

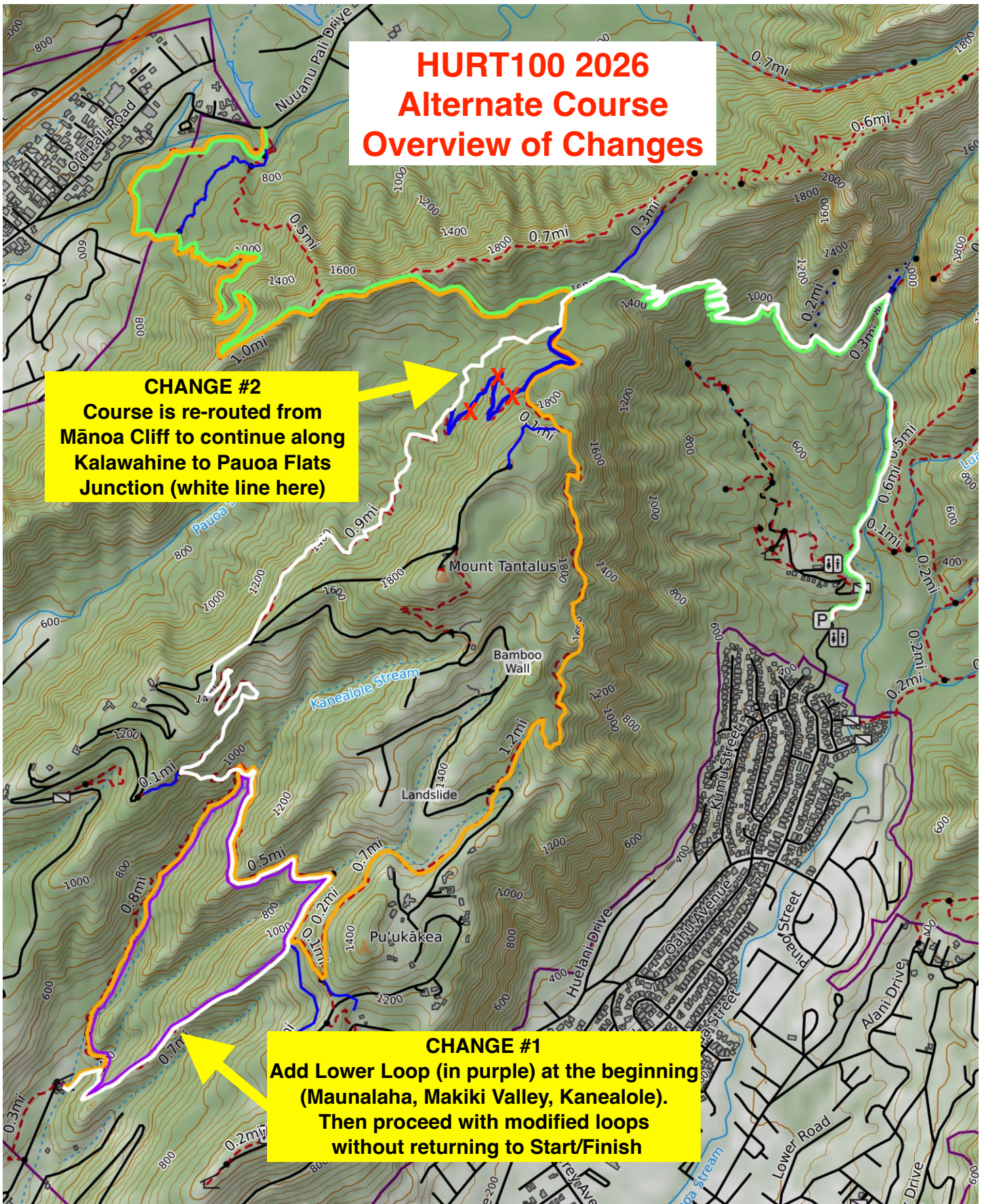
HURT100 2026 Alternate Course Overview of Changes

CHANGE #2

Course is re-routed from
Mānoa Cliff to continue along
Kalawahine to Pauoa Flats
Junction (white line here)

CHANGE #1

Add Lower Loop (in purple) at the beginning
(Maunalaha, Makiki Valley, Kanealole).
Then proceed with modified loops
without returning to Start/Finish



NU'UANU
Aid Station



LEG 1 OVERVIEW

Makiki to Mānoa (White)

**2026 ALTERNATE
COURSE**

Road Crossing - WATCH FOR CARS
Turn right along road about 150 yards
then stay left onto Kalawahine

Sharp right turn
onto Nahuina

LOOP 1 ONLY
Turn Left and down

Straight through
(stay right & up)

ALL LOOPS
Right at T

MAKIKI
Aid Station

LOOP 1 ONLY
After completing loop, straight through
and then follow directions for white route

**NOTE: There will be course marshall to
direct you on lower loop, but no purple
ribbons**

Stay Right
onto Aihualama

Continue Straight
on Kalawahine

Stay right
Turn left
onto Pauoa Flats

Turn right at T
onto Mānoa Falls

MĀNOA
Aid Station

Blue trails are off-course. You
must re-trace steps back to
course route and then continue.

Purple marked loop is completed only
on the first loop.
Loop 2-5 do NOT include purple loop

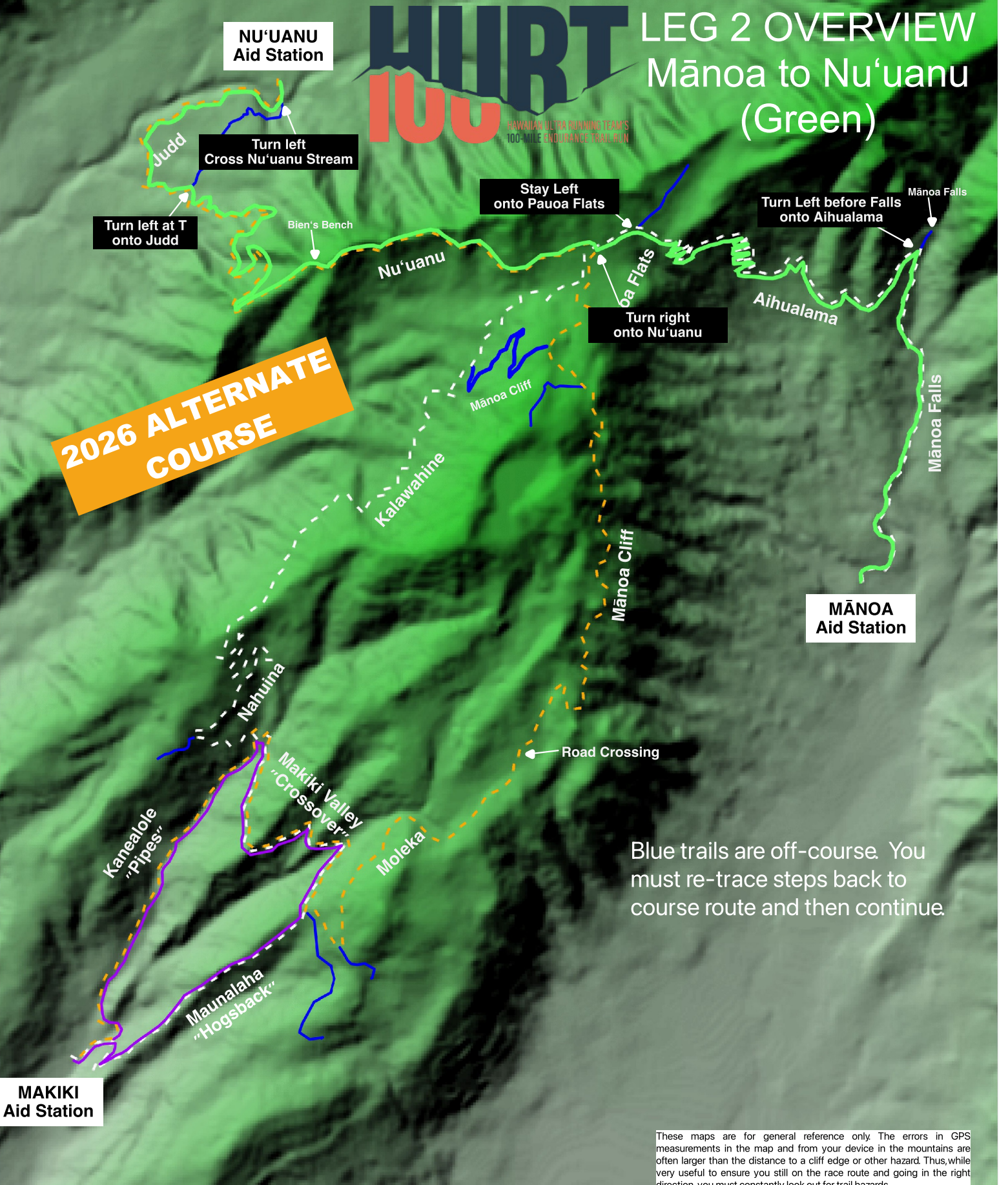
These maps are for general reference only. The errors in GPS
measurements in the map and from your device in the mountains are
often larger than the distance to a cliff edge or other hazard. Thus, while
very useful to ensure you still on the race route and going in the right
direction, you must constantly look out for trail hazards.



LEG 2 OVERVIEW

Mānoa to Nu'uanu (Green)

2026 ALTERNATE COURSE



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LEG 3 OVERVIEW

Nu'uanu to Makiki (Orange)

2026 ALTERNATE COURSE

**NU'UANU
Aid Station**

Cross Nu'uanu Stream
Turn right onto Judd

Sharp right
onto Nu'uanu

Bien's Bench

Right at T
onto Pauoa Flats

Stay left

Straight through lower gate
onto Mānoa Cliff
(stay left & up)

Stay left
on Mānoa Cliff

Straight through
upper gate

**MĀNOA
Aid Station**

Turn left
onto Kanealole

Straight across road
onto Moleka
WATCH FOR CARS

Kanealole
"Pipes"

Makiki Valley
"Crossover"

Moleka

Turn right
to stay on
Makiki Valley

Sharp right at T
onto Makiki Valley

Maunala
"Hogsback"

Turn right
to aid station

**MAKIKI
Aid Station**

Blue trails are off-course. You must re-trace steps back to course route and then continue.

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