



TOMMYKNOCKERS TALE PT. 3

Happy Spring!!

Topping the news this month is the big question of [the status of the 2019 Hardrock](#). In case you missed it, we will try to have something definite to share with you by the second week of June. Stay tuned.

The Lucky 145

If you have wait listed friends and fellow runners who are asking you if you are feeling ok or if you'd like to go for a night training run down a dark alley be aware that their motives may not be totally altruistic! If for some reason you find yourself unable to join us in July, please let us know as soon as possible. The people on the wait list would love to take your place!

Hardrock and Runner Tracking

As most of you are aware, part of your Hardrock entry fee goes toward providing you, your crew and your friends and neighbors the use of a [SPOT tracking device](#) that you will wear during this year's run. The benefits and advantages are many. Once again we are happy to partner with [MAPprogress](#) and [OpenSplitTime](#) to provide you accurate and up to date coverage.



Part of the success of runner tracking is where you wear your device during the run. We ask that the device be worn on your shoulder so satellite transmission is optimized. As you begin to think about what you will be wearing during Hardrock, please plan for allowing space for the tracker. Also, please plan on bringing your vest or whatever you plan on wearing throughout Hardrock to Runner Check-In with you.



Runners Manual

Looking forward to seeing the complete 2019 Runners Manual? We're as busy as bees confirming mountains of dates & details. We promise it'll be published as usual shortly by mid June.

Cook Hardrock

In preparation for the 2019 Hardrock, we'll be making 70+ gallons of soup from scratch, 50+ lbs of brisket, dozens of homemade pies, and much more! Our main cooking weekend will be July 5-7 at the American Legion in Silverton, and more news about pre-run opportunities to help will be coming soon!

Tailwind and GU flavors

We are fortunate to have 2 great partners in the nutrition area of Hardrock. Tailwind and GU both want to make sure they are meeting your needs. [Take our survey to let us know your flavor preferences](#), and we'll have the top picks at our aid stations this year.



Smile!!

If you haven't yet filled in the [Google Form](#) 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, let [Kayla](#) (our digital media goddess) know.



Hardrock Happy Hour

If you're in the Denver area during the Outdoor Retailer show next month, we'd like to invite you all to the 2nd annual Hardrock Happy Hour on Thursday, June 20th, 6p put on by [Berkeley Park Running Co](#) (4568 Tennyson, Denver). Thanks Chris and Philip for helping getting all the Hardrock community together!

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](#). The window for completing this service is between July of last year and July 8 of this year. Questions? Get in touch with [Blake](#). Those who don't have their forms in by July 1 will be removed from the start and wait lists.

What is that you say?

This month's featured part of the Hardrock organization is our [Communications](#) group. As you might imagine, maintaining a solid communications network in our environment is no small feat (no pun intended). This dedicated group of volunteers serves a multitude of functions and we couldn't do what we do without them.

They are responsible for the placement and operations of multiple radio transmission repeaters, coordinating and conducting radio transmissions between field operations and headquarters, and serve as an integral part of our emergency services plan. Our ability to keep track of you and being prepared to respond to any type of emergency we or you encounter is greatly facilitated by their efforts. Thanks Communications, you're the best! KDOPUM out!



That's it for this month! Keep up with us on our [website](#), [Facebook](#), [Twitter](#) and [Instagram](#) pages for all that's happening as we get ready to see you all in July!!!