



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



Hawaiian Ultra Running Team (HURT) 100

SGM Ruben "Ben" Cavazos

19-20 Jan 2008

Camp Arifjan, Kuwait

SGM Ben Cavazos is a quiet and professional noncommissioned officer. He has always been known for his outstanding physical fitness, but the few know he is one of the top ultrarunners in Hawaii. Ben began his ultrarunning career after a second knee surgery at the age of 41. He already had led a superb career as an amateur runner with personal best in the 1 Mile: 4:36, 5K: 15:20, 10K, 30:59, 10 Mile 55:30 and the Marathon of 2:42.00. He set his sites and goals in 1997 on ultrarunning and never turned back. His first world class race was the HURT 100. The Hawaiian Ultra Running Team (HURT) 100 is a one hundred mile endurance race conducted in the Koolau Mountain Range on the island of Oahu. It is regarded as one of the hardest endurance races in the United States. Ben shot for the stars and landed on the moon in his first attempt. He completed the 100 kilometer (62.5) option in 2001, the HURT 100 first year, finishing 3rd in the 100km division. Since then he has completed 6 consecutive HURT 100's and was the first male to be inducted into the HURT 100 "500 Mile" club. Over the last 7 years the average completion rate for the HURT 100 has hovered around 20%.

Ben was deployed to Kuwait this past year with the 8th HRSC and will not be able to participate in the Hawaii based race. However, with the generous support of the HURT 100 Race Directors they have allowed Ben to complete the race in Camp Arifjan, Kuwait. Ben, wearing Race #100, will execute 20 five mile loops in his quest to complete his seventh consecutive HURT 100 and in the process be the first Soldier to accomplish this amazing feat. His inspiration comes from his internal drive, his motivation, and for the love of Soldiers, but his year he is running for a bigger cause. He is running to raise money for the Wounded Warrior Project.

The Wounded Warrior Project has a simple mission- To raise public awareness and enlist the public's aid for the needs of severely injured service men and women, to help severely injured service members to aid and assist each other, and to provide unique, direct programs and services to meet their needs. They sponsor events such as year around sports programs, comfort items, sporting trips (hunting, fishing, boating and camping), the WWP Soldier Ride, and most importantly family and friends activities. Many of these men and women have been physically active throughout their lives and these events are designed for these warriors to maintain their physical and mental fitness. Ben came across this website several months ago and knew this was the organization he wanted to help support and dedicate this HURT 100 to. Please take the time to look at the following websites. It possesses a great deal of information and highlights just how unique this endurance race is and what we can do for our warriors that have sacrificed so much.

Organizational Websites

HURT 100- <http://www.hurthawaii.com/>

Wounded Warrior Project- <https://www.woundedwarriorproject.org/>

If you are interested in donating to this great cause you can contact the following:

MAJ Jay Edwards: jason.t.edwards@kuwait.swa.army.mil

SGM Ben Cavazos: ruben.l.cavazos@kuwait.swa.army.mil

Wish Ben the very best and we hope for your support!!!

