



Monday Memo June 23, 2025 Edition

Happy summer!!!! 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.



Course Orientation Hikes

This week starts our course orientation hikes. These hikes are open to you, your family and your crew. These hikes are designed to allow you to see the Hardrock course up close and personal and will be led by veteran Hardrock runners. See the [Camp Hardrock](#) schedule for a bit more info and the schedule.

Bear Creek (Ouray) Trail Closure

As long as we are talking about the course, we'd like to remind you that the Bear Creek (Ouray) Trail is closed during the week. If you'd like to train on that portion of the course, it is open on the weekends.



RHUBARB PIE!!!

After a 2 year hiatus, the famous Silverton Library Rhubarb Pie Fundraiser is BACK! If you're a fan of both amazing pie and public libraries (which conservatively covers about 99% of the world's population) and will be in Silverton by July 3, GET ON IT. [ORDER HERE](#) by June 25th.

Your Bio

Let's give the HRH [livestream](#) announcers to talk about and something for [MAPprogress](#) to put on your public profile. [Please take a couple of minutes and let us know a little bit about Y-O-U.](#) What are you looking forward to this summer? What should we know about you?



Pacer/Runner Matchmaking GoogleSheet

Need a Pacer? Our Pacer Coordinator Andrea has this year's [Pacer-Runner Matchmaking Spreadsheet](#) ready to help find you your perfect trail partner!

Leave No Trace

Hardrock is proud to partner with the [San Juan Mountains Association](#) in expanding education about [Leave No Trace](#). To sweeten the deal for you, we are asking you to learn and be a part. As is our custom, we will give away SWAG during our Runners Briefing. *In order to be eligible for those drawings, all you need to do is show the SJMA that you have completed the [LNT 101 online course](#) when you check in on Wednesday or Thursday.* We think it's a win-win; you may get SWAG and the San Juans get a better educated and more aware runner!





Sharing the San Juans

Believe it or not, there are people who will be on the roads and in the towns who aren't here for Hardrock! Please be respectful of their right to enjoy the San Juans in their own ways. [Practice courteous driving on narrow mountain roads](#) - especially noting that downhill yields to uphill and be a positive ambassador for not only Hardrock but trail running in general.



Anesi Park Showers

The town of Silverton has finished updating the bathrooms and shower facilities at [Anesi Park](#) (on Empire St between 12th & 13th). The showers are open from 7 am to 8 pm. The cost is \$5 (cash only) for 5 minutes.

Preferred Businesses

One of the coolest things about coming to Hardrock is to spend time in the various towns. [Here is a list of businesses](#) that want you to know that they are happy you are here and who want your business.

Check back often to see who else is a Hardrock preferred business.



***Tailwind Nutrition** was born in Durango, just miles from the Hardrock 100 course. From alpine climbs to relentless descents, we know what it takes to keep going. That's why we created simple, gut-friendly fuel that works with your body, not against it. Tailwind keeps you:*

- *Hydrated on easy days (Rapid Hydration)*
- *Fueled during your toughest efforts (Endurance Fuel + High Carb Fuel)*
- *Recovered and ready for more (Recovery Mix)*

No gut bombs. No guesswork. Just pour, shake, and go!

Use code HR20 for 20% off your first order.



*The new INSTAgaiter® SL is **Kahtoola's** minimalist, strapless gaiter meant for trail runners and thru-hikers. Coming in at 24% lighter than the original INSTAgaiter®, the absence of an instep strap offers a simpler design with the same breathable protection from trail debris and light moisture. Available in 4 colors and each order includes a strip of Velcro so they can be used on any footwear. Visit [Kahtoola.com](#) to shop the INSTAgaiter® SL now!*



*We're extending an exclusive offer to the Hardrock community for a limited time! Use the code **HARDROCK2025** at [Kahtoola.com](#) for 20% off your entire order until June 30th.*

**discount code excludes past season gaiters and pro program members.*



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](#).

We acknowledge the land the Hardrock 100 traverses is the ancestral homeland of the Ute, Puebloan and Diné people. Information about this land is often told from dominant perspectives, without full recognition of the original land stewards. We invite others to join us in this acknowledgment to heal, renew and reaffirm the First Nations' history and continued presence in Colorado and pay tribute to these traditional homelands and its people.

All or part of this operation is conducted on Public Lands under special permit from the U.S. Bureau of Land Management and U.S. Forest Service.