



**HURT 100 Mile Trail Run
Mandatory Trail Work Form**

Submit completed form in PDF Format to: trailwork@hurt100.com

To be completed by HURT 100 entrant: (Fill in, print legibly and return, (see guidelines below).

Name:		For HURT Run Year:	
Mailing Address:			
City:	State:	Zip / Mail Code:	Country:
Phone:		E-Mail:	

Trail work Event with Certification of Event Coordinator, Race Director, DLNR official, etc.:

Name of Event (where work performed / type of service performed):	
Hours of Service Performed:	Date of Service:
Print Name of Event Coordinator:	Title:
Contact Phone (Include Area Code):	Contact Email:
Signature:	Date:

Trail work Event with Certification of Event Coordinator, Race Director, DLNR official, etc.:

Name of Event (where work performed / type of service performed):	
Hours of Service Performed:	Date of Service:
Print Name of Event Coordinator:	Title:
Contact Phone (Include Area Code):	Contact Email:
Signature:	Date:

Guidelines:

- The HURT 100 requires eight (8) hours of volunteer trail service work by each participant. Volunteering at an Ultrarunning event or Pacing / Crewing **"IS NOT A MEANS"** to fulfill the trail work requirement. Trail work must be performed between September 1 of the year prior and November 15 (14-month window) of the year preceding the event (or deadline for partial renewal date for the HURT 100). For the 2021 HURT 100 event, the window will be from September 1, 2019 to November 15, 2020. For more trail work details please visit us at <https://hurt100.com/trail-work/>
- Submit (in PDF format) a separate form for work provided, if the initial form does not meet the eight (8) hour requirement. HURT will track your total work. You must perform the work yourself. Surrogate work performed by other individuals for an entrant of the HURT 100 will not be accepted.
- Service can be performed at any location, but must be verified by an official of the event served. HURT strongly recommends Oahu runners to take part in the HURT / DLNR sponsored trail maintenance days (HURT will have designated coordinators at their events). It is the responsibility of the entrant to obtain the signed certification and submit to the email address below.
- Submit the form at any time after September 1, 2019. **Those submitting prior to July 15, 2020 will be awarded an extra Kukui nut for the lottery for the 2021 HURT 100.**
- **Those entered into the event and not completing / submitting the requirement by the November 15, 2020 11:59 pm, Hawaii (HST) time deadline will be removed from the HURT 100. On November 16, the wait lists will be updated and those who have not completed / submitted the trail work by the November 15 deadline will be removed from their respective wait lists. Understand the rule, we will have few if any reminders if you do not submit by 11/15/20.**
- Submit the completed form in PDF format to the HURT Trail Maintenance Manger at trailwork@hurt100.com.