



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:	

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

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:	

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

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:

- Beginning with the 2020 HURT 100 event, The HURT 100 will require 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. Beginning in 2021 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). **The HURT 2020 will have a shortened work window, the service period will be from 3/1/19-11/15/19.**
- 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 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.
- Do not submit the trail work form prior to the opening of the HURT 100 registration period, for the 2020 event that date will be 7/20/19.
- Those entered into the event 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 in a PDF format to the HURT Trail Maintenance Manager-Jeff Fong at trailwork@hurt100.com