



Tommyknockers Tale

2019 Vol 2

Snow Update-Last month we updated you on how much snow the San Juans have received. As of this writing, the snow amounts are still above average. While it's somewhat instructive to look at snow depth, we are also very interested in knowing how much water is in the snow. We monitor Snow Water Equivalent (SWE) measured at the [Red Mountain Snotel site](#). Using this site gives us a better snapshot of the snowpack.

Camp Hardrock- Anyone who knows Hardrock knows that community is one of our highest values. Camp Hardrock happens the week before the run and is filled with opportunities to come together to share stories and be with other Hardrockers. As of this writing, we're still putting the finishing touches on this year's Camp Hardrock:

- [Trails in Motion](#) will bring their 2019 lineup to Silverton
- [Trail Sisters](#) will also be back for their special panel discussion with the women of Hardrock
- There'll be plenty of opportunities to pitch in, between course marking, aid station prep and much more!

We'll keep you informed as we continue to add things to make your stay at Hardrock a more complete experience.

Medical Symposium-We hope you saw the news that the 2nd annual [Hardrock medical symposium](#) will be held on Thursday, July 18th. This symposium is intended to bring together medical professionals who are interested in and want to further their medical knowledge in ultra distance and/or high altitude events. If you know of someone who may be interested in attending, [Register Here](#) or contact Symposium Director, [Dr. Tim Durkin](#).

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 that you 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 Service Requirement form](#) and get it back to us.





Hardrock FM- Last year we continued 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.

Runners Manual: We know some of you are already looking forward to this year’s Runners Manual. We’re in the process of checking it over, confirming schedules and details, and look to have it released by Memorial Day. Thanks for your patience!

A little bit about you- Let the Hardrock community know a little bit more about you. [Please fill out our survey](#) if you haven’t already. It will be posted on our digital screens in the Silverton School Gym, so send us your best pic. We won’t sell or share this information with anyone, we promise!



Thanks to our corporate partners!!- Hardrock is blessed to have a great group of corporate partners! Each month we’d like to let you know a little bit about them. This month partner feature is our presenting sponsor, [GU](#).

Hardrock and GU have a relationship dating back to the 1990’s when GU founder Dr. Bill Vaughan’s daughter Laura participated in and was the first female finisher in 1997. GU encourages us all to GU for it! By eating the right nutrients, in the right amounts, at the right time; we build our muscles, mend our bodies, and optimize our performance. Hardrock is happy and grateful to have such a dynamic and generous partner!!

This edition’s featured part of our organization that we think helps make Hardrock a special event 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 15 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 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: The best 5 ways for you to keep up to date on what is happening with Hardrock are our [website](#), [Facebook](#), [Twitter](#), [Instagram](#) and [Yahoo! listserv](#).



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