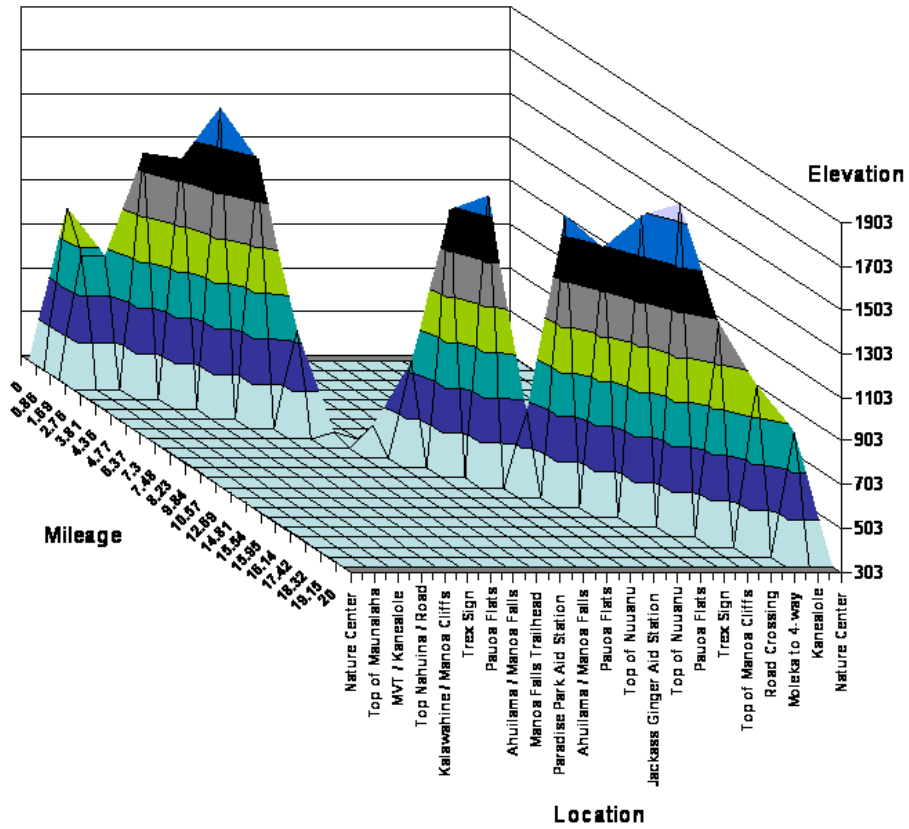
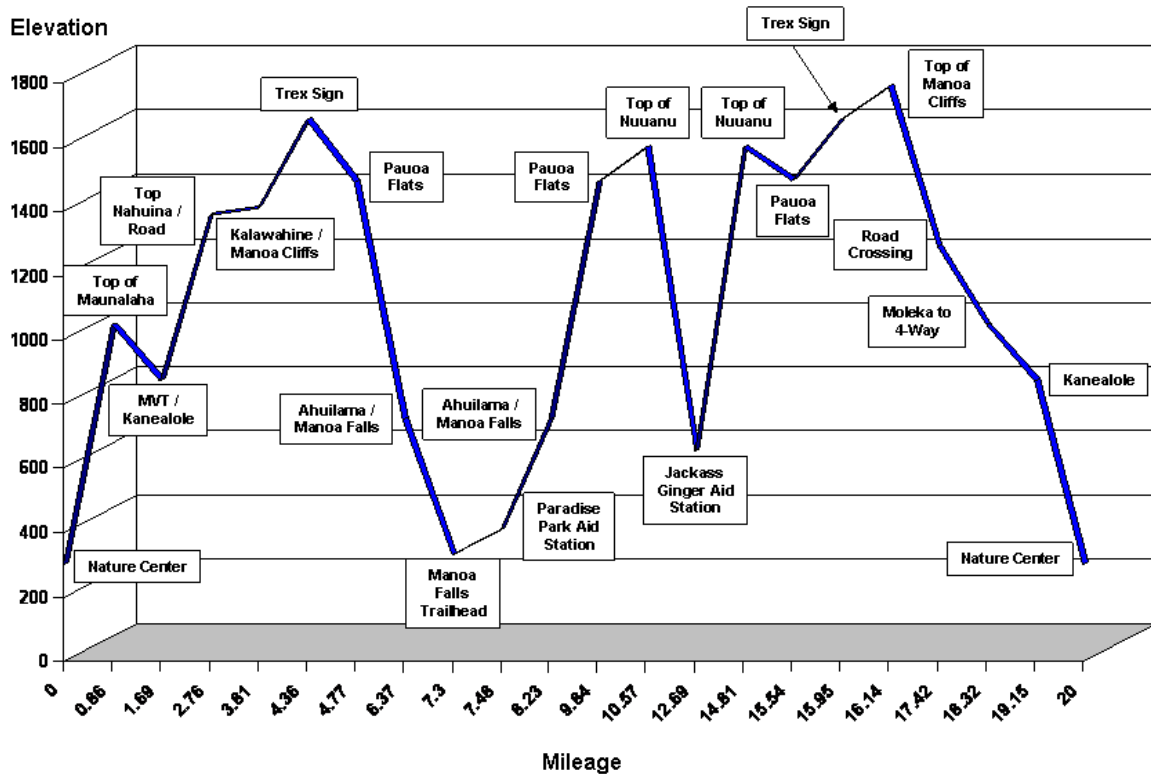


Elevation Profile

The elevation profile is included to give the runner an idea of the type of course to expect. As can be seen there is very little level terrain running.





Aid Stations

The aid stations will be stocked with water, Gatorade 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. 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 (belt buckles) for those who chose the 100K option will be given as soon as we can determine that no person continuing on for the 100 Mile can qualify for a 100K award should they choose to take the 100K option later.

Awards will be given to the first three finishers in the 100 Miler and first two finishers in the 100K for each gender.

Results of the run will be posted on the Ultralist and in Ultrarunning magazine.

Parking

1. Runners must park 150 feet below the Division of Forestry Gate.
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.

2005 Race Team and Volunteers

Race Directorate: John Salmonson, Jeff Huff, Mike Garcia, Don Fallis, Vernon Char, Patricia Carroll and PJ Salmonson.

Start/Finish Line Coordinator: John Salmonson

Nuuanu Aid Coordinator: Matt Stevens

Paradise Park Aid Coordinator: Vernon Char

Website: Pete Martinez (www.hurthawaii.com), Stan Jensen (www.run100s.com)

Hawaii Visitors And Convention Bureau

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

E-Group Discussion

Entrants of the H.U.R.T. can subscribe to an e-group so you can gain an insight into the race and have many of your questions answered. If interested go to:

<http://groups.yahoo.com/group/HT100MileEnduranceRun/>

Need More Help?

For those seeking more information you may e-mail the following Board of Directors:

PJ Salmonson [mail to: Hurtpals@aol.com](mailto:Hurtpals@aol.com)

Jeff Huff [mail to: jeff.huff2@verizon.net](mailto:jeff.huff2@verizon.net)

Michael Garcia [mail to: Garcia@pixi.com](mailto:Garcia@pixi.com)

John Salmonson [mail to: Hurtpals@aol.com](mailto:Hurtpals@aol.com)

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