



Tommyknockers Tale May 2023 Edition

We try to keep this short, sweet and entertaining. If there is anything in here that you need more information on or are curious about, just reach out to us at dale@hardrock100.com.

Important dates of note !!!

We've officially made the turn from winter to spring. Here are some important dates coming up:

- Thurs, May 18th *Crewing Hardrock* zoom. 6 pm MDT. Here's the [zoom link](#) and link to submit your [questions](#)
- Tues, June 1st Deadline for [your biography](#) form to be filled in
- Tues, June 1st Deadline to receive refund if you decide to withdraw from this year's Hardrock
- Early June Camping Hardrock RSVP sent out
- Early June 2023 Runner's Manual available
- Sun, June 18th Deadline to submit [service requirement certification](#)



Crew Q & A

Thanks to all of you who attended the veterans Q&A last month. This month's session (May 18, 6 PM MDT) will be on crewing Hardrock and will feature members of veterans crews, HRH aid station captains as well as runners. Here is the [link](#) to this month's meeting. If you'd like to ask a question, feel free to add it [here](#) .

Runner tracking

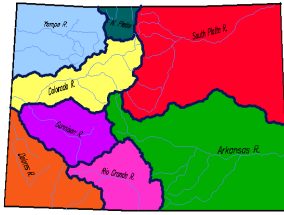
For the 3rd year, we are excited to be working with [MAPprogress](#) to track your [progress](#) and share your adventure with friends and family. That is the reason for us asking you to submit your [runner bio](#) information. ***We also would like you to bring the hydration vest or other runner's pack you will be using with you during Hardrock when you check in.*** Don't worry, we'll be reminding you of this a few times before July!

Hardrock Gives Back

One of our beliefs is that as ultrarunners, we're all in this together. We ask that each of you find an ultra in your area and volunteer for 8 hours. This requirement needs to be [documented](#) and returned to us NO LATER than June 18, 2023 in order to retain your entry in this year's run.

The HRH Run Committee

We're pleased to introduce you to our [Run Committee](#) Now, we may be biased, but we don't think there is a better group of people to work with toward making Hardrock the event that it is. Coordinating Hardrock is a passion and a labor of love for this fine group of people and they have cumulatively organized 269 Hardrocks among them.



What about the snow???

We continue to answer questions about the snow levels on the course. We are monitoring both snowpack and snow water equivalent. May will be a critical month and hopefully we'll see changes in both. Needless to say, we won't have to worry about the course being dry and dusty! In case you missed it, here is the latest [information](#).

Camping Hardrock

We are happy to announce that we will once again be offering free camping at Kendall Mountain ski area this year. Camping will be available starting on Wednesday, July 12th. We will have 150 camping spots and 30 sprinter spots available first come, first serve. Watch for a RSVP hitting your inbox in the next couple of weeks.

Trail Work Weekend

Sometimes Mother Nature can be really hard on our course. Trevor Peterson, Hardrock's trail work coordinator, would like you to know that the weekend of July 8/9 will be our annual trail work weekend. If you'd like to know more about that weekend or would like to help out, let us know [here](#).

Trail orientation schedule

And while we're on the subject of trails, we would like to invite you to join us on our trail orientations hikes starting at the end of June. These hikes are designed to allow you to see the Hardrock course up close and personal and will be led by veteran Hardrock runners. Here's the schedule of hikes as of this edition of TT

- Friday, June 30-Silverton to Maggie Gulch
- Saturday, July 1-Maggie Gulch to Sherman townsite
- Sunday, July 2-Burrows Park to Animas Forks
- Monday, July 3-Ouray to Oh Point
- Wednesday, July 5-Governor's Basin to Telluride
- Thursday, July 6-Telluride to Chapman Gulch
- Friday, July 7-Chapman Gulch to S. Mineral Creek
- Tuesday, July 11-S. Mineral Creek to Silverton

2023 Runners Manual

We are aiming for the release of the 2023 Runners Manual around the end of this month. If you'd like to get a preview of what you can expect, here is the [manual](#) from last year.



Hardrock FM

We all have those special songs we like to listen to while running or get us psyched to run, why not share them with the Hardrock community?. We invite you to share/add your favorite running and trail songs this year. Let us know your favorites [here](#) and then we'll be sure to add those songs (as long as Spotify has them) to our playlist.

Ways to stay in touch with Hardrock:

Just a reminder, the best ways for you to keep up to date on what is happening with Hardrock are our [website](#), [listserv](#), [Facebook](#), [Twitter](#) and [Instagram](#).