



Runners Manual

July 14-16, 2023
Counter-Clockwise

Silverton, Lake City, Ouray, Telluride, Ophir

Correr é uma arte, como pintar um quadro ou compor uma peça de música

- Kilian Jornet

All or part of this operation is conducted on Public Lands under special permit from the U.S. Bureau of Land Management and U.S. Forest Service

Notable Updates for 2023

- **Chapman Gulch Aid Site Move**

- The location of the Chapman Gulch Aid Station is moving slightly, 0.25 to the NW to the Iron Springs clearing immediately adjacent to Ophir Pass Road. This move is made in collaboration with the Ophir Environmental Coalition to protect revegetation efforts in our traditional meadow site and align with Hardrock's [core value](#) of "utmost consideration and respect for these lands".

- **Animas Forks Parking / Eureka Staging Area**

- Animas Forks sits at 11,000' with no utilities or phone reception and limited parking. It is not equipped to handle the congestion of crews hanging out for 3+ hours in advance of their runners' arrival. To help alleviate those issues and ensure the future of crew access at this site, in 2023 we are newly implementing the Eureka Staging Area
- Crew vehicles will be held at the Eureka Campground and not released to continue to Animas Forks until their runner crosses over the top of Handies Peak. Hardrock Staff at Eureka Campground will have live GPS tracking and a public wifi hotspot to keep track of runners.
- Crew passes will be specific to runner bib numbers, and vehicles must display their runner's pass to be allowed to park & crew at Animas.
- For more details, see the [Crew Access Aid Station Driving Directions](#).

- **Course Orientation Runs**

- Familiarize yourself with the course and pick the brains of Hardrock veterans on these casual hikes/runs in the two weeks leading up to the run. See the [Schedule](#) for more information.

- **Crew Briefing**

- A briefing immediately after the run start has been added specifically for runner crews to get the latest information and have their questions addressed. See the [Schedule](#) for more information.

- **Cunningham Access**

- We're moving away from shuttling (and apologies again for the 2021 fiasco) - access to Cunningham will be drive-up.
- Regular parking will be single-file on the west side of the road, starting from the aid station and stretching north. The furthest cars may be up to a mile back from the aid station.
- Carpool parking will be available for vehicles who have at least two people AND two crew passes, starting from the aid station and stretching south. Vehicles who meet this criteria should continue on past the line of parked cars and aid station to this area. There will be parking team members verifying passes, and any vehicles not having two passes will be turned around to regular parking.

- **New Awards Breakfast location**
 - The traditional Sunday Awards Breakfast is moving back to Memorial Park. Plan accordingly with chairs, blankets and tents/umbrellas. All are welcome!
- **Camping Hardrock**
 - Introduced in 2022, free community camping at Kendall Mountain Recreation Area in Silverton is now an annual fixture. [Pre-registration required](#); see the registration form for more details. Check-in on or after Wed, 7/12 @ 8a. All campers must depart no later than 9a on Mon, 7/17. The Lodge will be open to campers for general use, including a small kitchen, dining area, water, bathrooms & electricity. Indoor access to the lodge will end at 8:30a on Sun, 7/16.
- **Rules Update**
 - [Rule #2](#) has been amended to allow for a runner who wishes to return to an aid station if needed after their initial departure. They must still finally depart the station before the posted cut-off time or they will be removed from the run.
- **Cut-Offs Updated**
 - Using 26 years of historical data to analyze finisher times, the [cut-off times](#) for Telluride, Chapman and KT have been adjusted slightly
- **Road Construction (of course)**
 - There are two significant projects happening that will cause delays for those taking the 2WD route over to Sherman or traveling to/from the Denver area:
 - Expect 20-30min delays on US-50 between Montrose and CO-149 <https://www.us50info.com/>
 - Expect 15-20min delays on US-550 between Montrose and Ridgeway <https://www.codot.gov/projects/us550-otterroadsouth>
 - Colorado Department of Transportation will be starting an Avalance Control Project on US-550 between Silverton and Ouray spanning at least from July 10-17. “Periods of single-lane, alternating traffic; and full traffic holds of up to 20 minutes are possible” <https://www.codot.gov/news/2023/july/avalanche-control-project-on-us-550-to-begin>
 - ~~Ophir Pass on the San Miguel County (Telluride) side has not been cleared, and their Roads Department has communicated that it is unlikely to be open by Hardrock. All traffic to Chapman/Telluride should plan to travel the long way around via Ridgeway/CO-62/CO-145~~ **As of 3:00p on 7/13, Ophir Pass is OPEN!**
- **Silverton Parking**
 - To help Silverton residents, we have made a few adjustments to the [parking plan](#) around the Silverton School Gym:
 - NO STREET PARKING on Reese between 11th & 13th
 - HEAD IN PARKING ONLY on 11th St and Snowden St

Welcome

We're excited to have you join us at the Hardrock Hundred Endurance Run!

Hardrock is an ultramarathon of approximately 102.5 miles in length, plus roughly 33,197 feet of climb and 33,197 feet of descent, at an average elevation of over 11,000 feet. The run is held on a loop course on 4WD roads, dirt trails, and cross country in southwest Colorado's San Juan Range, USA.

The run starts and ends in Silverton, Colorado and connects the mountain towns of Sherman (Lake City), Ouray, Telluride and Ophir, crossing thirteen major passes over 12,000 feet, with the highest point on the course being the 14,048 foot Handies Peak summit. The run is annually held in mid-July, and reverses direction each year. At the finish, runners kiss the iconic Hardrock (a picture of a ram's head painted on a large block of stone mining debris).

In 2023, the run will be held in a counter-clockwise direction.

Our course offers a graduate-level challenge for endurance runs. The course is designed to provide extreme challenges in altitude, steepness, and remoteness.

The cut-off time for finishing the run is 48 hours. Current fastest performances are held by Kilian Jornet (21:36) and Courtney Dauwalter (26:44), both set in 2022. The average time required to finish this run in this direction is 39:38:29. The course covers extremely rugged terrain including steep scree climbs and descents, snow packs, river crossings, and boulder fields. Runners who finish in over 40 hours will experience two sunsets.

The run was founded in 1992 by Gordon Hardman, John Cappis, Charlie Thorn and Rick Trujillo as a tribute to the old time miners who followed their mules and instincts, prospecting the San Juans for gold, silver, and other metals. These miners endured cold, snow and avalanches, hunger, mining accidents, and a host of other hazards that we have difficulty imagining today. The miners enjoyed the immense beauty of the San Juans regardless of the risks, and we hope you find the same on your wild and tough adventure.

Rules

1. No Muling. Pacers may not carry water, food, flashlights, shoes, clothing, or other supplies for their runner or provide any other type of mechanical or physical assistance to their runner on the course.
2. Runners must leave each aid station by the [posted Cut-Off time](#).
3. No stashing of supplies along the course and no accepting aid except within 400 yards of a designated aid station.
4. Runners agree to be pulled for medical and safety reasons if it is determined that such action is in the runner's best interest by run staff.
5. Aid Station Captains have the authority to act on behalf of the Hardrock run management.
6. Pacers may meet their runners at [crew access aid stations](#) only.
7. The course is closed - runners are required to follow the specified route. This includes no cutting of switchbacks. If a runner deviates from the route, they must backtrack to the point at which they departed before continuing.
8. All runners must complete a [Service Requirement](#) prior to the run's start.
9. All runners are required to carry a run-provided [GPS Tracking](#) device.
10. Runners are responsible and accountable for the actions of their crews/pacers before, during and after the run.
11. Runners are not allowed to take a ride in a vehicle where it advances their progress or compensates for runner error. Runners may, after checking into an aid station, rest and get warm in a stationary vehicle.
12. Runners that drop must inform the nearest Aid Station Captain, have them cut off the ID bracelet, and turn in their GPS tracker.

Notable rule violations will be taken up by the Run Director and a tribunal of run staff. Penalties may include time penalties, disqualification and/or banning from future Hardrocks. The Run Director has final discretion on all penalties and questions that arise.

Schedule

June 30 - July 11 - Course Orientation Runs

Familiarize yourself with the Hardrock course and pick the brains of Hardrock veterans on these casual hikes/runs. While these are not intended to be hard training runs, note that no section of Hardrock is easy, and all participants are responsible for showing up in shape for the day's effort and bringing their own food, water, and gear. Poles and rain protection are recommended; extra 4WD vehicles appreciated. Meet at 7am each morning at 750 West 5th Street, Silverton, except as noted. Contact [Chris Twiggs](#) for more info.

Friday, June 30 - Silverton to Maggie Gulch

Saturday, July 1 - Maggie to Sherman

Sunday, July 2 - Burrows to Animas

Monday, July 3 - Ouray to Oh! Point (Out and Back/Meet at Ouray Bear Creek at 8a)

Wednesday, July 5 - Governor's to Telluride (Meet Ouray Hot Springs 8a)

Thursday, July 6 - Telluride to Chapman (Meet Telluride Town Park 8a)

Friday, July 7 - Chapman to S. Mineral

Tuesday, July 11 - S. Mineral to Silverton

Tuesday, 7/4

The 4th of July in SW Colorado is definitely something not to be missed! Here is a listing of the opportunities and events in our four towns:

Silverton:

08:00 Blue Ribbon 2K, 5K & 10K (Memorial Park) Get the 4th off to a fast start! Free!

10:00 Silverton (San Juan County Courthouse) Join the Hardrock Hundred Precision Drill Team. Meet at the San Juan County Courthouse (15th & Greene). Wear something red, white or blue. If you don't want to march, come out anyway.

Dusk: Fireworks!!!

Ouray:

08:00 Ourayce 10K Fun Run (Ouray Community Center) More information [here](#)

10:00 (Main St) - Join the fun in Ouray! By the way, did we tell you to bring your umbrella?

Dusk: Fireworks

Lake City: See everything that's going on [here](#)!

Telluride: See everything that's going on [here](#)!

Monday 7/3, Wednesday-Friday 7/5-7/7

08:00-16:00 Aid Station Prep (American Legion) All the activities that go into making our tremendous aid stations! Unpack, test, sort & make sure everyone's got the gear & food they need. Activities vary daily - see Aid Station Director [Brad Bishop](#). Lunch included. :)

Saturday/Sunday 7/8-7/9

08:00 Hardrock Trail Work (Silverton School Gym) All work crews meet in front of the Silverton School at 8AM. Groups will leave for trailwork locations by 8:30AM. 8 hours of support to the local trails, earning our dirt and giving back to the trails we love. Fill out the Hardrock [Volunteer Form](#) to get on the mailing list. Meetings are at the Silverton Gym more often than not, but you'll want to be in the know to be sure. Gloves, long pants & closed-toed shoes required.

Monday, 7/10

08:00-16:00 Aid Station Prep (American Legion) All the activities that go into making our tremendous aid stations! Unpack, test, sort & make sure everyone's got the gear & food they need. Activities vary daily - see [Aid Station Director Brad Bishop](#). Lunch included. :)

18:00-19:30 Moving Safely Through the Backcountry (Silverton Performing Arts Center) We all love to run in the mountains but sometimes we forget important pieces. Join Hardrock, San Juan County Search and Rescue and LaPlata County Search and Rescue for this informative presentation on being safe in the mountains. This session will also be live streamed on [Hardrock's Facebook page](#).

Tuesday, 7/11

08:00-10:00 Coffee Club (Coffee Bear) Join the Hardrock community as we say good morning in a social way. Share stories, renew friendships and have a cup of Joe as we get ready for the day!

08:00-16:00 Aid Station Prep (American Legion) All the activities that go into making our tremendous aid stations! Test, sort & make sure everyone's got the gear & food they need. Activities vary daily - see [Aid Station Director Brad Bishop](#). Lunch included. :)

11:00 Veterans Panel (Coffee Bear) Join Hardrock veterans for an informal question and answer session about what it takes to finish Hardrock and become a Hardrocker!

14:00 RD Conversation (Coffee Bear) If you are a RD of an ultra (or thinking about being a RD), make plans to join us as we talk about how to support and help each other, what are the common issues and how can we move our sport forward!

17:00 Hardrock Happy Hour (Avalanche Brewery, Golden Block Brewery) Join the Hardrock family and friends for this purely social event either at Avalanche or Golden Block breweries.

18:00 "History of miners and mountaineers in the San Juans"- Pete Davis (Silverton School Performing Arts Center) Deepen your appreciation for "wild & tough" by learning about the original miners and mountaineers who explored parts of the Hardrock course in the late 19th and early 20th centuries. Pete Davis will entertain and educate you with photos Pete, a climber who lives in Ridgway and manages the Ouray Ice Park, is an expert on the San Juan Mountaineers, a group of pioneering climbers in the 1920s. They'll talk about what those

mountain athletes and prospectors accomplished a century ago and what it was like to explore the San Juan Mountains before modern gear and mapping.

19:00 Hardrock Trivia Night (Golden Block Brewery) No, it's not all about Hardrock trivia (although there will definitely be some). Teams of up to 4 compete to see how smart Hardrockers really are. Science, music, literature and more! It's all fair game. Limited to the first 20 teams that show up. Prizes will be awarded!

Wednesday 7/12

08:00 Camping Hardrock Opens (Kendall Mtn Ski Area) If you have RSVP'd then check in with our Camp Host and find your spot. If you haven't RSVP'd, then please text our host, Deb Hite, at 970-759-0369 to see if there are any spots left.

08:00-10:00 Coffee Club (Elevated Coffee) Join the Hardrock community as we say good morning in a social way. Share stories, renew friendships and have a cup of Joe as we get ready for the day!

09:00 Hardrock Historical Walking (Silverton School Gym entrance) A walking tour of the places in Silverton that made Hardrock what it is. We'll also throw in a little bit of the history of Silverton while we're at it.

10:30 Silverton Scavenger Hunt (Silverton School Gym entrance) Get a list of things to collect and take pictures of; you'll have all afternoon. Prizes will be awarded to those who are most successful. A great activity for Future Hardrockers and those who are tired of listening to their runners obsess about what is to come.

12:00-16:00 Runner Check in & Tracker Distribution (Silverton School Gym) Sure you want to run?? This is the first step. Pick up all your info, reconnect with friends old and new and buy some Hardrock SWAG

15:00 Women of Hardrock (Coffee Bear) Runners, pacers, crew and spectators! Join this year's Women of Hardrock Open Discussion. We will tackle current events, popular topics, and anything that you want to address. The purpose of this discussion is to develop solutions, break down barriers, and to grow an encouraging environment.

16:00 "The First Hardrocks: Gold and Silver in the San Juans" (Silverton School Performing Arts Center) Join author and mineralogist Terry Wallace for discussion of the spectacular mineralogy of the San Juans. Gold and silver to be sure, but also some of the world's finest quartz too!

17:30 Trail Running Film Fest (Ouray School Auditorium) Come celebrate the community of trail running through a series of films that explore our individual and collective love of trail running. This event is free and open to you, your friends and family as well as the general public.

Thursday 7/13

08:00-10:00 Coffee Club (Coffee Bear) Join the Hardrock community as we say good morning in a social way. Share stories, renew friendships and have a cup of Joe as we get ready for the day!

09:00 Departed Hardrockers Remembrance (Natalia's Patio) Not a ceremony but rather a chance to share stories about Hardrock runners and staff who are no longer with us. Bring your favorite memory or story to share or come just to listen.

10:00 Hardrock Course Briefing & Crew Update (Natalia's Patio) Join Hardrock Course Marking Director Brett Sublett for question and answer about the course marking and conditions. **THIS IS NOT A MILE BY MILE COURSE DESCRIPTION SO BRING YOUR QUESTIONS!**

08:00-11:00 Runner Check in & Tracker Distribution (Silverton School Gym) See Wednesday for details. **ALL RUNNERS MUST BE CHECKED IN BY 11:00.** Any spots not claimed will be given to wait listed runners based on their position on their respective waitlists.

12:00 Mandatory Runner Briefing (Silverton School Gym) We try to keep this to an hour as we come together to get all the last minute details, meet some special guests and get ready to run!!

13:15 or end of Runner's Briefing - Hardblock Run for ages 2-10 (Silverton School Gym) Always a crowd favorite! Get out your cameras! A short run around the block and into the official Hardrock finishers chute led by the highest placed male and female finishers from the 2022 Hardrock!!!! [Video](#) Finishers receive Hardrock memento including a treat from [Wicked Good Cookies](#), courtesy of Hardrocker Christopher Agbay.

14:00 Volunteer Briefing (Silverton School Gym) Lunch provided

15:00 Drop Bag Deadline (American Legion) Make sure you've got everything packed because it's headed out at 15:15!!

16:00 Hardrock BOD Meet and Greet (Elevated Coffee) Come say hello to the Hardrock Board of Directors and get to know more about how HRH is organized and "run".

18:00-20:00 San Juan County Search and Rescue/Emergency Medical Services Fundraiser Dinner (Lacey Rose Saloon) We hope you won't need them but we're glad Search and Rescue and EMS are here to help us. Here is a way you can support the work they are doing. Price \$15/person and you can buy tickets at the door.

Friday 7/14

05:00-05:45 Final Runner Check in (Silverton School Gym) This is so exciting!! ALL RUNNERS MUST BE CHECKED IN BY 5:45 A.M. OR LOSE THEIR SPOT! DON'T LAUGH...IT'S HAPPENED!

05:00 Coffee & Limited Breakfast (Coffee Bear & Elevated Coffee)

06:00 Runner Send Off (Silverton School Gym) You're off!!!! Have fun, be safe and we'll see you at the rock when you return!!

06:10 Crew Briefing (Silverton School Gym) - Get the latest on the whats, whens & wheres of crewing your runner and ability to get answers to any lingering questions. We'll finish with plenty of time for you to meet your runner at Cunningham!

Saturday 7/15

TBA First Finishers Arrive (Silverton School Gym) Follow the runners' progress on [MAProgress](#), our website and on Hardrock social media and be there to welcome the first runners back to Silverton for their rendezvous with the rock!

10:00-18:00 Hardblock Street Party (Silverton School Gym) There'll be music, vendor booths, a beer garden and activities for the kids right next to the finish line so plan on making a day of it! Oh yeah, don't forget to have fun cheering on the finishers as they arrive at the rock! Also, sit and relax in the San Juan Mountains Association beverage tent.

Sunday 7/16

05:00-06:00 Hardrock Golden Hour (Silverton School Gym) Come and cheer the last finishers of this year's Hardrock. Think there isn't drama and a reason to be there? [Video](#)

06:00 Last Official Finisher (Silverton School Gym)

09:00 Awards Banquet/Ceremony (Memorial Park) Come celebrate and share stories with your fellow runners and volunteers! It's a perfect end to Hardrock 2023!

Addresses:

American Legion [1069 Greene St](#) (use alley door).

Avalanche Brewing [1151 Greene St](#).

Coffee Bear [1309 Greene St](#).

Elevated Coffee [1219 Greene St](#).

Golden Block Brewery [1227 Greene St](#).

Kendall Mtn Ski Area [1 Kendall Pl](#)

Lacey Rose Saloon [1219 Greene St](#)

Memorial Park [1800 Greene St](#).

Natalia's Patio [1159 Blair St](#).

Silverton School Gym [On 12th St. between Snowden and Reese St.](#)

Silverton School Public Arts Center [next to Silverton School Gym](#) (use alley door)

The Hardrock Course

Hardrock is a mountain run that passes through some of the most beautiful and rugged mountains in the world.

It consists of four legs, linking the Lake City, Ouray, Telluride, and Silverton areas. The finish is in Silverton, the same location as the start. The course is approximately 102.5 miles long, has a cumulative vertical gain of roughly 33,197 feet of climb and 33,197 feet of descent for a total elevation change of 66,394 feet, and takes place at an average elevation of about 11,000 feet. The high point is 14,048 feet.

This is a test of runners against the mountains. The course is on trails as much as possible. There are 14 aid stations; major aid stations will be located in the towns with less well-equipped aid stations in between. Runners are expected to be largely self-supporting between the towns.

The altitude range of this run (7,700 to 14,000+ feet) takes the runner through several climate zones. At the lower altitude, forests of aspen, pine, and spruce are common. Timberline is locally at about 11,800 feet, though this can vary greatly. Above timberline is alpine tundra and low vegetation interspersed with krummholz (low, stunted spruce, fir, and willow).

In the summer, animal life is abundant. You will almost certainly see elk in the high meadows, possibly with their young. Stay clear of elk: they can be ornery at times. Bears (black, not grizzlies) are present, though seldom seen. Mountain lions may also be encountered.

The run is a salute to the toughness and perseverance of the hardrock miners who lived and worked in the area.

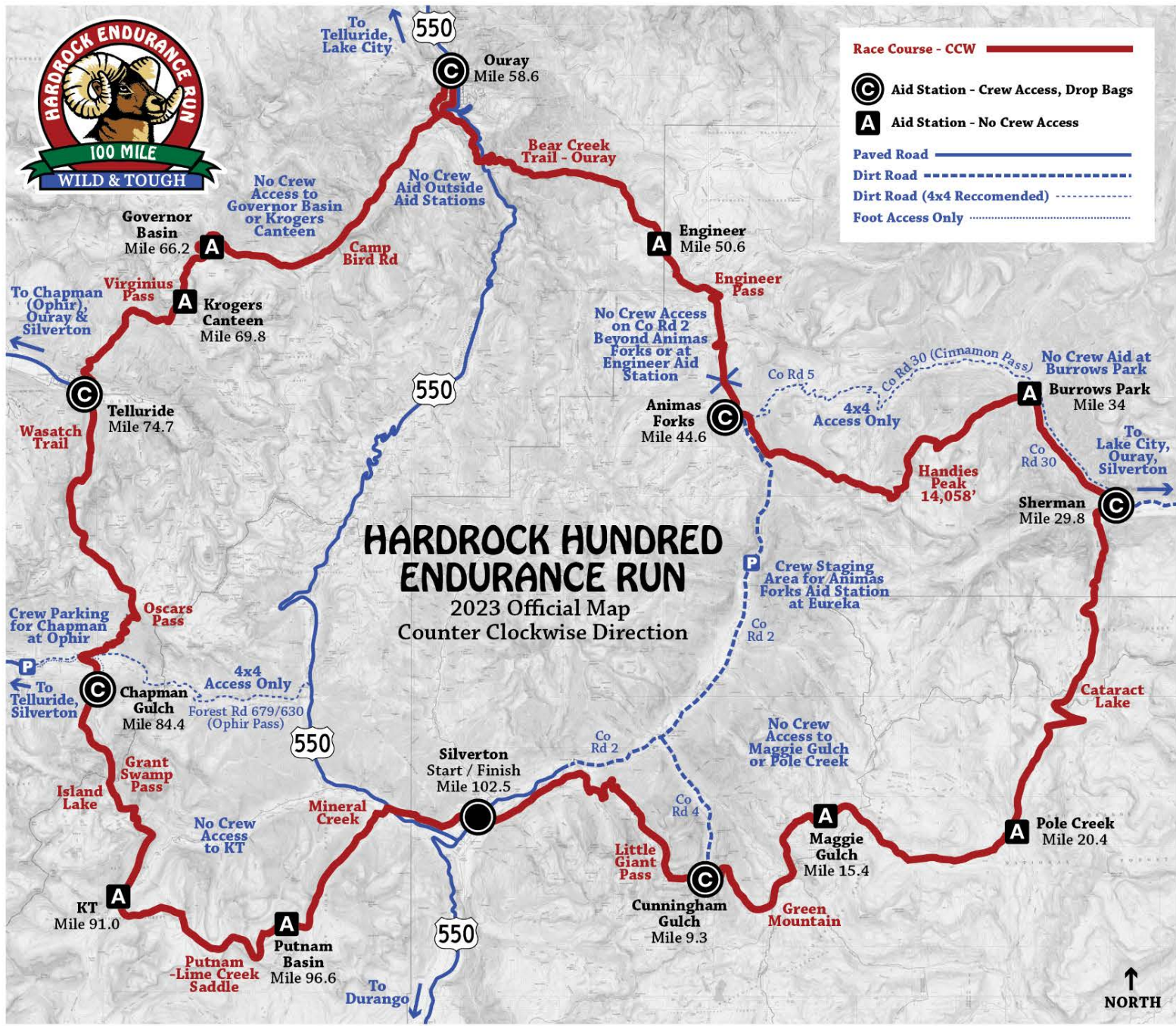
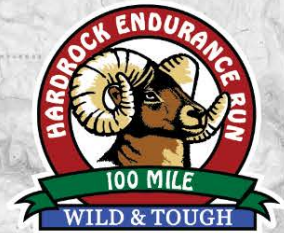
[Course Map](#)

[Written Course Description](#)

[GPX File](#)

Aid Station Table

STATION	Miles	Segment	Climb	Descent	Open Time	Lead	Avg 48 Hr Pace	Cut Off	Access	Drop Bags	Crew	Lat/Long
Cunningham	9.3	9.3	3840	-2770	Fri 0700	0800	Fri 0850	Fri 1045	Auto	Y	Y	37.7932° -107.5777°
Maggie	15.4	6.1	3160	-1700	Fri 0830	0930	Fri 1140	None	4WD			37.8134° -107.5360°
Pole Creek	20.4	5	1021	-1615	Fri 0915	1015	Fri 1300	None	Hike			37.8061° -107.4669°
Sherman	29.8	9.4	1476	-3082	Fri 1100	1200	Fri 1545	Fri 2015	Auto 4WD	Y	Y	37.9007° -107.4331°
Burrows	34.0	4.2	950	0	Fri 1130	1215	Fri 1700	None	Auto			37.9370° -107.4610°
Animas Forks	44.6	10.6	4603	-4188	Fri 1415	1515	Fri 2155	Sat 0230	Auto	Y	Y	37.9295° -107.5681°
Engineer	50.6	6	2015	-1220	Fri 1545	1645	Sat 0150	None	Hike			37.9858° -107.6041°
Ouray	58.6	8	455	-4575	Fri 1645	1745	Sat 0510	Sat 0900	Auto	Y	Y	38.0283° -107.6731°
Governor	66.2	7.6	3043	-48	Fri 1815	1915	Sat 0850	Sat 1230	Auto			37.9774° -107.7571°
Kroger's	69.8	3.6	2425	0	Fri 1915	2015	Sat 1100	None	Hike			37.9616° -107.7717°
Telluride	74.7	4.9	40	-4390	Fri 2015	2115	Sat 1250	Sat 1600	Auto	Y	Y	37.9353° -107.8071°
Chapman	84.2	9.5	4500	-3090	Fri 2215	2315	Sat 1840	Sat 2045	Auto 4WD	Y	Hike In Only	37.8588° -107.8098°
KT	91.0	6.6	2920	-2450	Sat 0230	0330	Sat 2315	Sun 0045	4WD		Pacer Exchange	37.7890° -107.7972°
Putnam	96.6	5.6	2425	-1455	Sat 0330	0430	Sun 0320	None	Hike			37.7804° -107.7310°
Silverton	102.5	5.9	324	-2614	Sat 0430	0530	Sun 0600	Sun 0600	Auto	Y	Y	37.8114° -107.6663°



Race Course - CCW ———

C Aid Station - Crew Access, Drop Bags

A Aid Station - No Crew Access

Paved Road ———

Dirt Road - - - - -

Dirt Road (4x4 Recommended) - · - · -

Foot Access Only · · · · ·

Aid Stations

Cunningham
Mile 9.3
- Crew Access
- Drop Bags

Maggie Gulch
Mile 15.4

Pole Creek
Mile 20.4

Sherman
Mile 29.8
- Crew Access
- Drop Bags

Burrows Park
Mile 34

Animas Forks
Mile 44.6
- Crew Access
- Drop Bags

Engineer
Mile 50.6

Ouray
Mile 58.6
- Crew Access
- Drop Bags

Governor Basin
Mile 66.2

Krogers Canteen
Mile 69.8

Telluride
Mile 74.7
- Crew Access
- Drop Bags

Chapman Gulch
Mile 84.4
- Foot access only via parking at Ophir
- Drop Bags

KT
Mile 91.0

Putnam Basin
Mile 96.6



Aid Stations

Hardrock annually has 14 or 15 aid stations, depending on the direction of the run, and these together comprise the largest group of volunteers. Each aid station will have an Aid Station Captain and crew of 6-30 volunteers.

While all Hardrock Aid Stations strive to maintain a high level of care for the runners, logistics such as space, access and location necessarily cause some differences in what is available. Each aid station, regardless of location, typically goes above & beyond with a specialty “off-menu” dish for runners.

Hike-In (Pole Creek, Engineer, Kroger’s Canteen, Putnam): The intrepid volunteers who staff these aid stations carry in all supplies using their own strong backs (and pack animals, if available), usually making multiple trips. Tasks include on-site filtering of gallons of water, digging a latrine, and collecting & chopping firewood. Food variety and quantity is limited, but the essentials are available of typical aid station food groups. Their backcountry location makes it important to abide by Leave No Trace principles and keep staffing numbers smaller. No Crew Access.

Road-Side (Cunningham, Maggie, Burrows, Governors, Chapman, KT): These stations typically have a wider food variety with multiple hot options, but are still limited by space. A few are allowed crew access (typically with some restrictions) or drop bags. Often residing in obscure pull-outs on key road crossings along the route, they provide a brief respite to refuel and warm up between long hours and arduous climbs/descents.

“The Big 4” (Sherman, Animas Forks, Ouray, Telluride): With the widest variety of available amenities, the “Big 4” aid stations can be depended on to have copious options for hot food & beverages, drop bags & other services. Runners often spend their longest breaks here, resetting their gear and stomachs for the miles ahead. Lights, port-a-potties/bathrooms, crew access and drop bags are standard. They have lots of action, lots of people, and generally the biggest volunteer staff.

A typical aid station menu contains:

Coffee/Tea/Cocoa	Cookies	PB&J
Coke/Ginger Ale	Chips	Candy
Tailwind	Pretzels	Fig Bars
GU	Soup/Miso	Bananas/Oranges/Melons

Stations with vehicle access will also likely have:

Boiled Potatoes	Pumpkin Pie	Wraps/Quesadillas/Burritos
Turkey Sandwiches	Brisket	Bacon & Eggs
Avocados	Boiled Sweet Potatoes	Black Beans & Rice

Hardrock will strive to have options for vegetarian, vegan, and gluten-free runners. However, the accessibility of some aid stations may limit selection.

Runners with strict food restrictions should be prepared with their own food, as cross-contamination is hard to prevent in the backcountry.

For more information, see our [Volunteer Manual](#).

Solar and Lunar Data

	Friday, July 14	Saturday, July 15	Sunday, July 16
Astronomical Twilight Begins	4:09	4:10	4:11
Nautical Twilight Begins	4:51	4:52	4:53
Civil Twilight Begins	5:29	5:30	5:31
Sunrise	5:58	5:59	6:00
Sunset	20:34	20:34	20:33
Civil Twilight Ends	21:03	21:02	21:02
Nautical Twilight Ends	21:41	21:40	21:40
Astronomical Twilight Ends	22:23	22:22	22:21
Moonrise	2:48	3:33	4:24
Moonset	6:34	7:32	8:21
Moon Illumination	9.0%	1.1%	0.2%

Drop Bags

Runners are allowed to provide drop bags for transport to [designated aid stations](#):

Cunningham (Mile 9.3)

Telluride (Mile 74.7)

Sherman (Mile 29.8)

Chapman (Mile 84.4)

Animas Forks (Mile 44.6)

Finish (Mile 102.5)

Ouray (Mile 58.6)

Drop bags may be dropped off at the American Legion building (11th and Greene) between 0800-1500 Monday-Thursday of run week, with a final deadline of 1500 on Thursday.

Please weatherproof your bags as much as is reasonable. We cannot guarantee full weather protection for every bag. That can be as simple as putting your clothing in a Ziploc bag inside the main bag.

Bags need to be labeled with your NAME, BIB NUMBER and LOCATION they are traveling to.

Drop bags will be returned to the Legion progressively as aid stations close, with all returned by the end of the Awards Breakfast on Sunday.

Crewing and Pacing

1. Respect the land and other users you encounter, especially those who may not be affiliated with or aware of the run. [Practice courteous driving on narrow mountain roads](#) - especially noting that downhill yields to uphill.
2. The Aid Station Captain is in charge of the aid station, including where & when crews will be allowed.
3. Supplies and facilities are limited. Plan to be self-sufficient, and leave the water, food and facilities for the runners, pacers and run staff.
4. Respect the environment. Park where directed, pack out all trash, and use only appropriate bathroom practices/facilities.
5. Pets are not allowed in aid stations.
6. Children are allowed in aid stations only under adult supervision.
7. Pacers may meet their runner at Crew Access Aid Stations only.
8. Crews may not intentionally meet their runners outside of crew aid stations.
9. Crewing is generally limited to a 400-yard radius of the aid station. Aid Station Captains may extend or limit this as the site requires.
10. No drones will be permitted unless a permit has been secured through the Bureau of Land Management AND Hardrock Hundred Endurance Run.
11. Runners will be issued a single crew pass, allowing one crew vehicle to park in designated areas for the Cunningham, Animas Forks and Chapman aid stations. While through traffic will be allowed in those areas, only vehicles with a pass will be allowed to stop or park. Vehicles looking to park without a crew pass may be directed multiple miles away from the aid station.
12. All pacers must check-in with aid station personnel and sign a waiver at pre-run check-in or the respective aid station where they intend to join their runner. Upon signing the waiver, pacers will receive a wristband. This wristband must be worn while on course with their runner.
13. Pacers are **not** allowed to leave vehicles at Animas Forks aid station to be picked up after the run. Vehicles may be left overnight at the Eureka Staging Area.
14. Pacers must run at least the whole leg to the next crew access or specifically allowed aid station, as there is generally no access for them in between.
15. Runners are limited to a single pacer at a time. Pacers may not continue unless accompanying their runner.

Pacers are allowed from Animas Forks (Mile 44.6) to the finish. Pacers may start or stop at crew access aid stations from that point forward (Animas Forks, Ouray, Telluride, Chapman). Pacers may hike into the KT Aid Station from South Mineral Campground (a 2mi hike) to join their runner. NO ADDITIONAL CREW at KT - the only ones hiking up should be joining their runner on course out of the aid station.

Runners over 60 years old may have pacers for the entire run.

Crew Access Aid Station Driving Directions

Cunningham Gulch - [37.7932° -107.5777°](#)

1. Take CR 2 NE from Silverton 4 miles to Cunningham Gulch following the signs to the Old Hundred Mine Tour.
2. Just after crossing the Animas River Bridge at Howardsville, turn right (South) up the valley toward Stony Pass.
3. At 2mi past the turn, DO NOT turn left onto the Stony Pass Road, but instead angle Right (Southwest) toward the Highland Mary trailhead.
4. At 2mi beyond the Stony Pass Road, go past the Corral on your right to a large clearing. The aid station is in the clearing between the road and the creek.
5. You will likely encounter parking marshals and the line of parked vehicles before arriving at the aid station. Please follow their instructions, park single-file on the west side of the road, and be prepared to walk up to a mile.

Sherman - [37.9007° -107.4331°](#)

4WD from Silverton

1. Take CR 2 NE from Silverton to Animas Forks (~11 miles)
2. Just past Animas Forks, turn right onto CR 9 / Cinnamon Pass Road.
3. Continue roughly east up and over Cinnamon Pass toward Lake City for approximately 13 miles. You will pass the Burrows Park Aid Station (no crews allowed). San Juan CR 9 becomes Hinsdale CR 30.
4. At the junction of CR30 and CR35, turn sharply right (West). If you hit the Grizzly RT RV Park, you have gone too far), Continue on CR35 west for one mile to the BLM latrine and Cataract Gulch Trailhead where the aid station is located.

Alternate 2WD from Lake City

1. Proceed to Lake City from Silverton following standard Google Map Instructions (US 550 -> US 50 -> CO 149)
2. From Lake City, continue south on CO 149 2.5mi south to the turnoff to Lake San Cristobal Road.
3. Turn on the Lake San Cristobal Road and continue past the lake to the end of the pavement.
4. Continue on CR 30 about 14 miles to CR 35 and the signed turnoff to Sherman.
5. Go one mile to the BLM latrine and the Cataract Gulch Trailhead where the aid station is located.

Animas Forks - [37.9295° -107.5681°](#)

Animas Forks sits at 11,000' with no utilities or phone reception and limited space for aid and parking. It is not equipped to handle the congestion of crews hanging out for 3+ hours in advance of their runners' arrival or large groups in the main aid tent area. To help alleviate those issues and ensure the future of crew access, in 2023 we are newly implementing the:

Eureka Staging Area

Crew vehicles will be held at the Eureka Campground and not released to continue to Animas Forks until their runner crosses over the top of Handies Peak.

The staging area is 3 miles / 30 min from Animas Forks. The road from Eureka to Animas is rough and should be driven cautiously. We have taken into account travel times so that no one feels rushed for this drive. A runner on course record pace will travel from Handies to Animas in 75 minutes; the average runner takes 150 minutes or more.

Hardrock Staff at Eureka Campground will have live GPS tracking and a public wifi hotspot to keep track of runners. Once crews note their runner's progress past the top of Handies, they may show their crew pass to staff who will confirm their specific runner's progress and release them to Animas Forks. The staging area will be open from 8:30a-8:00p on Friday, after which time any remaining crew may proceed directly to Animas Forks. The Eureka Campground store will be open from 8a-5p with some food/beverage options.

Vehicles without a pass are *discouraged in the strongest manner* from visiting the aid station. Crews should NOT plan to go directly to Animas after departing Cunningham.

Driving Directions

1. Take CR 2 northeast from Silverton about 8 miles to the Eureka Campground. Follow the instructions above for the Eureka Staging Area.
2. Once a crew vehicle is approved to move beyond the staging area, proceed another 3mi north (uphill) on CR 2. The road becomes notably rougher after leaving the staging area.
3. At the sign for Animas Forks / CR 9, turn Left and follow the loop road past the aid station. Vehicle traffic will be one way only, uphill. Parking will be single file facing uphill on both sides of the road, with all vehicles parked in the direction of the run route, beginning just ahead of the Animas River bridge. Follow the directions of parking marshals.

Animas Forks Parking & Crewing Directions

All run related traffic will be directed onto the CR 9 / Animas Forks loop at the southern entrance. The crewing zone will be the same as the parking zone, on both sides of the roadway in the half mile immediately *past* the aid station. Runners MUST check in at the aid station before proceeding to their crew.

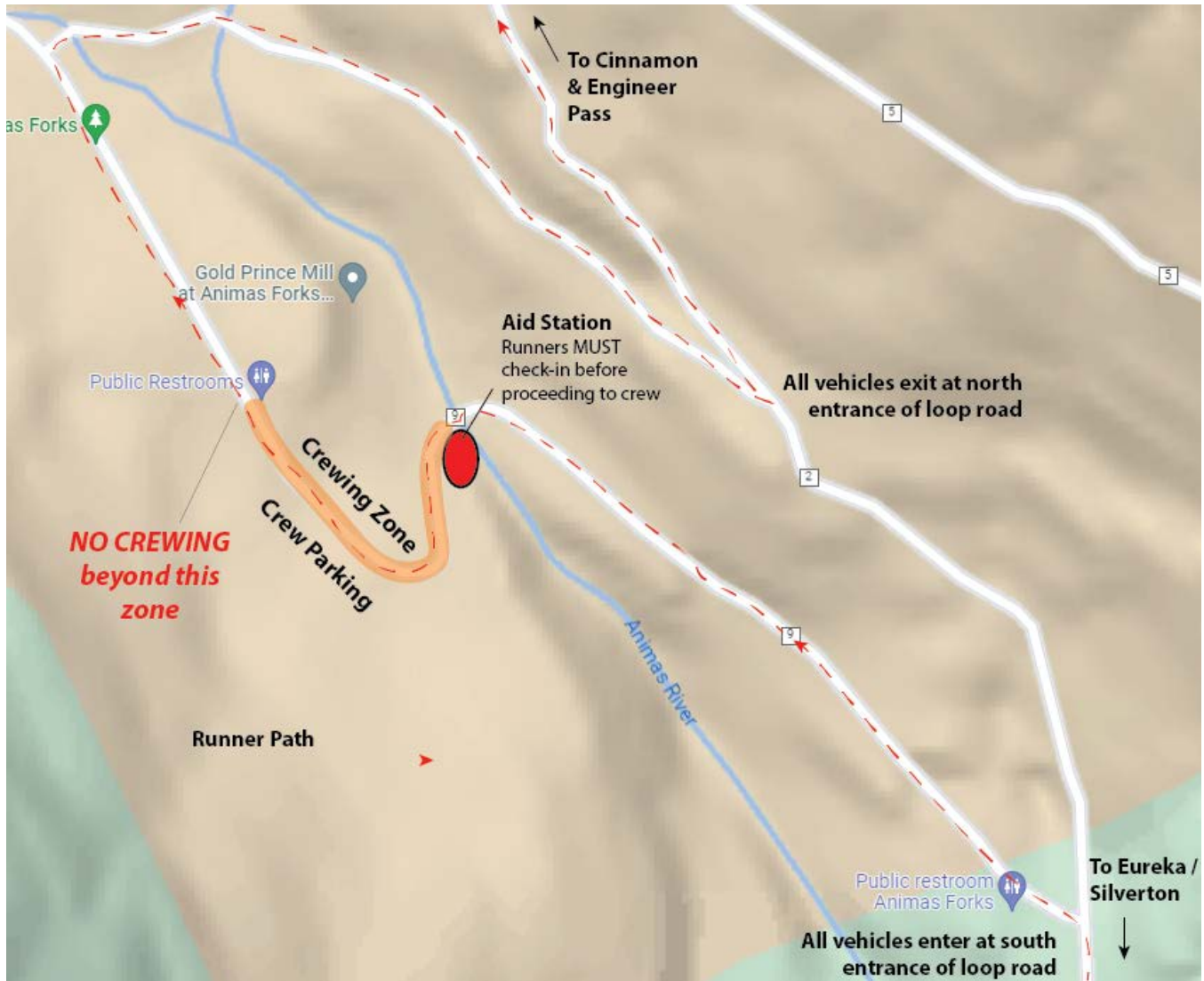
Only vehicles properly displaying a pass will be allowed to park in the designated crew access area. No crewing is allowed beyond the designated crew access area.

Only one pacer OR crew member will be allowed with the runner into the main aid station tent area.

Pacers may NOT leave their vehicles at the aid station.

Pacers may leave their vehicles at the Eureka Staging Area.

Animas Forks Crewing Map



Ouray - [38.0283° -107.6731°](#)

1. Take US 550 north over Red Mountain Pass to Ouray.
2. Go to the north end of the main business district, and turn left (West) on 9th Ave.
3. Follow it 2 blocks, after which it will curve to the right (North).
4. Continue straight, and park in the gravel lot designated for RV parking to your right. The lot may fill, in which case use streetside parking around town, being respectful of local residents and driveways. **Please avoid using the Ouray Hot Springs parking lot before 10:00p**

The aid station will be on the west side of the park between the gazebo and restrooms.

Telluride - [37.9353° -107.8071°](#)

1. From the entrance to Telluride off of Hwy 145, continue east for roughly 4mi on Colorado Ave (the main street) to the Telluride Town Park area.
2. Turn right and immediately cross the bridge toward the white canopy and baseball field.

Parking is limited both by the number of spots available and a two hour time restriction for occupying a spot. Crews who plan to spend more than two hours at the station should consider unloading their runner's gear and finding a spot back east of the river. Be aware that parking on most streets in Telluride requires a paid stamp - the machines are to be found in most blocks. Pacers may not leave their vehicles at the aid station.

Chapman - [37.8557° -107.8044°](#)

4WD from Silverton

1. Take US 550 north from the south end of Silverton.
2. Near MP 75, turn west onto the Ophir Pass Road. This intersection is marked with a large green sign.
3. Take the dirt road to Ophir Pass (11,800'). The road becomes noticeably rougher and steeper on the two-mile descent to the aid station at the south turnoff toward Swamp Gulch.
4. Continue west past the intersection with the path where runners come out onto Ophir Pass Road.
- 5. You must park in the [designated lot in Ophir](#) and hike back up Ophir Pass Road (1.75mi) to the aid station.**

Alternate 2WD from Telluride

1. Exit Telluride on Main Street and go west about three miles to SR 145.
2. Turn left (south) and go about 10 miles to the Ophir Pass Road. This intersection is marked with a green sign.
3. Turn left (east) entering the Town of Ophir.
- 4. You must park in the [designated lot in Ophir](#) and hike back up Ophir Pass Road (1.75mi) to the aid station.**

No crew, spectator, media or parking or drop-offs of any kind will be allowed along Ophir Pass Road. *We are serious*, and penalties including disqualification and/or suspension from the lottery in future years can be applied to runners for non-compliance by their crews.

There are no bathroom facilities for crews at the parking area or aid station. Please plan appropriately.

Safety

This is a dangerous course! In addition to trail running, you will likely:

- Wade knee-deep, ice-cold streams
- Cross snow fields in both slick and post-holing conditions
- Traverse trails with 300'+ cliffs immediately to one side
- Rock climb (mild, but hands required)
- Be caught above treeline in extreme thunderstorms

It is recommended to always carry at least one *more* warm item than you think you will need. Every year, runners get stuck unexpectedly due to injury or weather. Hypothermia can be a killer, especially on tired bodies with no reserves left for generating heat.

The run start and some of the aid stations are at a relatively low elevation (7,700-9,000 feet) and in sheltered valleys, while most of the run takes place above 11,000 feet in exposed areas above timberline. Temperatures and wind conditions can be markedly different up high and the temperature can suddenly and dramatically drop.

In a typical year, you will have wet feet 90% or more of your run.

Recommended Gear

- Rain Jacket (Hard Shell)
- Emergency Blanket
- Running Hat/Cap
- Sunglasses
- Headlamp (+backup)
- Capacity to carry 80 oz of fluid
- Rain Pants
- Gloves
- Whistle
- Sunblock
- Spare Batteries
- 500 calories

Weather

Weather is a critical factor in Hardrock and can be at least as formidable as the terrain, remoteness, or high elevation. Every runner should carry gear appropriate for drenching rain, high winds, and near-freezing temperatures - possibly all at the same time.

Typically there is a brief period each year when the snow is generally gone, but the summer "monsoon" has not yet gotten into full swing – we attempt to hit this window.

The "monsoon" is a daily weather cycle. Calm mornings, but as the day warms up, thunderheads build up and intense thunderstorms may occur each afternoon, abating in the evening and through the night.

The 48hr Cut-Off is not only in recognition of the difficult terrain, but also allows runners to wait out thunderstorms or other life-threatening weather. You can hunker down in a valley for 2-4 hours and still finish. However, if you get fried by lightning, your running career may end on the spot. Discretion is the better part of valor.

The Run Director may authorize Aid Captains to hold runners if weather conditions are considered too dangerous and prevent runners from continuing if not carrying gear appropriate for conditions.

Lightning

Several runners in past years have had direct contact with lightning and there have been several more near misses. If caught in lightning, head to lower terrain as fast as you can. If you cannot, find a low point or shelter away from conductors (poles, trees).

If your hair begins to stand on end and/or your skin starts to tingle, a lightning strike is imminent. Assume the lightning position to wait out the storm:

1. If you are with a group of runners, spread out by at least 50' **Very important**
2. Put your feet together
3. Crouch slightly
4. Minimize contact with the ground and other conductors (stay on the balls of your feet)
5. Cover your ears
6. Touch your elbows to your knees to give current a path to flow other than through your torso

Snow

The course passes by several snow features whose danger varies year-to-year. Large snow fields may be sloped and extremely slick at night, while present post-holing above fields of sharp scree during the day. Use caution when approaching the edges of snowfields from above or below, as cornices (layers of snow overhanging open space) may fall from above or collapse beneath your feet.

First Aid

If you encounter a person who is injured, first GET HELP through official run channels, then keep the victim warm. All aid stations are staffed by at least an EMT, have a first aid kit, and have radio communication.

Additionally, each runner carries a SPOT tracker which is used to pinpoint their location at all times.

Most medical problems will be relatively minor: sunburn, blisters, sprains, abrasions, and fatigue. In the later stages of the run, runners may also be dehydrated, fatigued, nauseated and/or hallucinating. Stretches between aid stations can last 6 hours or more. Be aware of these factors as you plan for your run.

Search and Rescue

All Search and Rescue missions are initiated by the Run Director.

Hardrock purchases a CORSAR Card (Colorado Search and Rescue) for every runner. These will be emailed to runners at the address provided with their registration. It is highly recommended that crews and pacers also [purchase a CORSAR Card](#).

All runners are required to carry a run-provided GPS Tracking device from MAPProgress. This will facilitate our efforts to locate and access you more efficiently in a Search and Rescue

operation. Training on the operations of this device will be provided prior to the run as part of packet pickup. To send an S.O.S. alert via the tracking device, open the protective flap then press and hold the S.O.S. button until the function light blinks green. A runner who has their S.O.S. activated (or has one activated on their behalf) is assumed to be dropping from the run.

Dropping Out

While no one likes to contemplate it, there may come a time when it is smarter for you to drop out than to continue. Also, you may miss the cutoff times or be pulled for a medical reason. However the decision is made, you must ensure the nearest Aid Station Captain is informed, have them cut off your ID bracelet, and turn in your GPS tracker to them.

Depending on your location, it may be very hard for us to arrange transportation from your dropout point to the finish. You may have to wait many hours for this, as we may have to coordinate a vehicle via radio. All we can promise is a best try effort.

Joel Zucker Memorial Scholarship

The Joel Zucker Memorial Scholarship was created in memory of Joel Zucker who died at the age of 44, two days after completing his third Hardrock Hundred run in July 1998. Joel loved Silverton and running in the mountains and was loved by all who knew him. He was an inspiration to many people who thought they could never run a hundred miles. Joel always managed to finish the run within the last 10 minutes of the 48-hour deadline.

The scholarship is awarded to High School seniors from the San Juan Mountains region. Additional scholarships are given to former recipients to continue their undergraduate education. Students must apply in writing and be interviewed to qualify.

Money for this scholarship is raised entirely by donations received from Hardrock Hundred runners, volunteers, and partners, as well as friends and family of Joel.

[Donate Online!](#)

If you want to mail in a check, make it out to “Community Foundation serving Southwest Colorado” and make sure to enter “Joel Zucker Scholarship” in the memo line. Mail it to:
Community Foundation serving Southwest Colorado
PO Box 1673
Durango, CO 81302

We are happy to let you know that contributions to the Joel Zucker Memorial Scholarship ARE tax-deductible to the extent allowable by law. The Community Foundation serving Southwest Colorado tax number is 84-1474900.

For more information or to request a scholarship application, please email Andi Kron

Value Statements

The Hardrock Hundred is committed to providing unique and challenging running opportunities. We are dedicated to the ongoing development and management of these opportunities through the honesty, integrity and professionalism of our management, operations and interactions with those who become associated with the Hardrock Hundred Endurance Run. Our goal is to make the Hardrock Hundred Endurance Run a standard of excellence in terms of its organization and runner satisfaction.

The Runners

The Hardrock Hundred recognizes and appreciates the dedication and determination of the Hardrock runner. We will strive to meet the physical and administrative needs of each individual runner through runner feedback, proactive planning and sensitivity in the consideration of their needs. We are friendly, courteous, fair and professional in our relationships with our runners. We strive to make ours an enjoyable and safe event.

The Communities

The Hardrock Hundred is committed to providing long-term relationships with the communities that are part of our event. We strive to foster this relationship through effective communication, economic opportunities and openness to the needs and concerns of the towns involved with the Hardrock Hundred. The Hardrock Hundred is also dedicated to becoming a source of financial and administrative assistance to those communities. This assistance will be offered as we become economically viable and open to those in the community who have helped us reach our goals.

The Volunteers

The Hardrock Hundred realizes that our event is only as good as our people. We are dedicated to the long-term development of a group of volunteers that are enthusiastic, knowledgeable and responsible and who are an integral part of the success of our events. We encourage open communication, input and suggestions from those who volunteer their time and energy to the Hardrock Hundred.

The Partners

The Hardrock Hundred realizes the marketing uniqueness of our event and strives to make this an event, which reflects positively on our sponsors and their products. We welcome sponsorship of our events that is mutually beneficial to the sponsor, runner and Hardrock Hundred. Sponsors who are interested and who participate in the Hardrock Hundred will be treated in a fair and honest manner.

The Land

The Hardrock Hundred appreciates the beauty and vulnerability of the lands that are the basis of our event. We strive to use utmost consideration and respect for these lands in the planning and implementation of our event. We are committed to maintaining open and positive communication with the stewards of the natural resources that we utilize.

Keeping Hardrock Green

A core value of Hardrock is responsibility to the lands on which we run and the communities in which we operate. It is our responsibility to reduce negative impacts every chance we get. Hardrock:

- is a cupless event. Every aid station will have reusable cups, dishware, and a wash kit; runners do not need to carry their own cup. No disposable dishware will be provided by Run HQ.
- is working to reduce traffic at key wilderness areas: Chapman (Ophir), Animas Forks, Sherman, and Cunningham in particular.
- is constantly expanding our recycling & composting during run week.

It takes awareness and effort by everyone - runners, crews, volunteers, spectators, media, etc. - to reduce our collective impact.

Here are some ideas to help us all do even better! Keep these in mind during the run, when you are training, or just out exploring the San Juan Mountains!

Runners

- Don't litter! Pick up trash you find on trail
- Use reusable dispensers on trail and buy products in bulk
- Embrace cupless running
- Plan with your crew to reduce traffic to aid stations
- Learn and Practice "[Leave No Trace](#)"
- Practice low-impact use of the wilderness any time you are on the trail

Crews

- Bring supplies such as reusable cups, plates, and utensils
- Collect recyclables and make sure they get recycled
- Reduce the number of vehicles going to aid stations – carpool!
- [Learn the rules for responsible off-road driving](#)
 - Stay on designated routes
 - Observe right-of-way on narrow mountain dirt roads
 - Park in designated spots only
- Don't litter! Pick up trash you find on trail
- Pick up after your pets

Volunteers

- Help runners be cupless.
- Carpool and Limit cars to aid stations as much as possible.
- Separate recyclables and compostables into the provided containers
- Learn and Practice "[Leave No Trace](#)"

Run Contacts

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