



2016

Volunteers Manual

July 15-17, 2016

Clockwise

Silverton, Telluride, Ouray, Lake City

“An ‘expert’ is someone who knows when to panic.” – Frank Stewart

“Be Prepared” – Boy Scout Motto

“Don’t Panic” – Douglas Adams

Volunteers Manual

2016 Hardrock Hundred

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Welcome to the Hardrock 100 Endurance Run! If you have any special talents such as Emergency Medical training, you love to cook in the backcountry, have an amateur radio license, are a good computer operator, or anything else; [let us know](#) so we can make best use of your time and energy.

Introduction

This manual gives you a basic overview of volunteering opportunities and logistics at Hardrock, including aid stations, communications, medical/rescue, course marking & clearing, trail work, and much more. One of our biggest hopes is that you will have a fun, rewarding experience and want to come back year after year.

The various Directors for Hardrock each work to recruit their own volunteers, but the easiest way to get connected is by filling out the [Volunteer Form](#) on the website. All Directors have access to this master list, and can easily see your profile to recruit you for the role(s) you show interest in.

The backcountry nature of Hardrock lends significant authority to the volunteers on the spot for any questions. Please try to solve problems locally, but use the radio network to contact your Director or the Run Director when local solutions don't seem to be working out.

We would very much like to make use of the experience you gain this year, so please provide any feedback about how to improve the Hardrock, its organization, or this manual to [Volunteer Director Brad Bishop](#).

Volunteer Opportunities:

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 (ASC) and crew of 6 to 30 volunteers. Some stations are right off a paved road, some require 4 Wheel Drive, and some can only be reach by hiking in. [Brad Bishop](#) is the Aid Station Director.

Communications

The Amateur Radio Network has been an integral part of the Hardrock 100 since it was first run in 1992. Runners are timed in and out of each aid station and relayed Net Control, which provides overall tracking for each individual runner. Teams of radio crews are at each aid station, as well as a large contingent at Net Control in Silverton. [Steve](#) & [Shauna Blaylock](#) are the Communications Directors, and [David West](#) heads up the Hardrock Live! Webcast.

Medical/Rescue

The post-graduate nature of Hardrock lends itself to more difficult terrain and greater risk to runners. An experienced medical staff is key to the runners' safety. Each aid station should have at least an EMT level person as part of their crew, and Headquarters provides additional staffing to key locations each year. [Leo Lloyd](#) is the Emergency Services Director, and Drs. Geoff Clover and Stephen Halvorson are Medical Directors.

Trail Work

Each year, Hardrock coordinates a pair of official workdays on the area trails to “earn our dirt”. Typically occurring on the weekend prior to the run, directors [Rick Trujillo](#) & [Megan Finnesy](#) work with local trail groups to hit priority areas, which may or may not be part of the actual Hardrock course.

Course Clearing

While course marking is done by through community outings in the two weeks prior to the run, the entire course is cleared over just a couple days after the run. Director [Betsy Kalmeyer](#) says key skills are backcountry alpine experience and endurance while carrying a heavy load as she annually fills these limited slots.

Pre-Run Prep & Post-Run Cleanup

Want to be our absolute favorite? Inventorying aid station supplies, cooking soup, writing down names at check-in, taking down tables, washing out coolers and much more are the least glamorous parts of Hardrock, but the most appreciated! If you are available in the week leading up to or after the run, contact the [Aid Station Director](#) to help out.

Schedule of Events

Please be aware of what is expected of you at all times because the runners are depending on you. There is a Timeline that can be found at the end of this manual. However, if you are confused by the schedule or by this manual please contact [Brad Bishop](#), the Aid Station Director or [Dale Garland](#), the Run Director.

Accommodations

There are numerous options for lodging before and during Hardrock, including area motels, bed & breakfasts, campgrounds, and dispersed camping. You can find a rundown on the [Lodging](#) page of the Hardrock website.

Most Aid Station volunteers do camp at their site, especially if their shift starts early or goes overnight. Check with your ASC on arrangements. If your site is open through the night, coordinate with your ASC for sleep shifts so the station isn't left short-handed, and please make sure to provide your own tent for naps.

What to Bring

It is just as important for you to bring adequate gear for your own safety and comfort as it is for the runners. You will be at high altitude and likely up for much of the night. Weather can include high wind, heavy snow, hail, sleet, or driving rain, as well as very bright sunlight in the thin air that can burn skin quickly.

PARTIAL GEAR CHECKLIST FOR VOLUNTEERS

Poncho or rain suit	Backpack	Water bottle
Book or magazine	Headlight & spare batteries	Dry change of clothes
Sunglasses	Sunblock	Parka or heavy coat
Hat	Gloves	Insect repellent
Fluids	Snacks/meals	Sense of humor

Check with your ASC or Director if they have other suggestions for your specific site.

They may also be looking to recruit gear that you can help provide
(e.g. tables/chairs, lights/decorations, crockpots, etc).

Camp Hardrock

In the week leading up to the run, many runners will already be in town to acclimate to the altitude. Hardrock provides a full itinerary of events during the week called Camp Hardrock that you are welcome to participate in, and a tentative schedule can be found at the end of this manual.

On Thursday afternoon before the run, the Volunteer Briefing will be held. All Aid Station Captains or their designated representative(s) must attend. A Medical Briefing will be part of this time, and any last minute instructions and remaining manpower needs will be reviewed.

All volunteers are cordially invited to the Awards Breakfast & Ceremony on Sun morning.

Volunteer Recognition

Hardrock wants to recognize the hard work and dedication of its volunteers, especially those who have given multiple years. All volunteers who reach 5, 10, 15, 20 (or more!) years of volunteering are recognized at the Awards Ceremony with a special pin. If you have reach this milestone, make sure your ASC or Director knows!

Service Tickets

Volunteering at Hardrock can improve your odds in the run lottery! Service Tickets count as an additional finish for the Else or Veteran lotteries, and an additional DNS for the Never lottery. They apply only for the lottery held in the year they are earned and do not roll over.

Aid Station Captain: 1 Ticket

Trail Work (**Both** Days): 1 Ticket

Aid Station Volunteer:

5-9 Years: 1 Ticket

10-14 Years: 2 Tickets (and so on)

Course Clearing: 6 tickets are awarded by the Director to on those volunteers who have most contributed. Not all course clearing volunteers will receive a Service Ticket.

Directors may nominate volunteers who have gone far above & beyond the call of duty for Service Ticket(s), subject to approval by the Hardrock Board.

**The remainder of this manual addresses Aid Station Volunteers in specific,
but the content is helpful for all volunteers.**

Aid Stations

STATION	Miles	Segment	Climb	Descent	Open Time	Leader	Avg 48Hr Pace	Cut Off	Access	Facility	Crew	Latitude & Longitude	Northing & Easting
KT	11.5	11.5	4069	-2749	Fri 0710	0810	Fri 0950	Fri 1245	4WD	RFW	No	37° 47.531' 107° 47.555'	4186220 254100
Chapman	18.1	6.6	2450	-2920	Fri 0820	0920	Fri 1250	Fri 1600	Auto 4WD	RDFW	Hike In Only	37° 51.317' 107° 48.331'	4193320 253350
Telluride	27.8	9.7	3090	-4500	Fri 1010	1110	Fri 1640	Fri 2000	Auto	RDFW	Yes	37° 56.099' 107° 48.379'	4202130 253370
Kroger's	32.7	4.9	4390	-40	Fri 1140	1240	Fri 2000	None	Hike	RFW	No	37° 57.708' 107° 46.306'	4204990 256550
Governor	35.9	3.2	0	-2320	Fri 1200	1300	Fri 2100	None	Auto	RFW	No	37° 58.928' 107° 45.675'	4207190 257530
Ouray	43.9	8.0	48	-3148	Fri 1300	1400	Fri 2315	Sat 0315	Auto	RDFW	Yes	38° 01.032' 107° 40.607'	4212080 254435
Engineer	51.9	8.0	4575	-455	Fri 1510	1610	Sat 0400	None	Hike	RFW	No	37° 59.156' 107° 36.277'	4207170 271320
Grouse	58.4	6.5	1220	-2310	Fri 1625	1725	Sat 0730	Sat 1030	Auto	RDFW	Yes	37° 55.053' 107° 33.499'	4199590 275170
Burrows	67.7	9.3	4188	-4308	Fri 1930	2000	Sat 1315	None	Auto	RFW	No	37° 56.218' 107° 27.642'	
Sherman	71.9	4.2	0	950	Fri 1940	2040	Sat 1345	Sat 1630	Auto 4WD	RDFW	Yes	37° 54.049' 107° 25.986'	4197400 286270
Pole Creek	80.8	8.9	3210	-1390	Fri 2225	2325	Sat 1815	None	Hike	RFW	No	37° 48.180' 107° 28.400'	4186550 282250
Maggie	85.1	4.3	1340	-960	Fri 2330	0030	Sat 2015	None	4WD	RFW	No Crew Hike-In Pacer Exchange	37° 49.131' 107° 32.187'	4187950 276810
Cunningham	91.2	6.1	1700	-3160	Sat 0110	0210	Sun 0150	Sun 0200	Auto	RDFW	Yes	37° 47.611' 107° 34.680'	4185900 273050
Silverton	100.5	9.3	2770	-3840	Sat 0350	0440	Sun 0600	Sun 0600	Auto	RDFW	Yes	37°48.663' 107°39.385'	4187970 266150

Facility key: (R)adio, (D)rop bags, (F)ood, (W)ater

Times in military time

Aid Station Categories

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 (Kroger’s Canteen, Engineer, Pole Creek):

The intrepid volunteers who staff these aid stations carry in all supplies using their own strong backs (and pack animals, if available), sometimes making multiple trips. Tasks include on-site filtering of gallons of water, digging a latrine, and collecting & chopping firewood. Food variety 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 (KT, Chapman, Governors, Burrows, Maggie, Cunningham):

These aid stations are car-accessible, at least via 4WD, but parking can be extremely limited. Check with your Aid Station Captain if they recommend carpooling. Water may be trucked in, or filtered on site. A wider food variety is typical, with multiple hot food options. Generators, port-a-potties, crew access and drop bags may or may not be available.

“The Big 4” (Telluride, Ouray, Grouse, Sherman):

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. Electricity, port-a-potties/bathrooms, crew access and drop bags are standard. They have lots of action, lots of people, and generally the biggest volunteer staffs.

Aid Station Roles

Aid Station Captain (ASC): The ASC directs all activities on-site, including set-up, volunteer role & shift assignments, supply management and tear-down. They are the point of contact for all information for volunteers at that site. Additionally, they have responsibility beyond just run weekend to recruit volunteers, procure some supplies, and communicate to the Aid Station Director their food & supply request lists, volunteer t-shirt needs, pre- and post-run inventory, and volunteer lists. In the few cases a runner needs to drop, the ASC should be the only one cutting wristbands.

Runner Care: Hardrock values a high level of personal care, and most aid station volunteers will be focused on directly caring for the 152 runners in the run. If possible, each Hardrock runner at every aid station should have a volunteer personally assigned to them for the entire time they are in the aid station. Even if crew are present, the volunteer can quickly answer questions about what food, fluid, or other services are available, and know right where to find what’s needed.

Kitchen Crew: Whether over a fire in the backcountry or a lineup of four cook stoves in town, each aid station will have a variety of foods for the runners, including hot options. Each aid station will generally have a Head Cook directing food prep & supply, and one or more Su Chefs.

Communications: Every aid station will have a crew of 1-5 radio operators keeping track of runners and pacers through the aid station, communicating with net control, and providing the vital safety backbone of the run.

Check In/Out: Assisting the Communications staff by making sure to record the number and time of every runner in and out of each aid station is crucial to the run’s tracking.

Medical: Each Aid Station should be supplied with at least one EMT-level trained volunteer. While offering professional reassurance to runners stressing over minor symptoms is the most common form of help, the extreme conditions of the run make it crucial to have experienced hands throughout the course to help identify real dangers and fast care during true emergencies.

Water, Coffee & Trash: Three things that should never happen at an aid station: running out of water, running out of coffee, or having an overflowing trash can. At larger aid stations, these three basic tasks can be a full-time job. Sorting out recycling and compost from the trash is typically also part of this job, as runners, pacers & crews usually don't discriminate between receptacles.

Drop Bags: At aid stations with drop bags, at least one volunteer should be on call at all times to provide runners their drop bags as soon as their number is inbound. Some sites will station a volunteer with a radio up the trail to call in numbers ahead of time. At crewed aid stations, crews will typically ask upon arrival for their runner's bag.

Parking: The backcountry location of most crewed aid stations lends itself to a tight dance between crews, media, spectators and local traffic not involved with the run. It is very important for roadways to remain clear, and volunteers will be tasked to direct run traffic.

Key Information

To send your ASC:

- T-Shirt Size
- Hours Available
- Cell Phone Number
- Number of years you've volunteered at Hardrock
- Any medical certifications

To receive from your ASC:

- Directions to aid station, parking & tent setup
- Hours of operation
- Any supplies they're seeking to borrow
- Site-specific challenges, gear
- This manual!

Aid Station Timeline:

Finding Your Site: Some remote aid stations can be reached by vehicle, while others require hiking or backpacking. If needed, detailed maps for reaching each aid location can be provided. However, make sure you know how to find your way to your destination. If you have never been to the location, ask your ASC to assign someone who knows exactly where the aid station is to go out with you. Remember there are few road signs out on the 4WD roads in the San Juans, and one junction can look awfully similar to another! Looking for ribbons or other course markers is good, but not 100% reliable, since these may have been interfered with.

Course Markings: Please go out as soon as you are set up and make sure that the markers leading into and out of your aid location are still there. Course markers should be placed on the left side of the runners' path. Go as far out in both directions as is reasonable, up to a mile or two.

Opening: Aid station table gives an opening times that are guesstimated one hour before the lead runner's time in the CW direction. By staying in radio contact and following the progress of the run, you may be able to open your station later than anticipated in the schedule. When you open your aid station, post the Aid Station Signs in a conspicuous place so that runners, crew, and aid station people can refer to it.

Anticipate Arrivals: The Ham Radio operators should let you know when many runners have left the previous aid station so you can roughly anticipate their arrival times. If someone is taking a seriously long time (compared to other runners), you may have a potential problem. Mostly though, these runners will show up after simply having had a bad section. Your ASC will have a table showing the historical pattern of when runners arrive, so you can identify probable peak traffic hours.

Closing: The radio operators will communicate, using the amateur radio network, with the next aid station and let them know each time a runner leaves, so that they can anticipate his/her arrival. Keep track of the runners and advise Net Control of the departure of the last runner from your aid station.

At least one person from each team (typically the ASC) and a Ham Radio operator must remain at the aid station until the last runner reaches the NEXT aid station. That will ensure that a runner who may have an accident or simply does not have the energy left to make the next climb can return to the last aid station and get help. Before you pack up, take an inventory of your leftover supplies. Once packed, take a minute to do one final sweep of the area for any trash.

Food, Fluid, Shelter & Setting Up Camp

Location: If possible, locate a tent or sheltered area where runners can get out of the elements and warm up for a while. Make this area warm but not overheated - sweating and then going out into the cold again can be dangerous. Also, bear in mind that runners are likely to deposit mud and blood in your tent. If this worries you, bring old blankets along to cover the floor. If anyone appears seriously in danger of hypothermia, then have them crawl under a blanket or into a sleeping bag.

When setting up your tents, parking vehicles, and generally getting set up, consider what you will do in bad weather and at night. Try to select a spot where you will see the runners approaching while they are still a ways off. Try not to set up in a too exposed spot in case of lightning or high wind. Give space as reasonable for other people who may be using the forest (four-wheelers, hikers, llama riders, etc.).

Park your vehicles safely off the road so as not to obstruct other traffic - roads in the San Juans tend not to be too wide! If you have brought supplies to loan for the station, make sure to label them - don't count on your ASC's memory after an all-nighter!

Drop Bags: Runners are allowed to provide Drop Bags only for the seven aid stations designated on the chart. Aid station crews must transport them from the drop off at the Legion in Silverton to your individual aid station (and back). Not all runners will have drop bags, but some runners will not have crews and are relying on their drop bags for their entire support.

Set the bags in numerical order so you can quickly locate the correct bag when a runner comes in. If possible, place them in a shady spot to avoid overheating, and cover them to protect from potential rain.

When a runner arrives, locate his/her bag, open it if requested (fingers don't work too well in the cold!). Provide any other reasonable assistance the runner may require to use items in the bag. Make sure any recoverable items are packed and reseal the bag. Take recycling or trash as needed.

Place the bags in a single location until after you close the aid station. Then transport them to the American Legion so runners can pick them up after the run and notify the Aid Station Director that the drop bags from your Aid Station have returned. If any of your volunteers are heading back through Silverton before the station closes, consider sending the already-used drop bags back early with them.

Fluids: The most important fluid is water. Only a few aid stations have access to potable water. Some aid stations will cart containers of water from town, while others will filter stream water on-site. If the latter, please make this a priority to have plenty before runners begin arriving.

Tailwind is provided as the electrolyte replacement drink, and some should be pre-mixed for runners. Be prepared to fill the bottles the runners carry as well as provide cups of liquid on the spot. Each runner or pacer will use about 2-6 pints of water, and 1 or 2 cups of soup.

Bladder-type water containers can be tricky, and you may need an extra set of hands to fill or properly close them without spilling.

Many runners will want hot soup, coffee, or tea to drink. Instant coffee is great, as you can always shovel extra into a runner's mug - especially at night they will want caffeine. Try to keep hot water on the stove or in thermos bottles so runners don't have to wait for you to bring it to a boil. Cola is also very popular - water, sugar and caffeine, all in one handy container! Some runners prefer it defizzed.

Food: Food at remote aid stations will vary depending on access. If you are hiking in, we don't expect you to pack in 20 pounds of bananas! Some food needs to be thawed or prepared beforehand. Arrange the food on a table according to type, and label it. Make sure you know what your hot food, vegetarian, vegan & gluten-free offerings are. Remember, some runners will want to stop & chat, but others will want to grab what they can and hit the trail before their muscles seize up or they lose their courage.

A typical aid station menu includes:

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

Stations with vehicle access likely will also have:

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

Medical Emergencies & Drops

Runner Drops / Pulling a Runner: It may become necessary to consider pulling a runner due to their medical condition. Generally, if a runner is not fit to go on, they will feel so bad (weak, nauseated, tired) that they will pull themselves. Only your Aid Station Captain (or their designee) has the authority to cut a runner's wristband, signifying the end of their run.

Generally, runners will bring up the topic of dropping first, due to feelings of weakness, nausea, or fatigue. They may vocalize their worries about a medical condition. If so, have your aid station medical personnel check them out so that either a situation can be properly diagnosed and dealt with, or the runner can be professionally reassured of their ability to continue.

Unless you have a valid medical reason to do otherwise, encourage the runner to continue, as they will likely feel quite angry about quitting next day when they have recovered. In these cases, put together a plate with a variety of foods to tempt the runner with, even if they say they are not hungry. Sit with them and spend 10 minutes simply visiting, and talking about anything other than the run. Don't discuss their intention to drop, but distract with pleasant company and good food while they take some time to recover. If they persist in wanting to drop, engage your Aid Station Captain in the discussion. Tell them that they have all the time up until the mandatory cutoff time for your aid station to recover and get going again.

In rare cases, you may need to pull a runner despite their protests. All runners have committed to abide by the run rules, which includes the authority of Aid Station Captains and Medical Personnel to pull them for their own safety. In these cases, try to have the runner see that it is for their own safety, and for the safety of Search & Rescue personnel who might have to go looking for them. Finally, if the runner is being totally unreasonable, remind them that they can be disqualified from future Hardrock Hundreds if they do not comply.

Encourage runners who are on the edge of dropping to stay warm, eat and drink right up until the mandatory cutoff time. If there is even a chance they might recover, let them rest up, and see if their condition improves to where it is safe for them to continue. There are many stories of runners in a state of near collapse who rest for an hour or two, and then rise up like Lazarus and finish a run. There are also stories of those who go on while severely depleted and return to the aid station.

All runners will have been cautioned not to leave the run without advising a run official that they are doing so. Failure to account for runners who have gone home is the most common reason for unnecessarily activating Search & Rescue.

If a runner drops out, you may have to deal with how to get him/her transported to the finish. We have advised runners that there is no "limo" service. Keep them warm and dry, and tell them they will have to wait until a vehicle shows up. In the case of remote aid stations, the dropouts may elect to walk out or wait to go with the aid station crew if you have room.

Medical: There will be a Medical Briefing during the Volunteers Meeting on Thursday afternoon. Questions can be brought up and specific medical issues and symptoms will be discussed at that time. Volunteers with medical training may bring their own personal equipment to help evaluate runners' medical conditions (e.g., cuff and steth).

Follow the cardinal rule of First Aid: **If you have any doubt in your ability to provide the necessary aid, immediately seek out more experienced help.** All serious medical situations need to be reported to the Medical Directors, so they can monitor the situation and provide further assistance.

Most medical problems you will see will be minor: sunburn, blisters, sprains, abrasions and fatigue. Also, you will see runners in the later stages of the run who are extremely depleted in sugar and dehydrated. Later runners will usually be extremely fatigued and may be nauseated and vomiting. It is best to have them sit or lie down, get them warm, and try to get them to take sips of sugared and salted drinks. Do not let them go on if they are very confused or disoriented. Use the radio to get advice from a Medical Director if in doubt.

Common-sense approaches are the best. Use your instincts and experience, but when in doubt, keep the person warm, do not move if seriously injured, and **always get help through the ham radio network as soon as possible.**

IN ALL SERIOUS MEDICAL SITUATIONS, GET HELP THROUGH THE HAM RADIO NETWORK.

Emergencies: Every attempt has been made to have at least a trained EMT at each aid station, and you will have at least a standard first aid kit. Local Emergency Services are on-call during the run, and you can use your ham radio to call for help and real-time guidance. However, you are still largely on your own for emergencies, because it will take time for any help to reach you. Make sure to take care of yourself & fellow volunteers too - we don't want to have to be rescuing volunteers as well!

Serious Injury & Loss of Consciousness: If you are confronted with a person who is unconscious or semi-conscious, do not attempt to feed them or give them anything by way of mouth that they can aspirate (breath in). Keep the person warm and on their side.

If someone is injured, do your best to immobilize the injured part, and if there is swelling use ice. However, if the person is cold it is more important to keep them warm than to decrease swelling.

If someone is badly injured, do not move them, as you can do more harm than good. Keep them warm and wait for professional assistance.

Search and Rescue (S&R): Trained Search and Rescue units exist at the four towns. These all have been advised of the run, will be On Call during the weekend and are familiar with the area, weather and effects of high altitude. The RD (or his designee) has the sole authority to activate S&R so that our run communications and the S&R communications can be coordinated. Most times, after S&R is activated, the runner shows up at an aid station. We want to be able to halt S&R operations promptly if this occurs.

A local helicopter service has been briefed on the run, and each aid station has a designated helicopter landing zone. This service will only be activated as a last resource, and must be coordinated through the Run Director in Silverton. The service is expensive, and each runner will be responsible for the cost. However, in the case of a life-threatening situation it may be the only choice.

Keeping the Hardrock Green

A core value of the Hardrock Hundred 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. To reduce our impact, aid stations will be equipped with:

- A set of reusable cups, dishware and backcountry wash kit. No disposable dishware will be provided by the run.
- Three colors of bags for separating trash, recycling and compost. Your ASC will receive information on drop-off locations for each, with the default being the Legion in Silverton.

Ham Radio

Once the run starts, Ham Radio holds everything together. Past experience has shown that the most successful runs are those that have the best communications. Given the remote area we are operating in and the large distance, this is even truer for the Hardrock Hundred. This means that we need someone on the air, or on immediate call-up, at each aid station for the entire time your Aid Station is active.

The most important routine communication is the name, number, and time of each runner who arrives and each runner who departs your aid station. This should be passed back to the Net Control, so that we know approximately where each runner is at all times. Especially important here is to report runners who elect to drop out or who do not make the cutoff times and are pulled from the run. If they drift off to a motel and go to sleep, we might assume that they are still out on the course and eventually have to send Search & Rescue out to look for them unnecessarily. At the end of the two days, we must account for all the runners.

As much as is possible, coordinate with your radio operators to keep a list of when the runners passed through other aid stations before yours. This could be of great interest to crews who are trying to predict when & where to intercept their runners. Also, make a note of any medical problems a particular runner may have been suffering from, as reported by the previous aid station. This will allow your medical people to assess if the problem is better or worse.

For all routine communications, amateur radio transmitters must be operated by licensed amateurs. We expect that amateur operators will be present at aid stations for all communications. However, in an emergency concerning life safety, aid station personnel may operate radio equipment.

Pacers & Crews

After Ouray each runner is allowed a pacer. Runners 60 years and older are allowed a pacer for the entire run. Pacers can be exchanged at any crew access aid station. There are no pacer check-ins, bibs, or recording of pacer names. The aid station check in/out volunteer simply needs to note that a runner arrived/left with a pacer on their clipboard.

If you are working an aid station with crew access, be hospitable. Allow crews to access water or coffee if your supply allows. Some crews will want to get their runner's drop bag ahead of time. If you have time, chat with crews to learn in advance what their runner may need, and share what the aid station offers.

Set up so that there are clear boundaries for where & when crews can access their runners. Crews arriving early may want to 'camp out' in your tent(s) for hours before their runners arrive, especially if weather develops. Depending on your available space, you may need to politely but firmly ask them to wait outside or in their vehicles to make sure you have adequate space to care for runners in the station.

Beginning in 2016, all runners are required to carry a SPOT tracker during Hardrock. This tracking feed will be publicly available from the Hardrock website during the run, alongside the Hardrock Live! system fed by Ham Radio data. The SPOT tracking is a trial program, and the Ham Radio system is authoritative. There may be cases where the two tracking systems diverge on a runner's status, and you may need to reassure some worried crews.

Crew Rules at HRH Aid Stations

1. The aid station captain is in charge of the aid station. It is up to them as to how the aid station will be organized and where crews will be allowed.
2. Crews are allowed into the aid station tents only when their runner and pacer are present.
3. Pets are not allowed in the aid station tents. In your vehicle? Sure, but please keep them restrained at all times.
4. Children are allowed in an aid station only under the direct supervision of an adult. This includes the start/finish in Silverton.
5. Food, drink, blankets, medical supplies, etc. at the aid stations are provided for the comfort of and use by the runners and their pacers.
6. Crews are asked to help us protect the fragile environment that we utilize. Please pack out all trash and equipment when you leave.
7. There are no bathroom facilities at most aid stations. Please keep this in mind and help us protect this part of the country.
8. Cheering runners is encouraged, but excessive noise, raucousness, and partying are not part of an effective aid station. Please save your celebrations for when your runner crosses the finish line!
9. Pacers may meet their runner at CREW ACCESS AID STATIONS ONLY.
10. Parking restrictions apply. Follow the directions of volunteers on-site.
11. Crew may give runners aid within 400 yards of the aid station. Giving aid between aid stations or stashing aid along the course is prohibited.

Note: Runners are not allowed to take a ride in a vehicle where it advances their progress or compensates for runner error. If they do, they are considered to have abandoned their run. They will not be allowed to continue, and if they do, they will not be listed as finishers, and risk being barred from entry in future runs. Runners may, after checking into an aid station, rest and get warm in a **STATIONARY** vehicle. Once you have checked a runner out of the aid station, they may not return to the vehicle. If they do so, they will be **disqualified**.

Remember, runners are responsible and accountable for the actions and behaviors of their crews and pacers before, during, and after the run. We know sleep deprivation and stress can lead to disagreeable encounters, but please do your best to keep a level head and work any conflicts out on site. Having to report potential violations to the Run Director is both very rare and taken seriously.

Contact List

Run Director

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hardrock100-bresnan.net

Aid Station Director

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Board of Directors President

Kris Kern
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GPS Tracking Coordinator

Dr. Stephen Halvorson
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Trail Work Directors

Rick Trujillo
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Megan Finnesy
megan-dirty30.org

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Hardrock Website

<http://www.hardrock100.com>

Hardrock Facebook

<http://www.facebook.com/hardrockhundred>

Hardrock Email Listserv

<http://groups.yahoo.com/neo/groups/HR100/info>

During the Run

The Run Director can be contacted at the Silverton High School gym via the amateur radio network. There may also be a phone in the Silverton High School gym but there is no guarantee that it will be answered. If totally stuck, go to the finish line at the Silverton High School gym. There will be a designated responsible person there at all times.

Detailed Timeline

Monday, July 4, 2016

Time	What	Where	Comments
0630	Silverton Blue Ribbon 2, 5 & 10K Race	Memorial Park	Benefits Silverton Youth Center Memorial Park
1000	4 th of July Parade	Greene Street	Meet at Courthouse and dress in red, white, & blue
TBD	Rhubarb Festival	Memorial Park	
Dusk	Silverton fireworks show		

Sat, July 9, 2016

TBA	Trail Work	TBA	Contact Rick Trujillo or Megan Finnesy
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Sun, July 10, 2016

TBA	Trail Work	TBA	Contact Rick Trujillo or Megan Finnesy
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Tuesday, July 12, 2016

11:00	Powell & Hicks book talk on "Where The Road Ends"	Silverton Library	Powell & Hicks will discuss their new book and hold a Q&A session
1200	Future Hardrockers Games	Silverton School - West Side	Games for all the future Hardrockers!
1600	Q&A with Hardrock Veterans	Silverton School Public Arts Center	Panel Q&A about what is Hardrock
1730	Duane Smith, "The Real Hardrockers"	Silverton School Public Arts Center	Presentation and Q&A

Wednesday, July 13, 2016

1200-1600	Runner check-in	Silverton School Gym	
1400	Jenny Vierling Tailwind Nutrition Talk	Grand Imperial Hotel	Lessons learned developing Tailwind Nutrition
1500	Hardrock Board Meet & Greet	TBA	Meet the BOD
1600	Trail Discussion Q&A	Silverton School Multipurpose Room	Loooooong Trail Briefing
1930	"Kissing the Rock" Film	Silverton School Gym	Matt Trappe's 2015 HRH film. Free but donations appreciated to Joel Zucker Scholarship fund

Thursday, July 14, 2016

0800-1100	Runner check-in	Silverton School Gym	All runners must check in by 1100 hours or lose their entry in the run.
1200	Mandatory Runner Briefing	Silverton School Gym	
1315	Hard Block run	Silverton School Gym	Kids run around the block and kiss the Hardrock
1400	Volunteer & Medical Briefing	Silverton School Gym	All aid stations must be represented
1500	Drop bag deadline	American Legion	Also pickup location after the run
1800-2000	San Juan County S&R Fund Raiser Dinner	Grumpy's Restaurant	In Grand Imperial Hotel

Fri, July 15, 2016

0430	Breakfast	Local Restaurants-TBA	
0500-0545	Mandatory runner check-in	Silverton School Gym	Runners check in by 0545 or lose their entry
0600	Start	Silverton School Gym	

Sat, July 16, 2016

On-going	Still busy/info available	Silverton School	
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Sun, July 17, 2016

0600	Last official finisher	Silverton School	
0700	Runner and S&R status summary	Silverton School	
0900-1200	Awards banquet/ceremony	Silverton School Gym	

Most of all, remember to have a real good time.

Thanks for all your help and time!