



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 through the forest into people friendly single-track tropical rain forest trails. We are very grateful for all the help they have given us to share their work with the international ultrarunning public. Please support their work by being a responsible person conducting yourself safely with consideration for all persons using these trails.

We highly recommend that you become familiar with the course before the event. Familiarity with the trails can help keep you from getting lost and/or injured.

The Race: This is a hundred mile event. All entrants are entered for the full one hundred miles. You 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 18 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 18, 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 16, Friday, 3:30 PM

Division of Forestry, **Makiki Heights Drive**

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

January 16, Friday, 4:00 PM

Division of Forestry, **Makiki Heights Drive**

1. Introduction of DLNR personnel.
2. Mandatory trail briefing.
3. Medical concerns.
4. Search & Rescue Concerns.
5. 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 17, 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. Runners must actually sign in. Once they have completed the course the runner must also sign out.
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.

January 17, Saturday, 6:00 AM

Division of Forestry, **Makiki Heights Drive**

Start of race!

January 18, Sunday, 6:00 PM

Division of Forestry, **Makiki Heights Drive**

End of race!

January 18, Sunday, 10:00 AM – 6:00 PM

Division of Forestry, **Makiki Heights Drive**

Picnic

January 19, 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. The runner is responsible for the actions of his/her pacer(s) and crew(s).
2. You must pick up your run number and check in on Friday, January 16, 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. You must exercise caution when approaching casual hikers. You must warn others of your approach, either head on or from behind, and be aware that they might make sudden unanticipated moves attempting to get out of your way. 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. If you have a bowel emergency tread lightly and bury your leavings!
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 may be 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.
17. 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.
18. Cutoff times will be strictly enforced. Failure to comply will result in banishment from all HURT sponsored runs.
19. 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.
20. 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.

Pacers*:

1. You must abide by all runner rules.
2. A pacer may aid runners after 60 miles or from one hour before sundown.
3. Pacers must wear an identification number issued by Race Management.

4. 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 must also sign in/out at the finish line or sign in at the point of entry to the course.
5. Only one pacer is allowed to accompany a runner at a time.
6. Aid will be available for pacers and runners, however if a shortage occurs runners have priority.
7. Both runner and pacer must receive their aid at the designated checkpoints.
8. Pacers must arrive and leave within close proximity to their runner. They cannot arrive early and fill up bottles or ready supplies.
9. 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.
10. *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. Crewmembers 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. Crewmembers 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

1. 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. Biodegradable powder may also be used. Especially difficult trail sections where a critical turn is present will have more surveyor tape.
2. Runners should carry a map at all times. Course markings have been known to disappear.

Safety and Medical Concerns

1. **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).
2. **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.
3. **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 are the course.
4. **Terrain:** You will be running on a 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 are run along cliff sections with serious drop offs. Broken bones are a real possibility on this course.

5. **Lighting:** We recommend that you use a halogen flashlight and/or halogen headlamp from sunset to sunrise. There is a heavy rainforest canopy and very little starlight permeates to 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.
6. **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.
7. **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 shoat and its 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.