

## **FACT SHEET on Alternate Course for HURT100 (2024)**

Please review the new maps and information below. All data regarding the alternate course can be found here: <https://hurt100.com/alternate-course-map-2024>

To prevent any confusion, maps for the 2024 alternate course will have this logo with “Alternate Course - 2024” on them:



The HURT Board, race directorate and many other volunteers worked to develop a course that avoided the section of trail that is washed out while still maintaining the feel of what HURT100 is about. In short, instead of the segment into Manoa, runners will be routed around the upper Makiki Valley for additional mileage including the infamous “Concrete Hill” (Telephone Road) that will take runners nearly to the summit of Tantalus. The alternate course is 100 miles (5 x 20 mile loops), but the elevation gain will be around 5,350 feet per loop, 26,750 feet total elevation gain. This adds approximately 350 feet per loop to the original course’s elevation profile. Overall, the new segment of this course is less technical which offsets the difficulty of the additional elevation.

Section mileage:

- The first leg is 5 miles (2,100 ft gain, 1050 ft loss) - WHITE ribbon/arrow
- The second leg is 7.5 miles (1,500 ft gain, 2150 ft loss) - GREEN ribbon/arrow
- The third leg is 7.5 miles (1,750 ft gain, 2150 ft loss) - ORANGE ribbon/arrow

The course will be marked with ribbons and signs. However, it is each runner’s responsibility to stay on course, even when you are tired. The alternate course has additional overlap and extra care should be taken. We will add awareness ribbons and signage at relevant junctions, and a marshal will be posted at the bottom of Concrete Hill. We might also have marshals at other junctions on the first loop. Nevertheless, we suggest you have the map available either on your phone or printed out. Loading the map into a mobile application as explained on the link above can enable you to see your position in real time.

**Aid Stations:** The Makiki Aid Station (Start/Finish) and Nu‘uanu Aid Station will not change from the Book of HURT. However, the Mānoa Aid Station at Paradise Park, staffed by the Pirates, will be relocated to the road crossing between Mānoa Cliff and Moleka and has been renamed the “Pop-up Pirates” Aid Station. As the space available here will be much less than in Paradise Park, this will have several implications:

**MANDATORY STOP for bib stickers:** To help with tracking, **runners must stop and get a sticker on their bib each time they come through the Pop-up Pirates Aid Station (10 total over the course of the race).** Bibs are smaller this year and space is needed for the stickers, so we will enforce a strict “no folding” bib rule. If your bib is folded, you will not be able to leave the aid station until you unfold it.

**Limited food at Pop-up Pirates:** Pop-up Pirates will have water and Skratch electrolyte drink with limited other foods but not the typical spread experienced at Pirates in Paradise. Runners will pass Pop-up Pirates at mile 5 and mile 17.5 and the Nu‘uanu Aid Station at mile 12.5 each loop, so there is an additional aid stop each loop.

**NO DROP BAGS at Pop-up Pirates:** No drop bags will be allowed at Pop-up Pirates. Drop bags are only allowed at Makiki and Nu‘uanu. Due to this constraint, we will allow the size of drop bags to increase at Makiki, to 18x18x24 inches. Nu‘uanu will have the size constraints as noted in the Book of HURT, 12x12x18 inches.

**RESTRICTIONS ON CREW/PACERS at Pop-up Pirates:** No crew will be allowed at the Pop-up Pirates Aid Station and no pacers will be allowed to start at this location. Nu‘uanu already has these restrictions. Pacers can only start at the Makiki Aid Station. Crew can interact with runners only at the Makiki Aid Station. Any crew interaction with runners outside the Makiki Aid Station is prohibited and can result in a disqualification.

**Makiki traffic control:** As Makiki will have added importance for crews and pacers, we will need your support in making it a good experience for everyone.

- No car access above the gate by the lower parking lot. Arrive early to allow time to park elsewhere and walk up to the aid station. Please use the side access (Makiki Arboretum) trail from the lower parking lot to the aid station. **DO NOT USE THE DRIVEWAY/ROAD.**
- Remember that multiple homes are along the road, so be quiet, especially at night.
- Please pay attention and abide by any instructions from race staff. We may need to further restrict access to the aid station area to only those whose runners have arrived if it gets too crowded.
- We are working with the permitting authorities to see if we can use extra space near the Makiki Aid Station as a place for crew to wait for runners. We will provide updates in the near future with more information on this.

**Cut-offs:** On loop 5, cut-offs will remain the same at Nu‘uanu and Makiki but the “Pirates” cut-off has been eliminated. The cut-offs are:

- Runners must start loop 5 by 11:00 a.m.
- Runners must leave Nu‘uanu by 3:30 p.m.
- Runners must finish by 6:00 p.m.

**Quiet Zone on Concrete Hill:** There are several homes along Concrete Hill (Telephone Road), which is a new part of the course. In order to show respect and maintain good relationships with these residents, Concrete Hill (Telephone Road) will be designated and marked as a “quiet zone”. Along that stretch please refrain from talking, and keep all sounds to a low volume. The use of bells, speakers or other devices that emit sound is prohibited on the course.

**Questions:** If you have any additional questions, submit your question on the HURT100 website (<https://hurt100.com/contact-us/>) under “Course Change 2024” and we will respond. We will post any important updates on the HURT100.com website.