

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.

THIS ENTRY CONTAINS A LIMITATION ON YOUR LEGAL RIGHTS - READ IT!

I wish to enter and participate in the H.U.R.T. Trail 100. I accept the rules, conditions, and regulations of the event and will comply with them. I acknowledge that I am responsible for my pacers and crew, and can be disqualified for their violations of the rules. I am aware of and assume all risks associated with this trail run of 100 miles, recognizing it is extremely difficult and hazardous for even well conditioned athletes under the most favorable of conditions. This run covers difficult mountainous terrain with precipitous drop offs in a tropical rain forest, and spans great extremes of humidity and temperature. I certify that (a) I am in excellent physical condition, (b) I have not been advised otherwise by a qualified medical person, (c) I have sufficiently trained for participation in this event, and (d) I have previously run ultra-marathon distances (preferably 50 miles) on rugged trails. I am also aware that I may be exposed to physical injury from a number of natural factors on the trail, such as lack of water, wildlife, rain storms, rock slides, and to hazards of vehicular traffic attendant to running across roadways. I understand and accept that the risks include the fact I may become injured or incapacitated in a location where it is difficult or impossible to get required medical aid to me in time to avoid additional physical injury, even death. Knowing these facts, nevertheless in consideration of the Run's accepting this entry, I HEREBY FOR MYSELF, MY HEIRS, EXECUTORS AND ADMINISTRATORS, WAIVE, RELEASE AND DISCHARGE the Hawaiian Ultra Running Team (dba HURT), HURT Trail 100, State of Hawaii Department of Land and Natural Resources, Na Ala Hele Trail Group, any official sponsor, entity, and the officers, trustees, directors, shareholders and/or members, agents and employees of each, all medical and other personnel assisting with the Run, or any of them and any other person connected with this running event, their representatives, successors and assigns, "Run Management", FROM ANY AND ALL RIGHTS CLAIMS OR LIABILITY FOR DAMAGE for any and all injuries to me or my property, or for damage caused by me or by any else (including Acts of God), arising out of or in connection with my participation in this event, and further indemnify and hold harmless the said Run Management from any and all liability or claims arising out of or in connection with my participation in this event.

Once the application has been received (check has been cancelled by the bank) there will be no refund. I understand that entry fees are necessary to meet the costs of preparation months in advance of the Run, and that if the Run is cancelled because of acts of God, or other circumstances beyond the control of the run management, the entry fee will not be refunded.

I give permission for free use of my name, voice, picture or my writings for any magazine or newspaper articles, broadcast, promotion or other account of the event.

I have read the H.U.R.T. 100 Trail Race Booklet and agree to comply with all details set forth in said booklet.

Name _____ Sex ____ Birthday _____ Age ____ on Race Day
 Address _____ City _____ State ____ Zip _____
 Home Phone (____) _____ Work Phone (____) _____ T-shirt (men's size) _____ S, M, L, and XL
 Your E-mail: _____

Provide below a brief history of your ultra running experience since January 1, 2006.

Name & Distance	Date	Location	Finish Time

An entry fee of \$140 must accompany this application (\$175 postmarked after 12/5). Applications will not be accepted once the 100 runner allotment is reached. Please make checks payable to HURT, and mail to PJ Salmonson, 46-180 Lilipuna Road, Kaneohe, HI 96744-3648 (808) 235-0577 or email: HURTpals@aol.com. The race directorate reserves the right to deny entry to any runner without reason. We will notify you via email or post upon cashing your check and acceptance of your entry.

Signature _____ Date _____