

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. Please support their work by being a responsible contestant conducting yourself safely and with consideration for all persons utilizing these trails.

We highly recommend that you become familiar with the course before the event.

The Race: This is a hundred mile event. All entrants are entered for the full one hundred miles. Runners are allowed 36 hours to finish to finish the event after the 0600 start.

Cut Offs: There is a 29-hour cut off: you must begin the 5th lap by 1100 hours January 16 or you will be pulled from the event. The Paradise Parking lot aid station will close at 1330 hours and the Nuuanu aid station will close 1500 hours. The finish line will close at exactly 1800 hours January 16, 2003.

100 Kilometer Option: Entrants who pass the 100 Kilometer mark but do not finish the 100 miles course within 36 hours will be credited with their 100 Kilometer time in the official results of the event. Upon finishing the third lap on the course a runner may declare to the finish line official that he/she will be doing 100 Kilometers. The finish line Official will then give the entrant directions for their finishing 2.5 miles. Any runner who proceeds past the 3rd lap but does not declare intent to do 100 Kilometers and does not complete the 100 miles within 36 hours will be credited with their "in time" at the Paradise Parking Lot aid station for a 100 Kilometer distance finish.

Schedule

January 14, Friday 3:30 PM Division of Forestry Makiki Heights Drive

Runner check in (mandatory)- A medical ID band will be placed on you at this point with your name, race number and weight (there will be a weight check), printed on it. ***Do not bring your drop bags to the pre race brief; they will be collected on Saturday morning.***

January 14, Friday 4:00 PM Division of Forestry 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 5 p.m. The run will not sponsor a pre race meal.

January 15, Saturday 5:15 AM Division of Forestry 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. Please don't place soft perishable items in the drop bags. 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.

January 15, Saturday 6:00 AM Division of Forestry Makiki Heights Drive

Start of race!

January 16, Sunday 6:00 PM Division of Forestry Makiki Heights Drive

End of race!

January 17, Monday 5:30 PM 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 and do the weight check on Friday, January 14, 2003.
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 put your 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 Nuuanu.

7. Muling is not permitted. You must carry all your own supplies between aid stations.
8. Stashing of supplies is not permitted at any place or time on the course. Unauthorized aid between stations is not permitted and grounds for disqualification.
9. Trail shoes with aggressive traction are highly recommended.
10. You should carry the course map with you. There is always the possibility that some of the course markings may be removed during the event.
11. You will be provided with a whistle. You must carry it with you at all times. Should you become incapacitated or lost the whistle may be your lifeline.
12. 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.
13. Littering on the course will be grounds for immediate disqualification. Do not carry aid station cups away from the aid station.
14. 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.
15. You must check in and out of every aid station. Your progress on the course is closely monitored.
16. 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.
17. Cutoff times will be strictly enforced. Failure to comply will result in banishment from all HURT sponsored runs.
18. If you decide to drop you must notify a run official that will remove your medical ID band. If run officials do not get your medical ID band and you fail to show up at the next aid station in a reasonable time, run officials may; in their discretion, notify Search and Rescue. You may be responsible for the cost of the Search and Rescue.
19. 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. Race officials also upon their discretion can weigh a runner at any time.

Pacers*:

1. You must abide by all runner rules.
2. A pacer may aid runners after 60 miles or from one hour before sundown. Pacer start time will be set at the race brief.
3. Pacers must check in at the aid station where they pick up their runner and check out when they finish traveling with their runner. Pacers under the age of 18 need a release signed by a parent or guardian.
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 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.

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

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 given to you before the run. 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 carry the map provided at all times. Course markings have been known to disappear.

Safety and Medical Concerns

Dehydration: One of the most common medical problem for endurance athletes is dehydration. Drink plenty and often. You probably will be running in very humid conditions. A scale will be made available to check your weight at the start / finish line of each lap. Runners should use the 3 – 5 – 7% rule to monitor hydration. 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. Dry clothes and jackets are advised for the evening hours.

Road Crossings: During each lap you will cross one road and will run a couple 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 serious drop offs. Broken bones are a real possibility on this course.

Lighting: We recommend that you use a halogen flashlight and/or halogen 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.

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. Four nearby hospitals will be notified in advance (Queens Medical Center, Kuakini Medical Center, St. Francis Medical Center, and Straub Hospital & Clinic) 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 sunset and near sunup. Don't get between a piglet and it's mama. That long low bushy tailed creature you may get a fleeting glimpse of is a mongoose. *Please do not drink the water from the streams, as there is a leptospirosis problem in Hawaii.*

Course Overview

1. 100 miles over 5 laps (partial out and backs) in a tropical rainforest.
2. 99% single-track trail, 1% asphalt. We recommend that you use trail shoes with aggressive tread.
3. There is over 23,750 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! The down hills are much worse!
4. There are a total of 10 stream crossings, two per lap, when arriving at and leaving from the Nuuanu aid station. Be extremely careful when crossing the stream. If the river is high due to rain, we may forego the stream crossing. 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 (Nuuanu) 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 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 will be placed at the grass line knoll heading down into Nuuanu to make your passage easier.

8. This course does not lend itself well to be run in under 24 hours (unless you run like Mike Sweeney), but try if you like.

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.