

# Tommyknockers Tale

(an update on what's happening at  
Hardrock)

## Pt. 2

**COVID-19 Update** - On April 16th, the state of Colorado gave the counties a lot more discretion in how to manage COVID restrictions. We are in the process of putting together a COVID mitigation plan that we will be presenting to county governments and public health agencies in the near future. Stay tuned.



**Camp Hardrock** - Anyone who knows Hardrock knows that community is especially important for us. Camp Hardrock happens the week(s) before the run and is filled with opportunities to come together to share stories and be with other Hardrockers. Assuming the best for pandemic restrictions, we're still putting the finishing touches on our schedule for the 2021 edition. ([Check out what we did last time around.](#)) Stay tuned, it promises to be a great week!

**Runner Bios** - Remember to turn in your [runner bio](#) information. Not only will this help us with getting the necessary information to our runner tracking company ([MAPProgress](#)) but also will look great displayed at the Start/Finish to help other members of our community get to know you a bit better. We promise we won't sell or distribute your information!

**Stay in Touch** - The best ways for you to keep up to date on what is happening with Hardrock are our [Website](#), [Facebook](#), [Twitter](#), [Instagram](#) & [Google Group](#).



**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](#).**

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 regardless of site typically goes above and beyond with a specialty "off the menu" dish for runners. Assuming COVID allows our full level of service, 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.

Our aid captains bring a bundle of enthusiasm & experience - look forward to meeting them on your journey:

Cunningham - Andrew Place (5<sup>th</sup> Year)  
Maggie - Amanda Grimes (1<sup>st</sup> Year)  
Pole Creek - Mike & Courtney Denton (7<sup>th</sup> Year)  
Sherman - Martha Levine (4<sup>th</sup> Year)  
Burrows - Jennifer Rita Kempfert (4<sup>th</sup> Year)  
Grouse - Julie Blanda (1<sup>st</sup> Year)  
Engineer - Brian Culmo (2<sup>nd</sup> Year)  
Ouray - Chris Gerber & Kari Fraser (4<sup>th</sup> Year)

Governor's - Eric Schmidt (25<sup>th</sup> Year)  
Kroger's - Joe Grant (1<sup>st</sup> Year)  
Telluride - Magdalena Casper-Shipp (1<sup>st</sup> Year)  
Chapman - Dawn Lisenby (1<sup>st</sup> Year)  
KT - Dave Pearson (22<sup>nd</sup> Year)  
Putnam - Mark Oveson (2<sup>nd</sup> Year)  
Finish - John Fegyveresi (3<sup>rd</sup> Year)



### **Partner Highlight: Ultimate Direction**

[Ultimate Direction](#) has been with Hardrock for many years. This year they would like you to know about their new hydration vest. They recently announced the launch of their upgraded [Fastpack and FastpackHer](#) line of packs which provide all the thoughtful features needed to move fast and light on the trail - from hiking to running, and from setting Fastest Known Times (FKTs) to overnights and day hikes.



To meet backcountry runner and hiker demands, the Fastpack and FastpackHer fit like a vest with gear and hydration storage up front but distribute weight like a pack. Capacities available range from 20L to 40L to effectively support each type of trail adventure with a very lightweight setup and enough storage for backcountry gear.

"We're delighted that with these improved features, we're advancing Ultimate Direction's self-propelled ethos and vest-fit DNA." commented Allison Juhasz, Senior Designer at Ultimate Direction

***That's it for this month!!***

***Please be in touch if we can answer any questions or if you need any more info.***