

14TH ANNUAL H.U.R.T.

TANTALUS TREK

& TRIPLE TREK

SATURDAY, SEPTEMBER 3, 2005

TRAIL RUNS ON A 10-PLUS MILE FIGURE-8 LOOP THROUGH TROPICAL RAIN FOREST.
INCREDIBLE VIEWS! APPROXIMATELY 2,000 FEET OF CLIMB ON EACH LOOP.

*Quad-Dipsea Race Director John Medinger on touring the course:
"You're not going to finish down that hill, are you!!?"*

CHOOSE 10-PLUS MILE TREK OR 50K TRIPLE TREK

RRCA Sanctioned. Start/Finish at Hawaii Nature Center, 2131 Makiki Heights Drive, Honolulu. Start: 7 AM for 10+ Miles; 5:30 AM for 50K

ELITE AND AGE GROUP AWARDS

Commemorative shirts to all entrants. Special awards for all 50K finishers.

PARKING

This year will be **very** limited! Makiki Hgts Rd, or the small parking lot just past the entrance to the Hawaii Nature Center.

FOR MORE INFORMATION

Call PJ Salmonson, 808-235-0577

E-mail: hurtpals@aol.com • Website: www.hurthawaii.com

Last year for the 10-miler!!

Hawaiian
Ultra
Running
Team



ENTRY FEES

10+ Miles (max 250 entrants): \$25
50K (max 150 entrants): \$35

ENTRY DEADLINE

August 10, 2005 postmark

* NO LATE ENTRIES THIS YEAR

PACKET PICK-UP

Entrants can pick up # and shirt on August 31, September 1 & 2 from 10 AM to 6 PM at the Running Room, 819 Kapahulu in Honolulu.

** THIS WILL BE THE FINAL YEAR FOR THE 10M RACE.

CHECK PAYABLE TO HURT...MAIL TO PRICILLA HAURE, 1188 BISHOP ST., STE. #610, HONOLULU, HAWAII 96813

SEX

M F

BIRTHDATE _____
MONTH / DAY / YEAR

AGE ON RACE DAY _____

RACE: 10-MILE 50K

Last Name _____ First Name _____

Mailing Address _____ Phone (include area code) _____

City _____ State _____ Zip _____ E-mail _____

In consideration of your accepting this entry I, the undersigned, intending to be legally bound, hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against HURT, Inc., the Hawaii Nature Center, Na Ala Hele, the City and Country of Honolulu, the State of Hawaii, Race Director, their representatives and assigns for any and all injuries suffered by me in said event. I attest and verify that I am physically fit and have sufficiently trained for the completion of this race and my physical condition has been verified by a licensed medical doctor. I understand and agree to the use of my name, pictures and interviews in association with HURT for use in broadcast, telecast, advertisements, books, films, videotape or any other reproduction thereof, with no monetary or other consideration to me.

Signature (if under 18, + parent or guadian)

Date

S M L XL
Shirt size (circle one)