



## 2019 Camp Hardrock

### *“Mother Nature Always Bats Last”*

Welcome to the 2019 Camp Hardrock! Here is what’s happening this week. We hope you’ll enjoy your time in the San Juans and do some things that you may not necessarily do the week before a run. This schedule is fairly accurate but we’re not going to swear by it, as other events may pop up throughout the week. If things do change, we will post changes and additions to our social media sites (Facebook and Instagram) as well as post updates at the Hardrock Rock (Harmony Park @ 12<sup>th</sup> & Greene). The idea is to celebrate the Hardrock community, get to know each other, enjoy the surroundings and have an enjoyable week.

Camp Hardrock T-shirts (\$15) AND Smartwool shirts (\$30) are available at the Silverton Visitors Center and at the Chocolate Dog shop in Silverton. The money raised by the sales of these shirts will go in to the Hardrock Community Fund, which we will then donate back to the communities that we run through.

Please remember that the San Juan Mountains can be as unforgiving as they are beautiful! If you need a [Search and Rescue Card](#), you can get one at most outdoor shops in Silverton, Telluride, Ouray or Lake City.

Things you probably should bring: running shoes and clothes, baseball gloves, potluck goodies, and an attitude of guaranteed fun!

*Special thanks to our partners [Smartwool](#), [Altra](#), [Gu](#), [Tailwind](#) and [Ultimate Direction](#) for all their help and support making this week possible!!*

<i><b>Time</b></i>	<i><b>Meet at</b></i>	<i><b>What's happening</b></i>
<b><u>Sunday, July 14</u></b>		
<i>7:30 am</i>	<i>Silverton School</i>	<i>Supervised trail work</i>
Come out and help with fixing what Mother Nature messed up last winter. Contact James Varner, Hardrock Course Director for more information.		
<i>4:30 pm</i>	<i>Durango Outdoor Exchange (Durango)</i>	<i>Run/hike Meet and Mingle</i>
Join Hardrockers Dakota Jones and Anna Frost, Hardrock RD Dale Garland and 2019 Hardrock entrant Francois D'Haene for a little bit of exercise, a little bit of mixing and mingling and a whole lotta fun.		
<b><u>Monday, July 15</u></b>		
<i>TBA</i>	<i>On your own</i>	<i>Explore Lake City, Telluride, Ouray</i>
Go someplace that is off the Hardrock beaten path or that you've always wanted to visit but never had the time!		
<b><u>Tuesday, July 16</u></b>		
<i>8:00 am</i>	<i>The Hardrock Rock</i>	<i>Group Run</i>
Meet at the Rock for a group run and bonding experience. You don't have to be a Hardrocker to join us! Route and distance will vary		
<i>9:00 am</i>	<i>Coffee Bear</i>	<i>Hardrock coffee/mix and mingle</i>
Good Morning!!! Join us for a cup of Joe and some quality conversation		
<i>3:30 pm</i>	<i>Bent Elbow Restaurant</i>	<i>My favorite Hardrock memory roundtable</i>
Join us and share your favorite Hardrock story, and listen to others tell theirs.		
<i>5:00 pm</i>	<i>Golden Block Brewery</i>	<i>Hardrock Happy Hour</i>
Join us as we relive the day, share stories and get together at one of Silverton's finest brew pubs!		
<b><u>Wednesday, July 17</u></b>		
<i>8:00 am</i>	<i>The Hardrock Rock</i>	<i>Group Run</i>
See Tuesday for details		
<i>9:00 am</i>	<i>Coffee Bear</i>	<i>Hardrock coffee/mix and mingle</i>
See Tuesday for details		
<i>10:00 am</i>	<i>Silverton School</i>	<i>Walking Tour of historical Hardrock places</i>
So where did kissing the rock come from? Where are the humble origins of Hardrock located? Join us for a walking tour of all things Hardrock!		
<i>3:30 pm</i>	<i>Bent Elbow Restaurant</i>	<i>History of the San Juans</i>
Before there were Hardrockers, there were people who were really "wild and tough". Come here stories about them and the land they called home!		
<i>5:00 pm</i>	<i>Avalanche Brewery</i>	<i>Hardrock Happy Hour-sponsored by Gu Energy</i>
GU will pitch in to purchase the first round of drinks for everyone and celebrate their Hoppy Trails Energy Gel with giveaways!		
<i>6:30 pm</i>	<i>Silverton Town Hall</i>	<i><u>Trails In Motion</u> Film Festival</i>
We are happy to welcome back <a href="#">Trails in Motion</a> !! Join us as we present a series of running related films that are part of the 2019 Trails in Motion national tour.		

## **Thursday, July 18**

8:00 am                      *The Hardrock Rock*    *Group Run*

See Tuesday for details

8:00 am                      *Silverton Town Hall*    [Medical Symposium\\*](#)

Hardrock presents our annual medical symposium. Preregistration is necessary but there may be a few walk up spaces left. This is an all-day symposium

9:00 am                      *Coffee Bear*    *Hardrock coffee/mix and mingle*

See Tuesday for details

10:00 am                      *Silverton Visitors Center*    *Hardrock Games (Field Day)*

Come one, come all - games for kids and adults!! Join us for a good ol' fashioned field day!

10:00 am                      *Silverton Visitors Center*    *Hardrock community softball game/tournament*

Batter up!! Who says runners can't move laterally and throw in a straight line? This should be hilarious!!

1:00 pm                      *Silverton School*    *Walking Tour of historical Hardrock places*

See Wednesday for details

3:30 pm                      *Bent Elbow Restaurant*    *Women in Ultrarunning panel*

Come and listen to ladies of Hardrock share their stories as well as discuss what the future of ultrarunning could and should be for women!

4:30 pm                      *Eureka Saloon*    *Hardrock Happy Hour sponsored by Gu Energy*

GU will pitch in to purchase the first round of drinks for everyone and celebrate their Hoppy Trails Energy Gel with giveaways!

## **Friday, July 19**

7:00 am                      *The Hardrock Rock*    *Ceremonial start of Hardrock/Hardblock Run*

We'll let you sleep in a bit this year! We'll do this in 2 groups-first the kids then everyone else!

7:15 am                      *The Hardrock Rock*    *Fat Ass Run*

Where are we going? We're not quite sure! Will there be the same quality aid stations that we're known for? Not a chance! Will we get to see some cool country? You bet! Distances from 5mi up to 20mi.

9:00 am                      *Coffee Bear*    *Hardrock coffee/mix and mingle*

See Tuesday for details

2:00 pm                      *The Hardrock Rock*    *Silverton scavenger hunt*

We'll give you a list of places to go and things to find - then we'll turn you loose on the town! Kids and adults can play!

5:00 pm                      *Silverton Memorial Park*    *Hardrock community Potluck*

Nothing says family like a meal! Let's all come together to share what Hardrock and the San Juans mean to each of us! Hardrock will bring the main dish and nonalcoholic drinks.

Veterans - bring sides

Elses - bring desserts

Nevers - bring fresh fruits/veggies

Volunteer/Prospective Hardrock/Community Member/Etc - bring whatever dish you'd like!

***Have a safe trip home and we'll see you in 2020!!!***