

# Tommyknockers Tale

## March 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!

The snow levels in the San Juans continue to trend toward average for this time of year. 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.



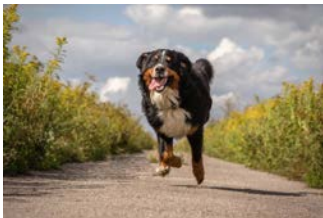
### [Hardtalk Podcast](#)

Join Chris and Dan this month as they feature 2 great conversations: one with Hardrock Board of Directors Vice President, 4x Hardrock finisher and iRunFar Editor-in-Chief Meghan Hicks and the other with friends and fellow 2024 entrants Maggie Guterl and Zach Miller. Check Hardtalk out wherever you get your podcasts.

### Hardrock Gives Back

Hardrock believes that giving back to the ultra community is important. We ask that each of you find a local ultra event and give 8 hours back. New starting last year was/is the option to do 8 hours of ORGANIZED trail work on trails around your area. Please communicate with your local ultra organizers and get this [form](#) back to us no later than June 24th.

Please remember that if we don't have your service form by then, we'll give your starting spot to someone on the waitlist. Also, did you know you can double check to make sure we have received it on our [entrants page](#)?



### Fido a Hardrocker??

We all love our dogs and many of us have spent many a mile on the trail with them. For the health and safety of all during the race, on-course runners AND pacers are only allowed to run with their pups from the Kendall Mountain Ski Hut on the edge of Silverton to the finish (the last half-mile).

### Say hello to Ouray

Each month we'd like to give our communities a chance to say hello to you. Here's the "Switzerland of America", Ouray:

*Greetings, fearless wanderer! Nestled amid the grandeur of the San Juan Mountains, Ouray extends a warm greeting as you tread upon the trails of determination. As you navigate the breathtaking landscapes, remember that our quaint town stands as both a sanctuary and a testament to your endurance, marking the halfway point at an elevation of 7,792 feet. May the altitude inspire your spirit, and the second half of your journey be as rewarding as the heights you've conquered thus far. Keep forging ahead with the heart of a true mountain explorer!*





### Hardrock Zoom Sessions

This month's zoom session is entitled "What to Expect" and will feature panelists from some of our communities as well as some of our excellent aid station captains. If you want to know where to eat in Ouray or where to park at Animas Forks Aid station, join 16x Hardrock finisher (and 2024 entrant) Chris Twiggs on Thursday, March 14th at 6:00 MDT as he welcomes his guests. Watch for zoom links coming soon to your inbox. All sessions will also be recorded and available on our [YouTube Channel](#).

### Hardrock Happy Hours

We're looking forward to seeing all of you at one of our Happy Hours! 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.

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)



### Happy trails Nathan Baxter

Hardrock wishes Nathan all the best as he moves on from his responsibilities in Silverton. Nathan was our main liaison with the town of Silverton and a great supporter and friend of Hardrock. We wish him well in his new adventures.

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



### Spring Energy

*Premium Gel Sponsor Spring Energy will be supporting 10 lucky athletes during their training up to Hardrock and during race weekend. This year's entrants can apply via the link in their version of this newsletter.*

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



### Tailwind

*Exclusive to the runners and wait listers of 2024, Tailwind is offering the Tailwind Challenge with some extra perks. Now is the time to begin your training and practice your nutrition for race day. Tailwind Endurance Fuel is on course at all aid stations at Hardrock. You can order four large bags of Endurance Fuel heavily discounted, and Tailwind will give you a 15 serving bag of Recovery Mix and a soft flask for free. Simply select your four bags from the Tailwind Challenge page and then add your choice of Recovery Mix and soft flask to your cart. This year's entrants have a code in their version of this newsletter. Whether you have been using Tailwind for years or this is your first time training with it, this offer is for you. See you in the San Juans!*

**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](#).