



HURT 100 Mile Trail Run Mandatory Trail Work Form

Submit completed form in PDF or PNG Format to: hurt100trailwork@hurthawaii.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.:

(NOTE: Volunteering at a race in any capacity does not count, see below for details)

Name of Event (where work 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.:

(NOTE: Volunteering at a race in any capacity does not count, see below for details)

Name of Event (where work 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 this requirement. Trail work must be performed in the 12 months prior to November 15 of the year preceding the event (November 16, 2022 to November 15, 2023)
- Submit (in PDF format) a separate form for work 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 must be verified by an official of the event served. HURT strongly recommends that Oahu runners 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.
- Do not submit the trail work form prior to the opening of the HURT 100 registration period.
- Those entered into the HURT 100 and not completing the requirement by the November 15 deadline will be removed from the event, and if a waitlisted applicant is willing to take the slot a partial refund as described in the Book of HURT will be sent to the removed runner.
- Submit the completed form to hurt100trailwork@hurthawaii.com