



# **2018**

# **Volunteers Manual**

**July 20-22, 2018**

**Clockwise**

**Silverton, Telluride, Ouray, Lake City**

**Rocks whereon greatest men have ofttest wreck'd.**

**- John Milton**

# Volunteers Manual

## 2018 Hardrock Hundred

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Welcome to the Hardrock 100 Endurance Run! If you have any special talents such as Emergency Medical training, loving to cook in the backcountry, having 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 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 overall Run Director, [Dale Garland](#), 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 [Aid Station Director Brad Bishop](#). Also look for a survey to come out in the weeks following the run.

### **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 reached 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, along with [Brent Hite](#), [Ben McGaha](#), and [Chris Depuy](#). [Mark Oveson](#) and [Dr. Stephen Halvorson](#) head up the live online tracking.

#### **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 will have at least an EMT-level person, 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.

This year will be the inaugural Hardrock Medical Volunteer Seminar on Thursday, July 19 at the Silverton Town Hall. The aim is to present current information regarding Ultramarathon medicine in general and also issues specific to the HRH. The focus will be on direct clinical care of the injured runner, incident management and preventative measures we have taken to protect the runners, pacers and local SAR. Contact any of them for more information and to register.

## 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 through community outings in the two weeks prior to the run, the entire course is cleared over just a couple days during and 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 [Aid Station Director](#) Brad Bishop 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, 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/Magazine	Headlight & Spare Batteries	Dry Clothes
Sunglasses	Sunscreen	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, and all volunteers are encouraged to attend. Aid Station Captains or their designated representative(s) must attend. A Medical Briefing will be included, and any last minute instructions and remaining volunteer needs will be reviewed.

*All volunteers are cordially invited to the Awards Breakfast & Ceremony on Sunday 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.

There are two types of service tickets: One-time and Perpetual

One-time tickets apply only for the next lottery held after they are earned and do not roll over. They can be earned by:

- Aid Station Captain: 1 Ticket
- Trail Work (Both Days): 1 Ticket
- Trail Work (Both Days) AND certified as a Trail Boss - 1 Additional Ticket to the Trail Work ticket
- Course Marking and Clearing: Tickets are awarded by the Course Director to those volunteers who have most contributed. Not all course marking and clearing volunteers will receive a Service Ticket.

Perpetual tickets accumulate, do not expire, and can be used in more years than one. They can be earned by Hardrock volunteer work such as marking the course, working an aid station, helping at check-in, helping sell merchandise, and serving on the various Hardrock organizing committees. At least eight hours of volunteer work must be performed to have that year count. Pacing or crewing a runner DOES NOT count toward these tickets, nor does representing a vendor if you are employed by them. One ticket will be awarded for every five years of volunteer work:

- 5-9 Years: 1 Ticket
- 10-14 Years: 2 Tickets (and so on)

Additionally, 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

	Miles	Se g	Clim b	Desc ent	Open Time	Lead	Avg 48Hr Pace	Cut Off	Access	Crew	Latitude & Longitude
KT	11.5	11.5	4069	-2749	Fri 0710	0810	Fri 0950	Fri 1245	4WD RFW	No	37° 47.531 107° 47.555
Chapman	18.1	6.6	2450	-2920	Fri 0820	0920	Fri 1250	Fri 1530	Auto 4WD	RDFW Yes	37° 51.317 107° 48.331
Telluride	27.8	9.7	3090	-4500	Fri 1010	1110	Fri 1640	Fri 1900	Auto	RDFW Yes	37° 56.099 107° 48.379'
Krogers	32.7	4.9	4390	-40	Fri 1140	1240	Fri 2000	None	Hike	RFW No	37° 57.708' 107° 46.306'
Governor	35.9	3.2	0	-2320	Fri 1200	1300	Fri 2100	None	Auto	RFW No	37° 58.928' 107° 45.675'
Ouray	43.9	8.0	48	-3148	Fri 1300	1400	Fri 2315	Sat 0315	Auto	RDFW Yes	38° 01.694' 107° 40.372'
Engineer	51.9	8.0	4575	-455	Fri 1510	1610	Sat 0400	None	Hike	RFW No	37° 59.156' 107° 36.277'
Grouse	58.4	6.5	1220	-2310	Fri 1625	1725	Sat 0730	Sat 1030	Auto	RDFW Yes	37° 55.053 107° 33.499'
Burrows	67.7	9.3	4188	-4308	Fri 1915	2015	Sat 1315	None	Auto	RFW No	37° 54.057' 107° 25.980'
Sherman	71.9	4.2	0	-950	Fri 1940	2040	Sat 1345	Sat 1630	Auto 4WD	RDFW Yes	37° 54.049' 107° 25.986'
Pole Creek	80.8	8.9	3210	-1390	Fri 2225	2325	Sat 1815	None	Hike	RFW No	37° 48.180' 107° 28.400'
Maggie	85.1	4.3	1340	960	Fri 2330	0030	Sat 2015	None	4WD	RFW No Crew Hike- In Pace	37° 49.131' 107° 32.187'
Cunning ham	91.2	6.1	1700	-3160	Sat 0110	0210	Sat 0150	Sun 0200	Auto	RDFW Yes	37° 47.611' 107° 34.680'
Silverton	100.5	9.3	2770	-3840	Sat 0340	0440	Sun 0600	Sun 0600	Auto	RDFW Yes	37° 48.663' 107° 39.385'

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 specialty “off-menu” dishes 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, Governor, 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 145 runners in the run. If possible, each Hardrock runner at every aid station should have a volunteer personally assigned to them (“concierge service”) 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 cookstoves 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 Sous Chefs. Important: if you run out of something, have your ASC note down the item & time of day. Runners will want food that balances with the weather. Cold weather = Hot food (soup, sandwiches); Hot Weather = Cold food (fruit, soda).

**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 will 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 typically 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 they are 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 yrs 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 could have been interfered with.

**Course Markings:** Please go out as soon as your site is 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 runner's path. Go as far out in both directions as is reasonable, up to a mile or two.

**Opening:** The [aid station table](#) gives opening times that are guesstimated one hour before the lead runner's time. 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. Post signs (Mileage, Cutoffs, etc) in a conspicuous place so that runners, crew, and aid station volunteers 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 chart showing the historical pattern of when runners arrive, so you can identify probable peak traffic hours.

**Closing:** The radio operators will communicate with the next aid station and let them know each time a runner leaves. 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 too exposed of a spot in case of lightning or high wind. Give space as reasonable for other people who may be using the forest (four-wheelers, hikers, 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 American 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 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 your 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 filter & treat plenty of water to have on hand before runners begin arriving.

Tailwind is provided as the electrolyte replacement drink, and some should be pre-mixed for runners. Make sure to know whether you have caffeinated or non-caffeinated Tailwind.

Be prepared to fill the bottles the runners carry as well as provide cups of liquid on the spot. Offer ice if available. 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 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 have been cautioned not to leave the run without advising a run official that they are doing so. Runners who have gone home without officially dropping 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:** This year will be the inaugural Hardrock Medical Volunteer Seminar on Thursday, July 19 at the Silverton Town Hall. The aim is to present current information regarding Ultramarathon medicine in general and also issues specific to the HRH. The focus will be on direct clinical care of the injured runner, incident management and preventative measures we have taken to protect the runners, pacers and local SAR. Contact any of them for more information and to register.

Questions can be brought up and specific medical issues and symptoms will be discussed at the seminar, or can be emailed to our [Medical Directors](#) any 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 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 sugary or salty 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 and do not move if seriously injured.

#### **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.
- 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 site is active.

The most important routine communication is the name, number, and time of each runner who arrives and 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**

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 Maggie where pacers can pick up runners if they hike the 3.25mi from the parking area at the base of Maggie Gulch Road by the toilets. 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.

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. Any pacers under the age of 18 will be also be required to have a parent or adult legal guardian sign their waiver.

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.

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 OpenSplitTime system fed by Ham Radio data. The Ham Radio system is authoritative, as sporadic GPS signals can show strange runner placements. 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 or the grounds outside? 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 (with special rules for KT).
10. Parking restrictions apply. Follow the directions of volunteers on-site.
11. Crew may give runners aid only 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.

## **Parking**

Our permitting agencies (the BLM and USFS) have asked us to reduce our impact on other users of the San Juans by limiting the number of vehicles at some of our aid stations - complaints have been received about 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 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 in the Ophir shuttle lot for the 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.

Parking will be especially observed this year. We have not taken a heavy hand in enforcement in past years, but the growth of the run and some blatant violations by vehicles associated with the run in recent years necessitate a response to prevent risk to our permit. Please review and help crews abide by the parking rules in Sections 10.1-10.6. Violations can result in suspension from the lottery in future years, revocation of media credentials, etc. Any penalties will be decided by the Run Director.

## **Media**

All media must be credentialed by Hardrock.

Media are allowed at all Crew-Accessible Aid Stations (Cunningham, Sherman, Grouse, Ouray, Telluride, Chapman).

Media are NOT allowed at or within 1 mile of non-Crew-Accessible Aid Stations (Maggie, Burrows, Engineer, Governors, KT) except with prior written permission by the Media Coordinator or Run Director. Your ASC will have a list of credentialed media for your site.

Absolutely **NO** access to the following aid stations under any circumstances:

Virginius Pass / Kroger's Canteen  
Pole Creek

**ABSOLUTELY NO USE UNDER ANY CIRCUMSTANCES OF AERIAL DEVICES INCLUDING DRONES**

## Contact List

### **Run Director**

Dale Garland  
195 Ball Lane  
Durango, CO 81301  
(970) 259-3693  
(970) 769-2872 (C)  
[dale-hardrock100.com](http://dale-hardrock100.com)

### **Aid Station Director**

Brad Bishop  
1461 Edora Road  
Fort Collins, CO 80525  
(303) 946-9320 (C)  
[brad-hardrock100.com](http://brad-hardrock100.com)

### **Board of Directors President**

David Coblentz  
3424 Urban Street  
Los Alamos, NM 87544  
(505) 695-4829  
[dave.coblentz-hardrock100.com](http://dave.coblentz-hardrock100.com)

### **Emergency Services**

Leo Lloyd  
22 E. Animas Village Lane  
Durango, CO 81301  
(970) 799-2548  
[lloyd-gobrainstorm.net](http://lloyd-gobrainstorm.net)

### **Co-Medical Directors**

Dr. Geoff Clover  
(720) 308-8220  
[geoff-hardrock100.com](http://geoff-hardrock100.com)  
Dr. Stephen Halvorson  
(720) 375-1846  
[stephen-hardrock100.com](http://stephen-hardrock100.com)

### **GPS Tracking Coordinator**

Dr. Stephen Halvorson  
(720) 375-1846  
[stephen-hardrock100.com](http://stephen-hardrock100.com)

### **Trail Work Directors**

Rick Trujillo  
[rstrux-rmi.net](http://rstrux-rmi.net)  
Megan Finnesy  
[megan-dirty30.org](http://megan-dirty30.org)

### **Communications Directors**

Steve & Shauna Blaylock  
[comm-hardrock100.com](http://comm-hardrock100.com)  
Brent Hite, Ben McGaha,  
Chris Depuy

### **Course Clearing Director**

Betsy Kalmeyer  
[falcons.14sf@gmail.com](mailto:falcons.14sf@gmail.com)

### **Technology Director**

Mark Oveson  
[mark.oveson-gmail.com](http://mark.oveson-gmail.com)

### **Media & Corporate Partnerships**

Oliver Fischer  
[oliver-hardrock100.com](http://oliver-hardrock100.com)

### **Course Director**

Charlie Thorn  
4501 B Ridgeway  
Los Alamos, NM 87544  
(505) 662-2397 (C)  
(505) 695-6261 (C)  
[thorncha-gmail.com](mailto:thorncha-gmail.com)

### **Digital Services**

Kayla Ferguson  
[kayla-hardrock100.com](http://kayla-hardrock100.com)

### **Hardrock Website**

<http://www.hardrock100.com>

### **Hardrock Instagram**

<https://www.instagram.com/hardrock100run/>

### **Hardrock Facebook**

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

### **Hardrock Email Listserv**

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

### **Hardrock Twitter**

<https://twitter.com/hardrock100>

## 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 Gym but there is no guarantee that it will be answered. If totally stuck, go to the finish line at the Gym. There will be a designated responsible person there at all times.

**Wednesday, July 4, 2018**

Time	What	Where	Comments
0730	<a href="#">Silverton Blue Ribbon 2, 5 &amp; 10K Race</a>	Memorial Park	\$20-30 Benefits Silverton Youth Center
1000	<a href="#">4<sup>th</sup> of July Parade</a>	Greene Street	Meet at Courthouse and dress in red, white, & blue
Dusk	<a href="#">Silverton Fireworks Show</a>		An annual tradition!

**Friday-Sunday, July 6-8, 2018**

All Day	"Cook Hardrock"	American Legion	Hardrock runners eat a lot and you can see how it all gets put together. Contact <a href="#">Brad Bishop</a>
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**Saturday & Sunday, July 14-15, 2018**

TBA	Trail Work	TBA	Contact <a href="#">Rick Trujillo</a> or <a href="#">Megan Finnesy</a>
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**Tuesday, July 17, 2018**

1100	Veterans Panel	TBA	Join Hardrock veterans for an informal Q&A session about what it takes to finish Hardrock
1200	Plogging Run	In front of Silverton Gym	Join us for a 2-3 mile run around Silverton as we get to know each other as well as clean up Silverton!
1500	GU Presentation	TBA	Learn about the historical connection between GU & Hardrock and the new developments at GU.

**Wednesday, July 18, 2018**

1000	Bill Dooper Remembrance	TBA	Please help us celebrate the life of Bill Dooper
1100	Women of Hardrock	TBA	Come hear what lady Hardrockers have to say about our Hardrock community.
1200-1600	Runner Check-In	Silverton School Gym	Come say hi to fellow runners, buy your Hardrock SWAG and visit with our great corporate partners.
1200-1600	Tracker Distribution (1/2)	Silverton School Gym	Pick up your SPOT locator. Bring your hydration vest so we can set you up.
1300-1500	<a href="#">Tailwind</a> Presentation	TBA	We're happy to have Tailwind as our hydration partner. Learn how they can help you!
1500	"The First Hardrocks: Gold and Silver in the San Juans" Presented by Terry Wallace.	TBA	2018 is Hardrock's Silver Anniversary. Join author & mineralogist Terry Wallace as he looks at Hardrock from a geophysical and historical point of view.
1630-1900	Hardrock Trail Briefing	TBA	Want to know about every turn, every stream crossing and every mountain? Here's your chance!
1630	<a href="#">Ultimate Direction's</a> Happy Hour	TBA	Ultimate Direction hosts Hardrock's Wednesday night tradition of libations and conversation.
1930	Trails in Motion Film Festival	Silverton School	Proudly hosting the Trails in Motion Film Festival.

**Thursday, July 19, 2018**

0800-1100	Runner Check-In	Silverton School Gym	<b>All runners must check in by 1100 hours or lose their entry in the run.</b>
0800-1100	Tracker Distribution (2/2)	Silverton School Gym	See Wednesday's Schedule for details
1200	Mandatory Runner Briefing	Silverton School Gym	The family comes together for the 1st time!
1315	HardBlock run	Silverton School Gym	This one's for the kids! Open to everyone from 2- 12.
<b>1400</b>	<b>Volunteer &amp; Medical Briefing</b>	<b>Silverton School Gym</b>	<b>All aid stations must be represented</b>
1500	Drop Bag Deadline	American Legion	Drop off any time TWTh until the deadline.
1800-2000	<a href="#">San Juan County S&amp;R</a> Fundraiser Dinner	Grand Imperial Hotel	Fundraiser for San Juan County Search & Rescue

**Friday, July 20, 2018**

0500-0545	Mandatory Runner Check-In	Silverton School Gym	Runners check in by 0545 or lose their entry
0600	Start	Silverton School Gym	
0900-1900	HardBlock Street Party	Hardrock Finish Line	We're all here so let's have a good time!

**Saturday, July 21, 2018**

Ongoing	Still busy/info available	Silverton School	
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**Sunday, July 22, 2018**

0500	The Golden Hour	Silverton School Gym	Hardrock Finish Line
0600	Last Official Finisher	Silverton School Gym	Hardrock Finish Line
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!***