

Some Runners Thoughts on the HURT 100-Mile Endurance Run

"My two favorite races in the world are Hardrock and the H.U.R.T 100. I can go off about both of them but this is about H.U.R.T.

The course is absolutely beautiful but very rugged. There are slick rocks, tall roots and lots of mud all over the course but that is what makes it so fun! It is a little toasty out there but you will get used to it after a few hours. Another cool thing about H.U.R.T is that you are either going up or down, there really isn't anything flat.

The aid stations are outstanding! The volunteers are always happy to see you even through the night and they always make a point to help you out in any way they can.

The race is very well organized by some of the coolest people on the planet! They do an amazing job.

This race just simply kicks a@#! Alright, I think I will stop there, I could write a book about how great this race is!

Hope I have helped you make your decision. On a scale of 1 to 10 I definitely give it a 10!!! My dad and I will be there in 2007 as well."

Jimmy Wrublick



Jimmy on the
HURT course.

"HURT rocks!"

"If you like really really technical trails in a beautiful setting, this is it!

If you like a great race organization and people who instantly make you feel like family, HURT is for you!

Do you want to go to Hawaii in January??? Duh!

Do you want a real challenge? I think HURT is the hardest 100 (not including Barkley, of course) to finish within the cut-off. Why?

- The trails are extremely technical & relentless
- You have 36 hours (vs. 48 hours at Hardrock)
- You have a lot of darkness, hard to move fast on those trails in the dark.
- You can drop at 100km and get a time in the 100km race, very tempting.

Go to HURT and find out for yourself."

Peter Bakwin



Peter wearing his HURT shirt during his recent completion of the Rockhard/Hardrock race where he ran 200 miles or the Hardrock course twice.

The HURT 100

The H.U.R.T. 100 is the only Ultra that I have found that appeals both to me (the rough, run till it hurts and then run some more runner) and to my wife (the shop till you drop then ask for more money, I love a tropical paradise kinda gal).

The H.U.R.T.100 is a tough, root hopping, mud skidding, don't look over that edge kinda race that makes a trail runner tingle all over in excitement at the beginning and then ache all over at the end. The setting is beautiful Hawai'i in January a lush tropical rain forest with the whales arriving just off the coast for their winter stay. If your lucky you may get to see one.

The race is run on a root infested, slippery rock trail that is one the most technical and roughest with no flat areas what so ever. Though it is rough and wet the views are spectacular but don't take your eyes off this trail for long. The volunteers at this race treat you like ohana (family) always smiling and always happy to help you.

With its mix of beautifully rough 'aina (land) wonderful kai (ocean) views and the way that the people of this race treat you and yours like Hawaiian ali'i (royalty), what reason do you have to look any further than the H.U.R.T. 100 to find the perfect race. Mahalo! I hope to see you in January.

Jeffrey A. Genova

Beauty, Pain, and the Impressionable Souls of HURT Runners

Fyodor Dostoevsky, the renowned 19th century Russian novelist once insightfully mused that "the only two things in life that really penetrate the human soul are beauty and pain." The HURT 100 will bizarrely juxtapose these soul-penetrating elements more intensely in a 36 hour period than anything you have likely endeavored upon.

One will no doubt be overwhelmed by the beauty and excitement of the adventure...for awhile. Physically primed and finally free from the emotional afflictions of pre-ultra anxiety, you will ascend a steep ridge among fragrant rainforests to get your first view of the Hawaiian sun bidding you good morning. In the first loop, chattering bamboos and garrulous waterfalls, among a host of other playful songs of the forest, will welcome you to our 'aina. Your chosen path will guide you to stunning views of distant ridges, back dropped by the shimmering depths of our ocean. Once one loop is down, you will have also experienced the human beauty of genuine aloha in each volunteer's smile as they guide you and your stomach along your epic. You will be invigorated and humbled by the natural and human beauty that surrounds you. While your mind and emotions are clear and functioning smoothly, drink deeply: you will need to draw strength from these pleasant steps gone by later in the game.

As the days shadows give way to a pervading darkness, hints of impending pain may begin to crowd the ecstasy you have been savoring from being among green mountains, warm rain, cool trade winds and close comrades. The sounds of night will usher in the next hours where beauty and pain are secretively intertwined, where encouragement and discouragement seem equally arbitrary, ready to overwhelm your heart and courage. Beware of a wild boar or two as you negotiate the night through rain, wind, tiredness and your faltering depth and auditory perception. The beauty of aloha and the 'aina is still there, but you may have to look a little harder past your own physical and emotional needs to tap it.

As the sun comes up, if you are lucky (or good) enough to still in the game, physical and emotional weariness will yield once again to the sun's warmth. If you are still functioning, you may just be fortunate enough to experience HURT sublimity in state rarely experienced but often dreamed of by veterans gone by and new pilgrims whose dreams of adventure are young. When it is all said and done, the HURT 100 is made up of souls: souls with young dreams, visions of sublime beauty, and the ever-present vigilance of the vulture of uncertainty that makes this kind of adventure and camaraderie so rare and precious in our modern era. In the end, with a head and heart filled with beauty and pain, who's to say that Fyodor D. might have been a sub-22 guy if he had some gels and a good pair of Montrails. He certainly had his thumb on the paradox of beauty and pain that gives ultras such as HURT their magnetic mystique.

Matt Stevens



Matt training for the HURT 100 by dragging a kayak for miles along the beach in deep sand. He's an animal!!