



Tommyknockers Tale

January 2026 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.

Happy New Year from the San Juans!!

We hope you and yours had a great holiday season and are looking forward to 2026

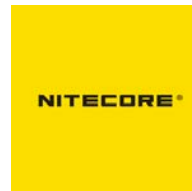


On-Course Nutrition

As you begin to think about and prepare for July, we'd like to let you know about our aid stations, which we think are some of the best around! We'll mention the food offerings in a future Tommyknocker edition. We are proud to partner with [Maurten](#) and [Tailwind Nutrition](#) as part of our on course nutrition. More details on flavor offerings to follow.

Need a Light?

You heard it here first. Hardrock is proud to announce a multi year agreement with [Nitecore](#) as our exclusive illumination and power pack supplier. We look forward to working with them and know that they are excited to be part of the Hardrock community.



Hardrock Art

Every year we select a photo or original piece of art that we think represents Hardrock to be our official art for the year. This art is used for finisher awards as well as promotional material for the year. If you have something you'd like to submit or know someone who has that fantastic photo or original drawing/painting, please submit it to us by Sunday Feb. 1st. Details on how and where to submit are on our [website](#).

This month's podcast

Join Hardtalk co-hosts Dan Ryan and Chris Twiggs as they reflect on this year's lottery as well as introduce a new concept called *Hardthoughts*. [Hardtalk](#) is available wherever you get your podcast



Hardrock Gives Back

Hardrock believes that giving back to the ultra community is important. We ask that each of you find a local ultra event and give 8 hours of service back to our community by June 15th of this year. The 2026 [Service Requirement form](#) is available on our website under the "Runners" tab (and you can check status of forms received [here](#)).

Hardrock Zoom Sessions

Mark your calendars for our monthly zoom sessions starting next month. Join 17-time Hardrock finisher and [Hardtalk](#) co-host, Chris Twiggs, as he and his guests share information and advice on a variety of topics. Can't make them? Don't worry, they'll be recorded and put on our [YouTube](#) channel. Here's the schedule:

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|-------|------|----------|---|
| Feb. | 2/12 | 6 pm MST | Hardrock Veterans Panel |
| March | 3/12 | 6 pm MDT | Preparing and training for Hardrock |
| April | 4/9 | 6 pm MDT | The Hardrock community - the towns of Hardrock, Camp Hardrock |
| May | 5/14 | 6 pm MDT | Crewing and aid stations |
| June | 6/11 | 6 pm MDT | The Hardrock course (conditions, marking, etc.) |

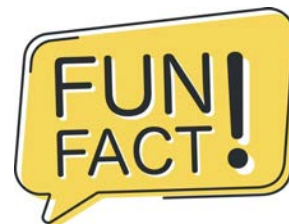


What about the snow???

Hardrock monitors snow levels very closely. We will send out regular snow totals so that you are aware of how much snow the San Juans are getting. If you'd like to monitor levels more closely, current snowpack totals can be found [here](#). You can also view historical numbers on our [website](#).

Hardrock fun fact

Our aid stations will serve over 80 gallons of homemade soup during the 2026 Hardrock Hundred



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](#).

Guess that's about it for now. The entire Hardrock crew wishes you a happy new year! If there is anything we can do for you, please don't hesitate to reach out to us! We're looking forward to your being part of Hardrock in 2026!!