

HURT 100, or just Hurt

1/17/09

Getting There from Kansas:

We were off, but after some crazy pre-travel drama. Stacey had to leave work early to pick up Ella from daycare because she BARFED!! Once she was home, she kept barfing, so last minute packing got a little stressful. My mom was able to come to our house and take care the puke factory while Stacey and I packed and kept our distance. Once the kids were asleep Stacey, Tony, Angel, and I ended up staying at my mom's non-quarantine house before our 6:30 am flight. Getting sick was not an option at this point.

Flying to Hawaii seemed like a “flying ultra” covering 4,128 miles, 4 airports, and about 11 hours in the air—with an hour delay in Denver because of no power to the plane. We knew once we got there, it would all be worth it. We would get to spend seven days in Hawaii and Tony and I would get to run the HURT 100—a race I have always wanted to do, but never thought would happen.

During this “flying ultra” I was able to reflect on why I am running the HURT 100 and did my training really prepare me for this run?

Why run HURT 100:

- Why not?
- Test my limits.
- Stacey and I get a great vacation out of going to this race.
- I can because I have a supportive family allowing me to go off and do things like this. Stacey is very understanding of my training and races. Lots of grandparents who line up to watch Ryder and Ella.
- Running through the night is my favorite part of running 100's.
- Brian, a grade-school/high-school friend of Stacey's and one of my college roommates, is stationed in Hawaii for three years with the army. Staying in his penthouse apartment on the North Shore thirty yards from the ocean was really “rough.”

Training for HURT 100:

- Could not have gone any better.
- After Heartland 100 and the Vegas 34-miler in October, I felt like I had recovered well.
- Very consistent weekly mileage even through the holidays.
- Great weekend of 50 miles over Saturday and Sunday with Tony in mid-December.
- I did as much hill work as I could stand on the treadmill to get ready for hills in Hawaii—the longest hill I could find in Kansas is one-half mile long.
- Chasing Caleb during training runs will only make me stronger.

Now in Hawaii for two days before the race I am ready to rest, relax, sit on the beach, and eat great food on the North Shore. I could not have asked for a better place to finish tapering for this 100-mile run. I'm sure Stacey wishes this was the new standard for every ultra we go to.

The Fun Begins:

Well, 6 a.m. on Saturday. It's time to start and see why this race is considered so hard. The plan was to stay with Tony for as long as it worked out for the both of us. After we covered the first 7 ½ miles to the first aid station and figured out we were going to have to do this five more times—and still had 12 ½ miles to finish the first loop, we

knew this was going to be a very long day—or two. The course was covered in roots, small and large rocks, big climbs, and crazy descents. I felt great after the first loop, but knew that the four more to come would only get harder.

Loop Two:

- Hot—hot for a Kansas boy in January.
- Took in a lot of fluids
- Took in a lot more food at the aid stations to get ready for the long climbs.
- Not feeling the greatest at the end of the loop, but temperatures should cool off soon.
- Tony and I stopped to take a lot of pictures on this loop.

Loop Three:

- Cooling off and feeling better
- The climbs are still feeling good.
- The long descents are starting to hurt a little.
- The views from the trails at night of downtown Honolulu with all the lights and ocean in the background were amazing.

Loop Four:

- Climbs are getting longer.
- The descents are getting really difficult.
- Still feeling good, though!
- I know I will finish, but don't know exactly how hard it will get.

Loop Five:

- First climb and descent into this loop felt good, even after 80 miles.
- The last 12 ½ miles took FOR—EV--ER!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!
- I could not eat enough to get energy.
- Red Bull was not giving me any wings.
- The plan now was just to finish and get this race/run/walk/hobble over with.
- Lots of grunts and groans came from Tony and I over the last seven miles.

Final Thoughts on Finishing HURT 100, 2009:

- By far this was the hardest race I have ever done.
- I was able to finish the race—with no thoughts of stopping early.
- Stacey and Angel did a wonderful job of crewing for Tony and me during the race and were even able to go to Waikiki Beach (with Brian's supervision) during the race.
- Carrying a photo of Ryder, Ella, Stacey, and me helped because I looked at it many times during the race.
- Looking at the Trail Nerd email list after the race was a nice surprise. It was fun knowing that people back here were monitoring our suffering/progress all day—and night.
- Tony and I did a nice job of pushing each other and keeping each other going all the way to the end.
- I don't think there are many people I could run 100 miles with like Tony. It's amazing how similar we run and we have now run two 100's and a 50 miler together.
- Not all 100's are created equally.

Thoughts on Training for HURT 100 –AFTER COMPLETING THE RACE:

- There is no way for two Kansas boys to truly train for this race in Kansas, but setting new limits to what my body and mind can handle was a lot of fun.
- Sometimes you just have to take what the trails give you and like it, well—maybe not that fifth loop.

- This was my first race since Arkansas 2003, my first 100, where finishing was the only goal and time and place did not matter. This would have been a miserable race if my focus was on time and place instead of getting myself across the finish line.

Final Thoughts on the Vacation to Hawaii:

- Two and one half days in Hawaii after the race is a great way to recover.
- Acai bowls on the North Shore are an unbelievable recovery food. If you have never had one of these, it is well worth the 4,000 mile trip to have one, two, or six of them!
- Brian and Ali were great hosts/tour guides on the North Shore and made our stay even more memorable.
- The final two days on Waikiki Beach with Tony and Angel were fun and relaxing. Tony and Angel were great to travel and spend time with in Hawaii and in all the airports there and back.
- The flight back—for me—was almost as hard as the race, but was well worth it to see Ryder and Ella.
- We will go back to Hawaii with the kids, but the HURT 100?????????????

Here are a few photos from the run and vacation:



This climb went on for about 4 miles X 5



We are done after a long two day



All of this for some belt buckles



Angel and Stacey at a waterfall on the course



Views from the course



We are not in Kansas



Big waves on the North Shore



Stacey after a long night of crewing



Angel the Queen of the jungle



Honolulu from the trail



Views from the Penthouse



The Crew



Sunset in Hawaii