

# Tommyknockers Tale

## May 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).

### Welcome Spring!

It's been a good winter and now the melting has begun! You can monitor those levels at the [SNOTEL](#) site on top of Red Mountain Pass (Snow Water Equivalent is the key metric).



### Hardtalk Podcast

We hope you all enjoyed the [conversation](#) with Yassine Diboun last month. Join Chris and Dan this month as they feature their conversation with 10x Hardrock finisher, Silverton resident and photographer extraordinaire, Howie Stern. Check Hardtalk out wherever you get your podcasts.

### Your bio

Please take a couple of minutes and let us know a little bit about you. (Runners - see the link in the newsletter you received in your inbox). What are you looking forward to this summer? What should we know about you? This information will not be shared or sold for any marketing or external informational use.

### Hardrock Zoom Sessions

This month we've asked 3 distinguished Hardrockers to share their advice and secrets for physically preparing for Hardrock. Join host Chris Twiggs along with Anna "Frosty" Frost, Karl "Speedgoat" Meltzer and Jeff "Bronco Billy" Browning on Thursday April 23rd, starting at 6 pm Silverton (Mountain) Daylight Time for what should be an informative and fun hour Watch for links coming soon to your inbox. All sessions will also be recorded and available on our [YouTube Channel](#). Have a question for the panel? You can let them know [here](#).



### Spring Energy/Tailwind Nutrition-What's your favorite flavors?

We have 2 great nutritional partners supporting you: [Spring Energy](#) and [Tailwind Nutrition](#). Here's your chance to let us know what flavors of both of these you would like to see on course in July. (Runners - see the survey link in the newsletter you received in your inbox).



### Some important dates to remember !!!!

**Saturday, June 1-** Last day for a refund for 2024 Hardrock

**Monday, June 24** -Deadline to submit your 8 hours of service [documentation](#)

## Check out these great offers!



Hardrock is proud to partner with [Method Seven](#) (M7) to offer twenty of this year's entrants free demos to try their limited edition [Ultra Trail Silverton](#) glasses from now through the end of Hardrock. Method Seven has designed the first-ever built-for-trail running glasses, which are ultra-tested and proven over thousands of miles of technical terrain. UltraTrail features include advanced notch filtering for exceptional optical quality and superior peripheral vision, unique 30% partial polarization for better trail definition, ultra-lightweight frames (the lightest glasses you'll find!), infrared protection and typical 100% UV protection. If you love your M7 UltraTrail glasses (you will!), you can purchase your pair through M7 at any time through the end of HR100 for 50% off retail. If you don't, return them to the M7 booth in Silverton any time during Hardrock run week or anytime before with the prepaid return postage, no charge or fee to you. (Runners - see the newsletter copy in your inbox for instructions on how to participate)



We all know that 100 miles through the San Juans can be unforgiving, so make sure your GPS watch is up to the challenge. With 60+ hours of Dual Frequency GPS tracking and up to 85 hours with solar charging, the [Suunto Vertical](#) should be your go to watch. Suunto has a special offer for Hardrock Hundred Runners – Runners, use the code in the newsletter copy in your inbox to receive a FREE pair of Suunto Sonic Bone Conduction headphones (a \$149 value) when you purchase a Suunto Vertical Solar (in either Steel or Titanium). Offer expires **May 31<sup>st</sup>**. We can't wait to see you in Silverton!

*Thank  
you!*

### Hardrock Happy Hour thank yous!

Thanks again to all of you who joined us for one of our Happy Hours last month. It was good to see the Hardrock community turn out and come together. Special thanks to [SkyRun Co](#) in Salt Lake City, [Hundred Mile Brewing Co](#) in Tempe and [Berkeley Park Running Co](#) in Denver for being such gracious hosts!

### Women's Running Weekend

We are pleased to announce that the 2nd annual North Face/Hardrock Women's Running Weekend has been scheduled for Sept. 6-8 in Silverton. Watch for details and updates on both the TNF and HRH social media platforms.



**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](#).