



Tommyknocker Tales

May 2025 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.

Welcome Spring! Snow Report:

With apologies to T.S. Eliot, the April snowfall in Silverton closed out “not with a bang but with a whimper.” Silverton received less than a foot of snow in April, compared to the historical average of about 27 inches.

The low snowfall combined with warming temperatures has resulted in a [current snowpack that is only about 43% of normal](#). The Snow Water

Equivalent at the Red Mountain Pass SNOTEL site is only 17”, well

below the 23” Hardrock’s criterion for a green light regarding snow conditions. Happily, the precipitation outlook for May is encouraging, with a prediction for above average precipitation in the San Juans. There is the chance that this precipitation will fall as snow in the San Juans - stay tuned for the June 1 snow report!



Your Bio

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? This information will not be shared or sold for any marketing or external informational use.

Tailwind Flavor Survey

Once again in 2025, we are pleased to be partnering with Tailwind Nutrition to provide on course hydration for you. **We’d love to know what flavors you’d like to see at our aid stations. Let us know [here](#).**



Cook Hardrock

Come be a part of Hardrock’s annual food prep extravaganza, where we make from scratch a pile of pumpkin pies, braise a bushel of beef brisket, simmer scads of soup and much more for this year’s run.

Led by Johanna Bishop, R.D. and Chef Robert Panas, we’ll be cooking up a storm in Greeley on Sat/Sun June 7/8 from at least 8a-4p both days.

Many hands make light work, and we’d love to have some Hardrockers past, present & future join in. No cooking experience required - we’ve got something for everyone. For those looking to fill a service requirement, these hours definitely count. If you’re interested in joining, email brad@hardrock100.com for the address.



Camping at Kendall Ski Area

We still have car camping spots available in Silverton at Kendall Mountain ski area. If you haven’t signed up and you want to reserve a spot, all you need to do is fill out this [form](#). We’ll keep taking reservations till we’re full.





Welcome to Lake City

Greetings Runners & Friends!

We hope your miles are smooth and you enjoy the views that this section of the San Juans offers you.

Lake City is thrilled to have you passing through our beloved, quaint community. Only 30 minutes from the Sherman Aid Station are shops, restaurants, and a grocery store.

Be sure to stop in to rest, dine, and shop!

A drive to the breathtaking Lake San Cristobal, Colorado's second-largest natural lake, is a must.



Hardtalk Podcast

We hope you all enjoyed the [conversation](#) with Kylee and Zoe from [Your Diet Sucks](#) last month. Join Chris and Dan this month as they feature their conversation with several members of the Hardrock community including run committee members, community representatives and professional ultrarunners. Check Hardtalk out wherever you get your podcasts.

Some important dates to remember !!!!



Saturday, June 1 - Last day for a refund for 2025 Hardrock

Monday, June 23 - Deadline to submit your [service form](#) or lose your spot in this year's Hardrock

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](#), and [Instagram](#).



But wait.....there's more!

Check out these great offers from our cool partners!!

