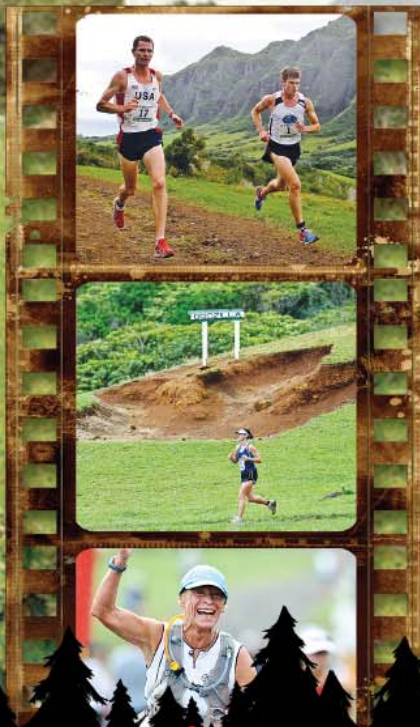


# XTEERRA®

## TRAIL RUNNING WORLD CHAMPIONSHIP

AN ADVENTUROUS  
**OFF-ROAD  
HALF-MARATHON**  
KUALOA RANCH  
**DEC. 6**  
\$10,000 PRIZE PURSE

Course  
Description



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RUNNER'S WORLD



# XTERRA TRAIL RUNNING WORLD CHAMPIONSHIP - DECEMBER 6, 2009

## Preliminary course description

|                    |  |
|--------------------|--|
| Length             | 21km/13.1 miles  |
| Starting Elevation | 50'  |
| Lowest point       | 27'  |
| Highest point      | 741'   |
| Total climbing     | approx 2,900'  |
| Trails             | No Paved sections, open dirt road, dual track dirt road, 10' trail, single track |



**XTERRA**  
**TRAIL RUN**  
**WORLD CHAMPIONSHIP**



Starting from the base of Kaaawa Valley, just around the corner from the main Kualoa Ranch house, the XTERRA Trail Running World Championship will start easy enough - taking runners on hard packed dirt roads uphill into the western side of the valley (the right side if you're looking mauka).

After the first mile runners descend through a pasture and head back towards the ocean and just after mile two they'll pop out at an elevation of 200' just above the Pacific with views forever. The temptation running along the ledge overlooking the turquoise water will be to jump in and call it a day, but the real fun is just beginning.

Runners quickly drop back down on pasture roads and at mile three come into the petting zoo at the main Kualoa Ranch area. The next few miles head into heavy rainforest umbrella with green all around and several stream crossings (a few inches to ankle deep depending on recent rainfall) along rolling, twisting double track. At about mile eight the trail gets narrow and steep on a path leading straight up the mountain that separates Hakipu'u Valley from Kaaawa Valley. Here runners get a rare chance to be on the very narrow spine of a volcanic peak, again – with incredible views of the valley and ocean beyond. Once at the top, a very neat trail winds its way sharply down into the back of Kaaawa Valley. At the bottom runners will find rocky dual track and twisting trails that traverse a few more stream crossings before a hard right turn takes them up to a long stretch of single track originally created by wild pigs.

Passing is possible, but competitors will want to watch their step as the trail is narrow and on a slanted slope. Sections of rocky, ankle bending chasms formed by the molten lave tens of thousands of years ago will test tired legs, but inspiration is soon to follow. Arising from the cover of green forested trails runners will find the wide open unusual light green fields of Hawaii. Many will think they've got déjà vu, as their memories recall the original Jurassic Park scene where the professor and the kids run and hide from the dinosaur stampede – because that's exactly where they are.

Near the end, the course cuts through the main start/finish area to the cheers of friends, family and spectators before heading out on a final loop in the valley before the sprint to the finish.

The true adventure of this run lies in the fact that no one on the planet has run it before as there is no pre-running allowed. *Scroll down for a course map and pics from the scout...*

***Picture preview from the course scout***

This shot is actually from the Kualoa Ranch website (kualoa.com) and shows the southern half of the ranch that includes Hakipu`u Valley (yellow X), and the 800 year-old Moli'i fishpond just below it. That little island off the coast is Mokoli'i Island, aka Chinaman's Hat.



A closer aerial of the southern half, about miles four-through-seven where you'll be running near the base of the mountain.



The base of the valley towards the ocean is where the expo, start and finish line will be based.



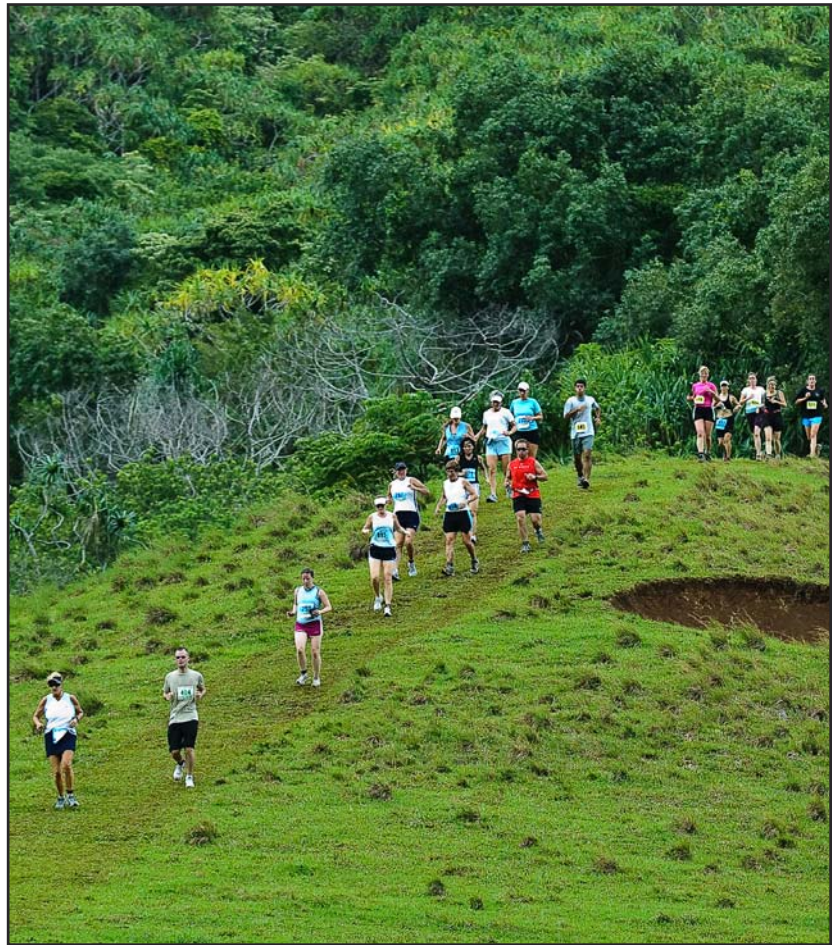
This is the view from the expo, start and finish looking into Kaaawa Valley. The kids get to have some fun too!



Last year's winner Max King (#1) and runner-up Ben Bruce in the first mile or so heading into the valley.



A little downhill towards the back of the valley.



So close to the Ocean, you'll want to jump in.



View from the Hakipuu side.



Still Hakipuu side.



The narrow trail heading up to the ridgeline in the back of the valley.



View from the back of Kaaawa Valley. Highest point on the course at 741 feet.



Ohia Lehua Flower, said to be special to Pele as its one of the first trees to grow after a lava flow.



Sample of some of the rugged rocky terrain in the back of the eastern slope of the valley.



Somewhere around mile 10 with the finish line in sight but still miles to go.



Single track on eastern slope.



Old Hawaiian Hut you'll pass by.



The 50 First Dates movie sight where Drew Barrymore pounded out Rob Schneider's character with a baseball bat.



See Godzilla's footprint?



"Skull Gate". You don't want to end up here.



The End...see ya on the 6th!