

# Tommyknockers Tale

## February 2024 Edition



We try to keep this short, sweet and entertaining. If there is anything in here that you need more information on or are curious about, just reach out to us at [dale@hardrock100.com](mailto:dale@hardrock100.com).

### Let it snow, let it snow, let it snow!

Well finally!! The snow levels in the San Juans saw a nice jump up this month. See for yourself as measured at the [SNOTEL site](#) on top of Red Mountain Pass. Of special interest is the Snow Water Equivalent, which measures how much moisture is in the snowpack.



### Hardtalk Podcast

If you haven't listened to our Hardtalk podcast, we strongly encourage you to check us out. This month we featured a great conversation with Karl Meltzer and Jeff Browning (aka Speedgoat and Bronco Billy) as well as hearing from Tara Dower about her hopes and thoughts are when it comes to participating in Hardrock for the first time. Check Hardtalk out wherever you get your podcasts.

***And now a word from our partners. Check out these offers from Nathan and Spring Energy!***



### Nathan

*Congratulations Hardrock 100 runners! Nathan Sports is excited to be returning as the official hydration sponsor of the 2024 Hardrock 100. We're looking forward to supporting you through your training by offering you an exclusive discount on the [Nathan Pinnacle 12L or 4L](#) hydration vest. Use the code sent to entrants in their email for 50% off! \*code limited to one purchase per customer, valid through February 29th*

### Spring Energy

*Premium Gel Sponsor Spring Energy will be supporting 10 lucky athletes during their training up to Hardrock and during race weekend. Interested in being a part of their Hardrock Team? Apply in the link emailed to entrants today!*

FYI, the Spring Energy photo features 2023 Hardrock finisher Yassine Diboun.



### Pacer-Runner Matchmaking

Thanks to Hardrocker Andrea Feucht for setting up our 2024 [pacer matchmaker sheet](#). If you need a pacer or know of someone who would like to pace, this is the way to connect!



### Say hello to Silverton

Each month we'd like to give our communities a chance to say hello to you. Let's start with Silverton!

*Silverton Colorado sits at 9318' elevation nestled high up in the heart of the San Juan Mountain Range. This little mountain hamlet is basecamp to the Hardrock 100 Endurance Race and hosts the start and finish line. Silverton is your basecamp to adventure and offers all high alpine endurance sport activities year around. Welcome to life at 9318'!*

### Hardrock Zoom Sessions

Last year we created monthly zoom sessions to help answer questions and share information leading up to your Hardrock experience. We're happy to announce that those will continue for the 2024 Hardrock. Join 16x Hardrock finisher (and 2024 entrant) Chris Twiggs as he and his guests share their knowledge and experience about becoming Hardrockers. Here's the schedule:

Monday, February 19th	6:00 MST	Hardrock Veterans Panel
Thursday, March 14th	6:00 MDT	What to expect at Hardrock
Thursday, April 11th	6:00 MDT	Preparing and training tips for Hardrock
Thursday, May 16th	6:00 MDT	Crewing at Hardrock
Thursday, June 20th	6:00 MDT	The Hardrock course



Watch for zoom links coming soon to your inbox. All sessions will also be recorded and available on our [YouTube Channel](#).

### Hardrock Happy Hours

Make plans for you and your family and friends to join us at one of our in-person Hardrock Happy Hours this spring. These social events are great ways to get to know other members of the Hardrock community, meet Hardrock staff and even walk away with some SWAG from Hardrock and our partners. We'll be sending out some more detailed information as plans evolve but for now mark your calendars!



Tuesday, 3/19	SkyRunCo (Salt Lake City, UT)
Monday, 3/25	Hundred Mile Brewing Co. (Tempe, AZ)
Thursday, 4/4	Berkeley Park Running Co. (Denver, CO)

### Ways to stay in touch with Hardrock:

Just a reminder, the best ways for you to keep up to date on what is happening with Hardrock are our [website](#), [listserv](#), [Facebook](#), and [Instagram](#).

***That'll about do it for this month. If there is anything we can do for you, please don't hesitate to reach out.***