



Tommyknockers Tale

Pt. 2

Camp Hardrock- Anyone who knows Hardrock knows that community is an important part of Hardrock. Camp Hardrock happens the week before the run and is filled with opportunities to come together to share stories and be with other Hardrockers. We're still putting the finishing touches on Camp Hardrock as we celebrate our silver (25th) running of Hardrock but we do have some things confirmed. Trails in Motion will be bringing their 2018 line up to Silverton. The centerpiece will be Hardrocker Adam Campbell's amazing story of recovery "In Constant Motion". Says Adam "I can't wait to see you guys and share the movie and stories with everyone!" Trail Sisters will also be back for their special panel discussion with the women of Hardrock. All in all it's gonna be a great camp!

Hardrock Strava Group –Hardrocker Andy Jones Wilkins would like to invite all of you to become part of the Hardrock Strava Group. Think of it as a high tech way to become part of the Hardrock community. Thanks Andy for setting this up for us!

Hardrock FM- Last year we started a way to share your favorite running and training songs with each other on our "Hardrock FM" playlist on Spotify. We'd like to invite you to share/add your favorite running and trail songs this year. We'll be sending out a google sheet to you soon to add titles and then we'll be sure to add those songs (as long as Spotify has them) to our playlist.

Avalanche Brewing-What would a celebration be without a malted beverage?? Thanks again to Austin Lashley and Avalanche Brewing for agreeing to brew a special anniversary edition of their Hardrock 100 Strawberry Rhubarb Gose beer for our anniversary. We can hardly wait!!!!

Hardrockers Give Back-We believe strongly that we should all be active members of the ultrarunning community and help each other out. It's important to know that you need to do 8 hours of volunteering at an ultra near you in order to run Hardrock this year. After you volunteer, be sure to have a representative of the event sign off on your form and get the form back to us.

Finally, in each edition of Tommyknockers we like to feature a part of our organization that we think helps make Hardrock a special event. This edition's feature is our Aid Stations.

Hardrock Aid station director EXTRAORDINAIRE Brad Bishop penned these words to describe Hardrock aid stations. "We know our wild & tough runners can make it through the loop with a minimum of care but our volunteers have so much fun serving you! While all 14 Hardrock aid stations (7 crew accessible) 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 site typically goes above and beyond with a specialty "off the menu" dish for runners. Look for pumpkin pies, pierogis, banana pudding, fried rice, brisket and plenty of other homemade treats to fuel your trip around the San Juans. Whether you need a quick grab 'n go or hour long system reset, we're here for you." Thanks Brad and the hundreds of aid station volunteers who help make Hardrock happen!!!

Ways to stay in touch with Hardrock: Just a reminder, the best 4 ways for you to keep up to date on what is happening with Hardrock are our [website](#), [Facebook](#), [Twitter](#) and [Instagram](#).

That's it for this month!! Please be in touch if we can answer any questions or if you need any more info.