



2017
Runners Manual
July 14-16, 2017

Part 1 Runner Information

Silverton, Telluride, Ouray, Lake City
Counter Clockwise Direction

A problem worthy of attack
Proves its worth by biting back

Attributed to Paul Erdős

Executive Rules Summary

We hope you read this manual in its entirety. But here is a summary of what we think are the important points! It is our goal to provide you a safe, well-organized and spectacular running experience. In order to do this we ask that you help us by abiding by these guidelines.

1. No Whining.
2. The Run Director has final authority on any question that may arise during the HRH.
3. You must leave each aid station by the posted cutoff time. If you return, it will be assumed you have abandoned your run attempt.
4. No littering.
5. No stashing of supplies along the course and no accepting aid except within 400 yards of a designated aid station.
6. You have agreed to be pulled for medical and safety reasons if it is determined that such action is in your best interest.
7. Aid Station Captains have the authority to act on behalf of the HRH run management.
8. Enjoy yourself!!!!
9. Pacers may meet their runner at **CREW ACCESS AID STATIONS ONLY** with two exceptions 1) for the CW direction, pacers are allowed to start pacing at Maggie if they hike in to the aid station on their own. 2) for the CCW years, pacers are allowed to start at KT if they hike in to the aid station on their own.
10. Parking restrictions apply. See [Section 4.2](#) of this manual.
11. You must kiss the **HARDROCK** upon your successful completion of the run.

Hardrock Hundred Runners Manual

2017

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Hardrock Hundred Changes for 2017

- Crew Access to Cunningham Gulch will likely be provided via a shuttle bus from the Old Hundred Mine. No crew vehicles will be allowed at the Cunningham Aid Station. ([Section 10.6](#)) Updates will follow, and with final instructions at the Runner Briefing.
- Crews visiting the Ouray Aid Station are requested to park in the [RV parking lot](#) on the south side of the aid station, accessible off of 9th Avenue. See [Section 10.3](#) for more details.
- New for 2017 - in the interest of runner and pacer safety, all pacers must check-in with aid station personnel and sign a waiver at the respective aid station where they intend to join their runner. This can also be done in advance at runner check-in in the Silverton Gym. Upon signing the waiver, pacers will receive a wristband. This wristband must be worn while on course with their runner. Please note, any pacers under the age of 18 will be also be required to have a parent or adult legal guardian sign their waiver. Read the full [Hardrock Pacer Policy](#).
- Runner tracking will be done in conjunction with [MAProgress](#) instead of with Trackleaders
- No drones will be permitted unless a permit has been secured through the Bureau of Land Management AND Hardrock Hundred Endurance Run ([Section 4.11](#)).
- Reminder: Hardrock will not supply electrolyte capsules at aid stations for runners and pacers.
- Crew Access to Chapman will be by hike-in only. No parking outside the designated area in Ophir is allowed. ([Section 10.1](#))
- Significant [road construction on Molas Pass](#) is expected this summer. Plan for daytime delays in both directions.

1. Introduction and Run Organization

Welcome to the twenty-fourth running of the Hardrock Hundred! This manual provides Hardrock Hundred runners and their crews with information to help in preparing for the 2017 run weekend and the run. We want to improve all aspects of the run, so please make notes (possibly mark up your manual and return it to [Charlie Thorn](#)) so that it can be improved for next year.

At the center of all run organization is the Run Director (RD), [Dale Garland](#). He has authority for all activities during the run and will work to ensure it goes smoothly. At all times during the run, he or his designee can be reached via the Amateur Radio Network or in person at the Start/Finish in the Silverton High School Gym, located at 12th Street and Reese near downtown Silverton.

Travel in the mountains is difficult - please try to solve problems locally, but contact the RD immediately when local solutions don't seem to be working. The RD has final authority on any question that may arise during this event. Prior to the run you can contact him at the addresses or numbers found in the [Contact List](#).

2. Runner Information

The following are some general notes to help runners prepare. However, nothing can prepare you as well as getting out on the course and becoming familiar with the terrain and run conditions. This manual, as well as the [course description](#), [images of the course](#), [profiles](#), [runner list](#), and other information are also available on the [Hardrock Hundred Home Page](#).

2.1 Other Reading

Apart from carefully reading this manual, other recommended sources of information are listed below. Also, [Part 3](#) of this manual is some historical information about finishers and course conditions.

1. [UltraRunning](#) magazine articles in the years 1992 to 2016.
2. Photos and reports from previous years' runs on the [Hardrock website](#).
3. [Colorado's Fourteeners, 3ed.](#) by Gerry Roach (Fulcrum, 2011). This climbers' book contains much information on the mountains and mountain safety.

2.2 The Course

The course is closed. That means that runners are required to follow the specified route. The course starts and finishes in Silverton. The start and finish will be at the Silverton High School Gym, located at 12th Street and Reese Street near downtown Silverton. The run will go counter clockwise this year. There are now scores of ultrarunners who have a good working knowledge of the course. Many of them are more than willing to lie about the course details and difficulty.

The 2017 course is similar to that of 2016 except run in the opposite direction. The detailed course description and course log is provided in [Part 2](#) of this manual.

All sections of the course are subject to change because of snow, avalanche damage, rockslides, politics, or other occurrences. These changes may not be known until the course briefings. It is the runners' responsibility to understand and follow any changes.

2.3 The Weather

The weather is a dominant factor for this run and can be at least as formidable as the terrain, remoteness, or high elevation. The run date is a compromise among competing weather factors. There is usually a period of a few days to weeks each year when the snow is generally gone, but the summer "monsoon" has not yet gotten into full swing – we've tried to hit this window.

The usual "monsoon" pattern is a daily weather cycle, starting in the morning with blue skies. As the day warms up, thunderheads build up and around noon intense electrical thunderstorms may commence, continuing until late afternoon or evening, at which time the thunderstorms abate until the next morning.

The Colorado Mountain Club advises climbers in Colorado's mountains to be off the peaks by noon. Since this may not fit in with your position on the course, you must use extreme caution. Always remember that the time limit is 48 hours. The long time limit 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.

Take comfort in the fact that these thunderstorms are widespread. If you are pinned down, chances are that other runners are too. Your position in the field will probably not change. Use the time wisely - eat, drink, stay warm, and rest. You will be able to run faster when the storm has passed. At the RD's discretion, Aid Station Captains can hold runners if weather conditions are considered too dangerous and prevent runners from continuing if not carrying gear appropriate for conditions.

It is our general opinion that the first fatality we may have will be from lightning! Several runners in past years have had direct contact with lightning and there have been several more near misses. We would rather that there never be a fatality or injury. In general, if caught in lightning, head to lower terrain as fast as you can. Before the start we will continue to give you warnings, cautions, updates, and suggestions regarding the exposure you must face when attempting this run.

Prepare for any amount of snow! We could even have snowfall just before the run. In 1992 we went back to Handies Peak in August, just a month after the run, and found six inches of new snow on the ground! In 1997 we had an ice and snowstorm during the run. Remember, there have been avalanche fatalities in Colorado in every month of the year except September.

2.4 Training

You are responsible for being trained well enough to endure these mountains safely. That is why we impose [entry qualifications](#) on runners. This is definitely a "post graduate" run, and not just a harder or higher version of some other trail hundred miler. It is up to you to devise a training program that will get you to Silverton in condition to participate in what can be a very enjoyable experience.

If you can only manage a limited amount of time on the course, we would suggest you pre-run one of the sections with more "exposure" (sharp drop-offs or snow). This will allow you to calibrate your ability to handle heights against this year's actual conditions. Charlie Thorn and others will be in the area ahead of time, finalizing and marking the course. A good way to learn about this year's course is to participate in this process. See the [Course Marking Schedule](#).

2.5 Service Requirement

The Hardrock Hundred has a service requirement for all starters. This can be satisfied by performing 8 hours of work in either 1) organization of an ultra, 2) service at an ultra (e.g. working an aid station), 3) work on a trail used by an ultra. Note that generic trail work is not acceptable - it must be a trail on which an ultra is run, and it must be coordinated with the Race Director of that ultra.

2.6 Route Finding

This is not an orienteering event. We intend that you be able to concentrate primarily on running. However, remoteness, weather, animals, and people problems on the course make this problematic at best. We will mark the entire course before the run. However, long road sections and maintained trails may not be marked at all. Cross-country sections will be marked more intensely. We will continue our trend over the past few years of less intense course marking with fewer flags along all course sections. The flags should be readily visible, even to those with red/green color blindness. The markers have reflective tags for night visibility. On some portions of the route we may also place colored engineer tape. Chalk may be used to mark other sections, particularly roads in towns. Runners are responsible for knowing the prescribed course and following it whether or not markers are present.

As required by our permit and for environmental reasons, the Hardrock is a closed course run. It is up to you to stay on course. If we have lots of snow (a distinct possibility every year), it is difficult to place some markers so that they remain visible. This is because the run is often at the time of maximum rate of snowmelt, perhaps as much as 6-12 inches per day! If we mark across a snowfield one day, by the next, the markers may have capsized and sunk below the surface due to softening of the snow.

2.7 Runner Tracking

[GPS Tracking](#) is required for all runners. This will facilitate our efforts to locate and access you more efficiently in a Search and Rescue operation, and recognizes the burden such efforts place on our multiple cooperating agencies across the vastness of the San Juan Mountains. It is by no means imagined to mitigate your risk or personal decision-making. The actual device will be chosen for its relatively small size, weight and simplicity of use. Your crew and others will be able to follow your progress through the web-based interface provided by [MAProgress](#). By accepting entry into Hardrock, you are agreeing to carry the tracking device. We are developing options to assist you with attaching the device to your running belt, vest, pack and possibly upper arm for optimal GPS reception. Please look for updates on our ongoing efforts. There is no cost to the runner. You will be issued the tracking device at check-in and will be required to return it after you have finished or withdrawn from the run. You are encouraged to write [Dr. Stephen Halvorson](#) with questions, comments, suggestions about your gear decisions and other aspects of incorporating the use of a GPS tracking device.

2.8 Fauna and Flora

The elevation range of this run (7,700 to 14,000+ feet) takes the runner through several climate zones. At lower elevations, 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 rule with these critters is to back off slowly, stand tall and raise your arms to appear larger. Try to avoid getting between any animal and its young. If you are attacked, defend yourself - a sharp whack with a stick might discourage the animal - after all, there is plenty of smaller prey out there.

2.9 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. While you are likely to be upset at that time, **you must inform the nearest Aid Station Captain** because they are the only people authorized to cut off your bracelet.

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.

2.10 Cutoff Times

Cutoff times will be strictly enforced. They are provided in [Section 7.2](#) as well as in the course description, [Part 2](#) and will be posted at each aid station, so there will be no ambiguity. The Aid Station Captain is given the authority to enforce the cutoff times. The following is the rule:

YOU MUST LEAVE THE AID STATION BEFORE THE CUTOFF TIME

If you want to go and lie on the ground outside the designated aid station boundary, it's up to you, but be advised that your chances of reaching (and hence leaving) any subsequent aid stations before their cutoff times are almost nil. If you "check out" and then come back into the aid station after the cutoff time, you are considered to have abandoned your attempt at the run. We do not like splitting hairs so finely, but wish to prevent past problems from recurring. These rules are being made clear to all, so that our aid station personnel (who also get tired and confused late at night) can concentrate on helping runners and not on sharpening their debating skills.

You are all experienced ultrarunners. We have developed these cutoff times based on previous years' results, and they are quite generous. If you miss the cutoff time your chances of finishing are low. Please try to be mature enough to recognize this. For those aid stations without cutoff times, you are responsible to get to and depart the next aid station within its cutoff.

Do not debate cutoff times with the aid station personnel! Even if you badger one of them into letting you go on, the Run Director still has the authority to deny listing you as a finisher. In addition, we may bar from future runs anyone who disobeys rules and threatens their safety or the safety of the Hardrock personnel. We have to convince the search and rescue organizations of four Colorado counties, as well as the administrators of five different tracts of federal land, that we are doing what is reasonably possible to make this a controlled event (note, we don't say "safe" event). If they are concerned that we are not taking reasonable steps, we may lose our ability to put the run on in future years.

2.11 Sacking Out

If sleeping is part of your strategy for completing the run, you are responsible for providing your own equipment. The sleeping bags and other facilities at the aid stations are brought by the aid personnel for their own and emergency use only. At many aid stations shelter is limited or non-existent. All available space is required for conducting essential aid station operations - do not occupy badly needed tent space while taking your siesta.

3. Preparing for Run Weekend

You will be able to concentrate better on having fun on run weekend if you have made all your preparations beforehand. The following notes may help.

3.1 Schedule of Events

Please be aware of what is expected of you at all times. See [Section 7](#) for a detailed schedule. If you have any questions about the schedule, please contact Run Director [Dale Garland](#).

3.2 Accommodations

You will need to arrange accommodations for yourself and crew for run weekend. There are adequate hotel, motel, bed and breakfast, and camping accommodations in Silverton and the other San Juan Mountain towns, but the choice is limited so make your plans early. See [Section 8.2](#) for the list of Chambers of Commerce.

3.3 What to Bring

Based on your experience and how you intend to run (solo or with crew), you will need to figure out what to bring with you. The weather is variable, and you are at high elevation. A good rule is to always take at least one more warm item than you think you will need. The 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. Think in terms of being stuck. If you are forced to spend extra time out in the weather, you will be much better off having carried extra clothing or a space blanket to help you keep warm. Don't take the attitude that "I won't get stuck" - it could be beyond your control, such as an avalanche or rockslide blocking the trail. A misstep resulting in a twisted ankle could mean a long, slow painful limp into the nearest aid station, possibly in a hailstorm. Hypothermia can be a killer, especially on tired bodies with no reserves left for generating heat.

PARTIAL GEAR CHECKLIST

Wind/rain suit	Dark glasses	Running pack	Emergency blanket
Warm-up suit	Flashlights	Gloves	Water bottles
Running hat/cap	Spare batteries	Sunblock	Extra drop bag gear
Whistle	Clothing for rain and snow and temperatures below freezing		

4. Crew and Aid Station Protocol

We are guests on National Forest, BLM, and private land through which we run. We have to share this land with other users so that we may all safely enjoy our weekend in the mountains. The following guidelines were prepared to help your crew if you decide to have somebody meet you around the course.

4.1 Do You Want a Crew?

Before deciding on a crew, you must understand that runners are responsible and accountable for all the actions and behaviors of their crew and pacers before, during, and after the run. Please consider carefully if you really want to have a crew for this run. It is different from all the other 100 milers, as travel in the San Juan Mountains may be difficult and dangerous, even in daylight and under good conditions. At night, in a snowstorm, even an experienced 4WD driver may be risking their life on some of the aid station access passes. Avoiding 4WD sections means that your crew is in for some long drives (over 100 miles to get from Ouray to Sherman, for example). Also, crew access is not allowed at some aid stations - this is part of the challenge of the run. Finally, runners are not allowed to accept aid between aid stations. Any runner who takes aid where they should not may be disqualified. We will try to make sure that, with the available aid station supplies and your drop bags, you will be able to compete without worrying about a crew.

This is not to say that we don't want your crews to enjoy the mountains - far from it. Part of the reason for coming to the area is to get up into the high country, but we would prefer that crews do it without the pressure of trying to beat runners to the next aid station, trying to meet schedules, etc.

4.2 Parking

Our permitting agencies (the BLM and USFS) have suggested that we reduce our impact on other users of the San Juans by limiting the number of vehicles accessing some of our aid stations - complaints have been received that crews were blocking or restricting the flow of traffic on some popular routes. Please remember that there are those traveling in the San Juans who may not know that Hardrock is going on. Please encourage your crews to be good ambassadors of our run and interact with these people in a positive and informative way."

Runners will be issued a single crew pass, allowing one vehicle to park at the Grouse Gulch and Chapman Gulch aid stations. Similar passes will be available to the media. The restricted area will be flagged, and each of these aid stations will have a traffic director. Any

vehicle can transit the area, but vehicles without a crew pass may be required to park multiple miles away from the aid station.

Crews are encouraged to share rides and carpool to the aid stations. We will designate pickup locations where crews or spectators in extra vehicles can await rides, and we will encourage crews that do have passes to pick them up. Pacers are not allowed to leave vehicles at Grouse, Chapman Gulch or the South Mineral Campground to be picked up after the run.

We have NOT asked our aid station personnel to wield a heavy hand in enforcement. However, our Aid Station Captains always have the power to recommend disqualification of runners whose crew behave badly or refuse to follow aid station rules. This policy will remain in force.

We ask all members of the "Hardrock Family" to be aware of and try to minimize their impact on other users of the "Alpine Triangle". This includes picking up after your pets. This is critical to our being able to hold the Hardrock Hundred in the future. For more details, see [Section 11.3](#), Keeping Hardrock Green.

4.3 4WD Basics for the Novice

4WD off-road vehicles are a necessity for reaching some parts of the course, and in any event much safer on mountain roads. They may be rented at a number of locations in the area. Advanced reservations are recommended. Also, please consider the smaller 4WDs because they are definitely easier to drive and park.

If you are unfamiliar with 4WD in general or your particular rental vehicle, make sure you get adequate instructions from the rental agency before venturing out into the backcountry. In particular, check the location and operation of all equipment needed to change a flat.

4.4 Giving Your Runner Aid

Runners may receive aid from their crew **ONLY** within 400 yards either side of those aid stations at which crew access is allowed. If your crew gets to an aid station early, we suggest they locate your drop bag, open it and check the contents, and set it out ready for use. Keep in mind that your crew must not interfere with the aid station volunteers and this means that crews are not allowed in the central core of an aid station unless their runner is present.

4.5 Runners in Vehicles

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 attempt at the 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 out of the aid station you may not get back into any vehicle. If you do so, you will be disqualified.

4.6 Drop Bags

Runners are allowed to provide six drop bags. We will transport them to Cunningham Gulch, Sherman, Grouse Gulch, Ouray, Telluride, Chapman Gulch, and (of course) the finish line. The American Legion building (11th and Greene) will be the drop bag drop-off site with a 1500 hours deadline on Thursday of run week.

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 Ziplock bag inside the main bag.

An aid station representative will pick drop bags up on Thursday after the Runners' Briefing and transport them to the aid station locations. We will do what we can to keep them dry but cannot guarantee that at any given aid station. After use, make sure any recoverable items are packed in the bag and that others are properly trashed. Place the bag at the designated location for transportation to the finish line.

4.7 Pacers

In 2017, pacers are allowed from Grouse to the finish. Pacers may also start or stop at crew access aid stations (Ouray, Telluride, Chapman).

Runners over 60 years old may have pacers for the entire run. Pacers may meet their runner **ONLY** at crew access aid stations except for KT where pacers can pick up runners if they hike the two miles from the parking lot at the South Mineral Campground. 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. Pacers may not continue unless accompanying their runner.

New for 2017 - in the interest of runner and pacer safety, all pacers must check-in with aid station personnel and sign a waiver at the respective aid station where they intend to join their runner. This can also be done in advance at runner check-in in the Silverton Gym. Upon signing the waiver, pacers will receive a wristband. This wristband must be worn while on course with their runner. Please note, any pacers under the age of 18 will be also be required to have a parent or adult legal guardian sign their waiver.

Read the full [Hardrock Pacer Policy](#).

4.8 "Muling"

While the old hard rock miners were invariably accompanied by a pack animal to carry supplies, Hardrock Hundred pacers are more for moral support than for physical. The Hardrock was developed as a test of the individual against the mountains. Most runners do this anyway, but a few feel it necessary to carry their competitiveness to extreme levels, and try to gain an advantage by shifting some of their load to a pacer. However, "muling" is a violation of the rules and spirit of Hardrock. For safety reasons we do not disallow pacers and, because we cannot see what you do out in the mountains, we trust your honor to not cheat on this in the same way as you would not short-cut, litter, or stash supplies out on the course.

4.9 What to Bring: Crew

It is just as important for your crew to bring adequate gear for their own safety and comfort as it is for the runners. The weather is variable and you are at high elevation. Also, they may be up all night and possibly out in the open, depending on their task. We will have enough problems taking care of the runners - let's not have to evacuate crew members! Although cell phone coverage is spotty in the San Juan Mountains, a cell phone is now a valuable piece of emergency equipment. To help you, here is a partial list of items you might need.

SUGGESTED GEAR CHECKLIST FOR CREWS

Poncho or rain suit	Warm-up suit	Headlamp/flashlight
Day backpack	Spare batteries	Water bottle
Pen and paper	Sunblock	Hat
Gloves	Parka or vest	Dry change of clothes
Snacks/meals	Fluids	Book/magazine to read
This Manual	Sleeping bag	Insect repellent
CORSTAR Card (Search & Rescue)		Road maps

4.10 Aid Station Menu

A typical aid station menu contains:

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

Stations with vehicle access will also likely have:

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

Hardrock will strive to have options for vegetarian, vegan, and gluten-free runners. However, the accessibility of some sites may limit selection. Runners with severe food allergies should be prepared with their own food, as cross-contamination is hard to prevent in the backcountry.

4.11 Drones and Aerial Devices

No aerial devices of any kind (drones, etc.) are allowed by any member (friend, pacer, crew, family, etc.) of a runner's team. Failure to comply with this could result in the disqualification of the runner from Hardrock.

5. Medical Hints for Crew

If you are out and about during the run weekend, whether supporting your runner or merely watching, you may come across a runner in serious difficulty. The following guidelines are similar to what we give to our aid station volunteers and may be of use to you, should the situation arise.

5.1 Recognize Your Limitations

The cardinal rule when providing first aid is to not hesitate to get help when you realize you cannot provide what is needed. Communications with medical personnel is your first requirement when dealing with a sick or injured person. All aid stations are equipped with a first aid kit and ham radio.

5.2 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 mouth that they can aspirate or breathe in. **GET HELP**, then keep the victim warm and on their side.

5.3 Injury

If someone is injured, but can get to the next aid station, either get them there or make sure they are warm and tell the aid station crew where the person is so that help can be arranged. If the person's injuries are such that they cannot be moved, do your best to keep the person warm and get help from the nearest aid station as soon as possible.

5.4 Serious Injury

If someone is badly injured, do not move them because you can do more harm than good. **GET HELP FROM THE NEAREST AID STATION AND KEEP THEM WARM.**

5.5 Minor Injury

Most medical problems you will see will be minor: sunburn, blisters, sprains, abrasions, and fatigue. In the later stages of the run, you may also see runners who are seriously depleted in sugar and dehydrated. They usually will be extremely fatigued and may be nauseated and vomiting. At the aid station, have them sit or lie down, get warm, and try to take sips of fluids they can tolerate. Get advice from a medical volunteer if in doubt. **Common sense approaches are the best. Use your instincts and experience, but when in doubt, keep the victim warm, do not move if seriously injured and ALWAYS GET HELP FROM THE CLOSEST AID STATION AS SOON AS POSSIBLE.**

6. Search and Rescue

Unfortunately, it may become necessary for you or your crew to interact with search and rescue organizations. If so, the following guidelines are provided. Regarding use of your GPS tracking device to initiate such a response, complete instructions will be provided in further correspondence and at the runner orientation during Run Week.

In Colorado, each county handles its own search and rescue because there is no statewide organization. In the four counties we run through, each sheriff's department is responsible for any S&R call-out in their county. They will call out volunteers, EMTs, etc., as appropriate. Each county is responsible for its own costs of conducting such operations. If they are unable to recover the costs from the person whose life is saved, it can be quite a burden on the county.

The Hardrock Hundred will be purchasing for every runner a [CORSAR Card](#) (search and rescue fund). They will be available at Runner Check-In. A portion of the fee for each certificate is used to pay for search and rescue operations. This may not pay for all of the costs of a complex operation, but at least the county will get something, and it does not have to come from your pocket - you are, after all, ultimately responsible. **It is highly recommended that crews and pacers purchase a CORSAR Card.** These can be purchased at sporting goods outlets throughout Colorado. **Also, remember that any and all search and rescue efforts can only be initiated by the RD or his designee.**

7. Detailed Run Week Timeline

The planned program is below. We are going to be working hard the two weeks or so before the run, finalizing and marking the course, and taking care of last minute details. If you are involved with these activities (or would like to be) coordinate with the appropriate person ([Dale](#) or [Brad](#)). The provisional trail marking schedule is in [Section 9](#) of this Runner's Manual.

Tuesday, July 4, 2017

Time	What	Where	Comments
0730	Silverton Blue Ribbon 2K, 5K, & 10K Race	Memorial Park	\$25 Benefits Silverton Youth Center
1000	4th of July Parade	Greene Street	Meet at Courthouse and dress in red, white, and blue
All Day	Rhubarb Festival	Memorial Park	
Dusk	Silverton fireworks show		

Saturday, July 8, 2017

Time	What	Where	Comments
TBA	Trail Work	TBA	Contact Rick Trujillo (rstrux-rmi.net) or Megan Finnesy (megan-dirty30.org)

Sunday, July 9, 2017

Time	What	Where	Comments
TBA	Trail Work	TBA	Contact Rick Trujillo or Megan Finnesy

Tuesday, July 11, 2017

Time	What	Where	Comments
1100	Garry Harrington book talk, " Chasing Summits "	Silverton School Library	Harrington will discuss his new book and hold a Q&A session
1200	Future Hardrockers Games	Silverton Sch, west side	Games for all the future Hardrockers!
1730	Duane Smith, "The Real Hardrockers"	Silverton School	

Wednesday, July 12, 2017

Time	What	Where	Comments
1000	Q&A with Hardrock Veterans	Silverton School	Panel Q&A about what is Hardrock
1100	GU Presentation	TBA	
1200-1600	Runner check-in	Silverton School gym	
1300	Real Athlete Diet (RAD) Presentation	TBA	
1400	Tailwind Presentation	TBA	Things you should know about our nutrition drink
1500	Hardrock Board of Directors Meet & Greet	TBA	Meet the BOD
1500	MAPprogress Q&A	TBA	SPOT Trace interactions with MAPprogress
1630	Hardrock Trail Briefing	Silverton School Multipurpose Room	Loooooooooong Trail Briefing
1630	Ultimate Direction's Hardrock Happy Hour	1813 Snowden St	Hang out in the social setting with the Hardrock Community
1930	Hardrock Film Festival	Silverton School	Film(s) about Hardrock

Thursday, July 13 2017

Time	What	Where	Comments
0800-1100	Runner check-in	Silverton School gym	All runners must check in by 1100 hours or lose their entry
1000	MAPprogress Q&A	TBA	SPOT Trace interactions with MAPprogress
1200	Mandatory runner briefing	Silverton School gym	
1315	HardBlock run	Silverton School gym	Future Hardrockers run around block
1400	Volunteer & Medical Briefing	Silverton School gym	Final briefing for all volunteers & medical staff
1500	Drop bag deadline	American Legion	Also pickup location after the run
1800-2000	San Juan S&R Pasta Dinner	Grand Imperial Hotel	Fundraiser for San Juan County Search and Rescue

Friday, July 14, 2017

Time	What	Where	Comments
0430	Breakfast	Local Restaurants-TBA	
0500-0545	Mandatory runner check-in	Silverton School gym	Runners not checked in by 0545 will lose their entry
0600	Start	Silverton School gym	

Saturday, July 15, 2017

Time	What	Where	Comments
On-going	Still busy/info available	Silverton School	

Sunday, July 16, 2017

Time	What	Where	Comments
0600	Last official finisher	Silverton School	
0700	Runner and S&R status summary	Silverton School	
0900	Awards banquet/ceremony	Silverton School	
1200	End of runner activities	Silverton School	

7.2 Aid Station Locations & Cutoff Times

Aid Station	Access	Mileage	Facility	Crew Access /Drop Bag	Absolute Cut-off Time
Silverton-Start	Auto	0.0	RDF	Yes/Yes	Fri-0600
Cunningham Gulch	Shuttle	9.2	RDFW	Yes/Yes	Fri-1045
Maggie Gulch	4WD	15.3	RFW	No/No	None
Pole Creek	Hike	19.6	RFW	No/No	None
Sherman	Auto/4WD	28.7	RDFW	Yes/Yes	Fri-2015
Burrows Park	4WD	32.5	RFW	No/No	None
Grouse Gulch	Auto/4WD	42.1	RDFW	Yes/Yes	Sat-0230
Engineer	Hike	48.6	RFW	No/No	None
Ouray	Auto	56.6	RDFW	Yes/Yes	Sat-0900
Governor Basin	Auto/4WD	64.5	RFW	No/No	Sat-1230
Virginius Pass	Hike	67.7	RFW	No/No	None
Telluride	Auto	72.7	RDFW	Yes/Yes	Sat-1645
Chapman Gulch	Auto/4WD	82.4	RDFW	Yes/Yes	Sat-2130
KT	Hike	89.0	RFW	No/No	Sun-0130
Putnam Basin	Hike	94.9	RFW	No/No	None
Silverton-Finish	Auto	100.5	RDFW	Yes/Yes	Sun-0600

Facility key: (R)adio, (D)rop bags, (F)ood, (W)ater, Times in military (24 hours clock) time.

RUNNERS MUST DEPART THE AID STATION BY THE CUTOFF TIME

Aid Station	Latitude	Longitude	Northing**	Easting**	Latitude**	Longitude**
Silverton-Start	37°48.663'***	-107°39.385'***	4,187,970	266,150	37°48.663'	107°39.385'
Cunningham Gulch	37° 47.611'*	-107° 34.680'*	4,185,900	273,050	37°47.649'	-107°34.648'
Maggie Gulch	37° 49.131'*	-107° 32.187'*	4,187,950	276,810	37°48.812'	-107°32.125'
Pole Creek	37° 48.180'*	-107° 28.400'*	4,186,550	282,250	37°48.134'	-107°28.396'
Sherman	37° 54.049'*	-107° 25.986'*	4,197,400	286,270	37°54.054'	-107°25.851'
Burrows Park	37° 56.218'*	-107° 27.642'*				
Grouse Gulch	37° 55.053'*	-107° 33.499'*	4,199,590	275,170	37°55.077'	-107°33.460'
Engineer	37° 59.156'*	-107° 36.277'*	4,207,170	271,320	37°59.114'	-107°36.230'
Ouray	38° 01.694'***	-107° 40.372'***	4,212,319'***	265,399'***	38° 01.694'***	-107° 40.372'***
Governor Basin	37° 58.928'*	-107° 45.675'*	4,207,190	257,530	37°58.910'	-107°45.641'
Kroger Canteen	37° 57.708'*	-107° 46.306'*	4,204,990	256,550	37°57.706'	-107°46.265'
Telluride	37° 56.099'*	-107° 48.379'*	4,202,130	253,370	37°56.109'	-107°48.376'
Chapman Gulch	37° 51.317'*	-107° 48.331'*	4,193,320	253,350	37°51.351'	-107°48.209'
KT	37° 47.531'*	-107° 47.555'*	4,186,220	254,100	37°47.528'	-107°47.553'
Putnam	37° 46.844'	-107° 43.863'	4,185,000'***	259,487'***	37° 46.844'***	-107° 43.863'***
Silverton-Finish	37°48.663'***	-107°39.385'***	4,187,970	266,150	37°48.663'	-107°39.385'

* Lat/Long data from Greg Hine

** Data from Rick Trujillo (UTM & Lat/Long Coordinates from Map Measurements (NAD CONUS datum) (Zone 13S)

*** Data from caltopo.com

7.3 Solar and Lunar Data, Mountain Daylight Time at Silverton, CO (W107°40', N37°49')

2017	July 14	July 15	July 16
Begin astronomical twilight	0410	0411	0412
Begin nautical twilight	0452	0453	0454
Begin civil twilight	0530	0530	0531
Sunrise	0600	0601	0602
Sunset	2033	2032	2031
End civil twilight	2103	2102	2102
End nautical twilight	2141	2140	2139
End astronomical twilight	2223	2222	2221
Moonrise		0001	0035
Moonset	1118	1220	1324
Fraction of moon illuminated (at midnight)	76%	66%	56%

Data source: <http://aa.usno.navy.mil/data/index.php>

8. Contact List

8.1 Run Management

The following is contact information for the run organizers. If you have questions regarding lodging or area facilities, please see the [next section](#).

Run Director

Dale Garland
195 Ball Lane
Durango, CO 81301
970.259.3693
970.769.2872 (C)
hardrock100-bresnan.net

Aid Station Director

Brad Bishop
1461 Edora Road
Fort Collins, CO 80525
303.946.9320
brad-hardrock100.com

Board of Directors President

Kris Kern
751 46th Street
Los Alamos, NM 87544
505.500.7248
kernkt-cybermesa.com

Course Director

Charlie Thorn
505.662.2397 (C)
505.695.6261 (C)
thorncha@gmail.com

Trail Work Coordinators

Rick Trujillo
rstrux-rmi.net

Megan Finnesy
megan-dirty30.org

Emergency Services Coordinator

Leo Lloyd
22 E. Animas Village Lane
Durango, CO 81301
970.799.2548
lloyd-gobrainstorm.net

Pacer Coordinator

Andrea Feucht
505.920.8848
a-andreafeucht.com

Runner Tracking Expert

Dr. Steve Halvorson
720.375.1846
stephen-hardrock100.com

Course Clearing Coordinator

Betsy Kalmeyer
falcons.14sf@gmail.com

Hardrock Hundred Website:

<http://hardrock100.com/>

Hardrock Facebook:

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

Hardrock Email Listserv:

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

8.2 Area Information

While you are in the area, plan on spending a little extra time enjoying the many summer activities. For help in planning your stay in the San Juans, here are some helpful contact addresses:

SILVERTON CHAMBER OF COMMERCE

414 Green St
PO Box 565
Silverton, CO 81433
970.387.5654
800.752.4494
<http://www.silvertoncolorado.com>

OURAY COUNTY CHAMBER OF COMMERCE

1230 Main St.
PO Box 145
Ouray, CO 81427
970.325.4746
800.228.1876
<http://www.ouraycolorado.com>

LAKE CITY CHAMBER OF COMMERCE

800 Gunnison Ave.
PO Box 340
Lake City, CO 81235
970.944.2527
<http://www.lakecity.com>

TELLURIDE TOURISM BOARD

Telluride Gondola Station
West San Juan Ave.
888.605.2578
<http://www.visittelluride.com>

8.3 During the Run

If you need to contact someone during the run, the point of contact is the Run Director, [Dale Garland](#). He may be reached at the Start/Finish area. **DO NOT** call his home phone number in Durango – you will just annoy his wife and he's not there!

9. 2017 Course Marking Schedule

This schedule is subject to change. For additional information, contact [Charlie Thorn](mailto:thorncha@gmail.com) (thorncha-gmail.com).

Marking and surveying the Hardrock course will be strenuous and provides participants the opportunity to acclimate as well as to see the course first hand. Runners not familiar with the course are strongly advised to participate. All participants are responsible for their own equipment, food, etc. These efforts will usually be full day affairs of hiking and running and may be conducted at a slow pace, so be prepared.

Below is the tentative schedule for surveying and marking the course. Interested runners and crew are invited to participate in all or portions of the effort. Although transportation for each day's efforts **MAY** be available, none is promised. The general plan is to meet at Charlie Thorn's house in Silverton, 1338 Reese St., at 7:30 am each day, unless otherwise stated. From there, we will go to the course section to be worked that day. Because the schedule will likely change, based on course conditions or personal quirk, persons interested in working on the course should coordinate the schedule the day before with Charlie in order to be sure the schedule is accurate. The porch in front of Charlie's house will serve as the course marking coordination point.

The shuttle drivers and their vehicles take considerable risk and expense. Common courtesy is to offer gas money to your driver.

This Schedule Is Subject to Change

Date	Course Section	Comments
Friday 6/30	Silverton to Cunningham Gulch Hiking miles = 10	Meet at 10AM at Charlie's house – 1338 Reese Shuttle vehicles
Saturday 7/1	Cunningham Gulch to Maggie Gulch Hiking miles = 7	4WD shuttle
Sunday 7/2	A. Maggie Gulch to Pole Creek to Sherman Hiking miles = 14 B. Burrows Park to Grouse Gulch Hiking miles = 10	Two sections marked concurrently. A Team marks road up to Burrows. 4WD shuttle
Monday 7/3	Engineers Pass Oh! Point to US 550 to Ouray Hot Springs Hiking miles = 10	4WD shuttle
Tuesday 7/4	None scheduled	Blue Ribbon 10K Run & 4th of July Parade in Silverton
Wednesday 7/5	A. Telluride to Virginus Pass. Hiking miles = 11 RT B. Governor Basin to Virginus Pass. Hiking miles = 9 RT	Two Teams working concurrently will meet on Virginus. A Team meet at 9AM at Telluride Town Park B Team meet at 9AM at Camp Bird Road base, Ouray
Thursday 7/6	A. Chapman to Wasatch Saddle Hiking miles = 8 RT B. Telluride to Wasatch Saddle Hiking miles = 11 RT	Two Teams working concurrently will meet B Team meet at 9AM at Telluride Town Park
Friday 7/7	Chapman to KT Creek Hiking miles = 8	4WD shuttle
Saturday 7/8	Mineral Creek to Silverton 14 miles	Auto shuttle
Sunday 7/9	Road Sections & Backup day if needed	
Monday 7/10	Road Sections & Backup day if needed	
Friday 7/14	Strip course	Contact Betsy Kalmeyer (falcons.14sf-gmail.com)
Saturday 7/15	Strip course	
Sunday 7/16	Strip course	

10. Directions to Crew Access Aid Stations

Except where otherwise noted, these directions are for finding the Aid Stations if you start in Silverton.

10.1 Chapman Gulch

4WD from Silverton. Take US 550 west from the south end of Silverton. Near MP 75, turn west onto the Ophir Pass Road. This intersection is marked with a large green sign. 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. Although rougher roads exist in the San Juans, this section is not for the faint of heart. If you would like to see your runner at Chapman Gulch Aid Station during the run, continue west past the intersection with the path where runners come out onto Ophir Pass Road. You must park in the designated lot in Ophir and hike back up Ophir Pass Road and to the aid station. Pacers may not leave their vehicles at the aid station. **There is NO crew parking along Ophir Pass Road.**

Alternate 2WD from Telluride. Alternate 2WD from Telluride. Exit Telluride on Main Street and go west about three miles to SR 145. Turn left (S) and go about 10 miles to the Ophir Pass Road. This intersection is marked with a green sign. Turn left (E) passing through the hamlet of Ophir, taking care not to lose your muffler on the speed bumps. Crews will be required to park at the designated location in Ophir and walk in to the aid station. Pacers may not leave their vehicles at the aid station. There is NO crew parking along Ophir Pass Road.

10.2 Telluride

Auto. From the courthouse in Telluride, go east on Colorado Ave (the main street) to the Telluride town park area. 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.

10.3 Ouray

Auto. Take US 550 over Red Mountain Pass to Ouray. Go to the north end of the main business district, and turn left (West) on 9th Ave. Follow it 2 Blocks, and it will curve to the right (North). Continue straight, and park in the gravel lot designated for RV parking to your right. The aid station will be on the west side of the park between the gazebo and restrooms.

10.4 Grouse Gulch

Auto. Take CR 2 NE from Silverton about 10 miles to a sign stating Picayune Gulch. Just beyond the sign and just before the Animas River Bridge turn left (NW) onto a dirt road. The aid station is on the flats southwest of the bridge and close to the main road. Only one vehicle per runner will be allowed to park at Grouse. You must have your runner's hangtag. Pacers may not leave their vehicles at the aid station.

10.5 Sherman

4WD. Take CR 2 NE from Silverton to Animas Forks (~11 miles) and continue on county roads over Cinnamon Pass (~5 miles beyond Animas Forks). Signs mark the road turns. From Cinnamon Pass, continue east toward Lake City approximately 11 miles to Burrows Park. **CREWS MUST NOT STOP AT BURROWS PARK AID STATION.** The Sherman turn-off is about 4 miles SE of Burrows Park. You'll know you're close to the Sherman turn when the road becomes significantly better at the bottom of the shelf road. Look for the BLM sign that faces Lake City. Turn sharply right (W) on the Sherman road, one mile to the BLM latrine and Cascade Creek trailhead where the aid station is located.

Alternate 2WD from Lake City. From Lake City, take SR 149 south to the turnoff to Lake San Cristobol road. Turn on the Lake San Cristobol road and continue past the lake to the end of the pavement. Continue on CR 30 about 14 miles to signed turnoff to Sherman. Go one mile to the BLM latrine and the Cascade Creek trailhead where the aid station is located.

10.6 Cunningham Gulch

Auto. Auto. Take CR 2 NE from Silverton 4 miles to Cunningham Gulch following the signs to the Old Hundred Mine Tour. Just after crossing the Animas River Bridge at Howardsville, follow the signs and traffic marshals to the parking area for shuttle boarding.

11.1 Crew Rules at HRH Aid Stations

The purpose of the Hardrock Hundred Aid Stations is to give each runner aid in their attempt to reach the finish line. As long as crews share this purpose they are welcome at the **CREW ACCESS** aid station. If a crew chooses to ignore the following guidelines then their runner is at risk of being disqualified.

11.2 The Hardrock Hundred 10 Crew Commandments

- 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 only when their runner and pacer are present.
- 3 Pets are not allowed in the aid station. In your vehicle? Sure, but please keep them restrained at all time.
- 4 Children are allowed within 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** except that, 1. for the CW direction, pacers are allowed to start pacing at Maggie Gulch if they hike in to the aid station on their own, and 2. In CCW years, pacers are allowed to start at KT if they hike in to the aid station on their own.
- 10 Crew may give runners aid within 400 yards of the aid station. Please do not go out on the course and give aid between aid stations nor should runners or their crew stash aid for runners along the course.

Crew Access Aid Stations for the Hardrock Hundred are:

Silverton, Chapman, Telluride, Ouray, Grouse Gulch, Sherman, and Cunningham Gulch

Remember, runners are responsible for and accountable for the actions and behaviors of their crews and pacers before, during, and after the run.

11.3 Keeping The Hardrock Hundred 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, the HRH:

- 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), Grouse, Sherman, and Cunningham in particular
- Is working to provide recycling during run week – look for information at the gym

It takes awareness and effort by **everyone**, runners, crews, volunteers, as well as spectators and media, to reduce the impact of the HRH. Here are some ideas to help the HRH 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
- Eliminate trail trash
 - Use reusable dispensers on trail and buy products in bulk
 - Keep track of your trash, particularly gel packs and wrappers
- Embrace cupless running
- Plan with your crew to reduce traffic to aid stations
- Bring your own reusable plates, cups, and utensils to the post-run breakfast
- Learn and Practice "[Leave No Trace](#)"
- Practice low-impact use of the wilderness during the HRH and 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. Runners will be prepared for it, help them be successful
- Limit cars to aid stations as much as possible
- Separate recyclables and make sure they get recycled.
- Compost food wastes
- Learn and Practice "[Leave No Trace](#)"

12. 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 by the Hardrock Hundred Endurance Run to San Juan Mountain High School seniors or to seniors from the region with a connection to the run. 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, the Hardrock Hundred organization, and friends and family of Joel. Donations can be sent payable to “**Community Foundation Serving Southwest Colorado**”, PO Box 1673, Durango, CO 81302. Include the words, "Joel Zucker Scholarship" on the memo line.