

# TOMMYKNOCKERS TALE

## PT. 4



### Happy May!

The San Juans are shedding their blanket of snow a bit faster than we would like. We're already in mid-to-late June snow levels. Are we concerned? Well, maybe a bit. Is there anything we can do about it? Not really. We'll continue to monitor the weather and apprise you of any new news as we get it!



*View in Ouray on May 10*

### Chapman Crew Access:

If your crew plans on seeing you at Chapman Gulch this year, they MUST park in designated parking area in Ophir and take the shuttle to the aid station. No parking or drop-offs of any kind will be allowed along Ophir Pass Road. This is a biggie for us this year. We'll have more information for you as we firm up shuttle schedules.

### Cook Hardrock (Saturday/Sunday, July 7/8).

We'd love your help! We'll be making 70+ gallons of soup from scratch, 50+lbs of brisket, dozens of homemade pies, and much more!. If you're in Silverton those days and want to help, come by the American Legion (11th & Greene) anytime between 8a-8p. Email [Aid Station Director Brad Bishop](#) if you have questions.



### Parking & Drones

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 abide by the parking rules in Runners Manual when you get it. (see below) 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.

No drones will be permitted unless you have secured a permit through the Bureau of Land Management AND Hardrock Hundred Endurance Run.

### Sherman Shuttles - A Community Effort!

It is especially hard for us to arrange transportation for dropped runners from the Sherman Aid Station, as well as get drop bags back in a timely manner. Any runners who drop there may face a multi-hour wait for a ride out. Crews visiting Sherman - please check with the Aid Station Captain to see if anyone needs a ride before departing, or if there's a few bags you can bring back with you to Silverton.

### What flavors of gel and energy drink would you like to see at aid stations this year?

VOTE for up to 3 flavors of GU, and 1 each of caffeinated and non-caffeinated Tailwind. We'll announce the winners on June 8. If you know you won't be using either of the products, no worries, but then please leave the voting for those who will. Flavors are subject to availability from our partners, and limited aid stations may not have every flavor. Let [Brad Bishop](#) know if you have questions.

## Smile!!

If you haven't yet filled in the [Google Sheet](#) with your biography, please do so. We promise we won't laugh at your pics! The idea is to have your story show on our digital screens in the Silverton gym during Hardrock. If you have any questions or need more information, let [Kayla](#) (our digital media goddess) know.

## Runner Tracking

We're partnering again with MAPprogress to provide real-time satellite tracking of every runner. Take a quick minute to review our [Runner Tracking](#) page. As you envision your pack, expect to place your SPOT tracker on one of your shoulders - either in a built-in pocket, or using the velcro pouch we provide. You'll need to bring your hydration vest or whatever you are wearing while running when you check in so that we can properly fit you. Our official timing will once again be done by Hardrock Mark Oveson and Open Split Time.



OpenSplitTime.org

MAPprogress

## Runners Manual

Looking forward to seeing the complete 2018 Runners Manual? So are we! We're as busy as bees confirming mountains of dates & details. We promise it'll be published as usual shortly after Memorial Day.

## Help a brother and a sister out!

Please remember that in order to be part of the starting field at this year's Hardrock, you MUST complete 8 hours of volunteer service to the ultrarunning community and submit verification of it via our [Service Requirement Form](#) to [Blake Wood](#). The window for completing this service is between July of last year and July 1 of this year. Those who don't have their forms in by July 1 will be removed from the start list.

## Pacers Info

Having a pacer is a great way to share your Hardrock experience. Here are some reminders for those wanting to share your experience. Still looking for a pacer? Add your name to our [Matchmaking Spreadsheet!](#)



This year, pacers are allowed from Ouray on. Pacers may meet their runner ONLY at crew access aid stations (Ouray, Grouse, Sherman, Cunningham), except for Maggie Gulch. At Maggie Gulch, pacers can pick up runners if they hike the 3.25 miles from the parking at the base of Maggie Gulch Road.

Runners over 60 years old may have pacers for the whole run. Pacers must run at least the whole leg to the next crew access or specifically allowed aid station. No muling allowed.

Pacers must check-in with the aid station and sign a waiver. This can be done at the aid station or in advance at runner check-in in the Silverton Gym. Upon signing the waiver, pacers will receive a wristband, which must be worn while on course. Pacers under 18 are required to have a parent or adult legal guardian sign their waiver.

## Open up and say.....

*This month we highlight our Medical Crew. Many of you have never met them (which we think is great!), but rest assured that if you need medical assistance, we have a team of trained and experienced medical volunteers to assist you, led by Drs. Geoff Clover and Steve Halvorson. Each aid station will have medical coverage as well as access to a mobile medical crew to help with any emergency.*

*We also have one of the most experienced emergency service leaders anywhere-Leo Lloyd. Leo has led many emergency service training sessions around the globe, is an experienced mountaineer and is one of the most capable high altitude emergency service/search and rescue leaders available.*

*We are very fortunate to have Leo, Steve and Geoff making sure your medical needs are met. Even if you don't need them, say hi to them-they're great people!!*

