

Monday Memo

June 22 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.

How's your checklist going?

- Filled out my runner [bio](#)
- Reviewed the [runners manual](#) and got answers to my questions
- Reviewed the [7 Principles of Leave No Trace](#), so I'll be eligible for SWAG at the Runners Briefing
- Reviewed the [Camp Hardrock](#) schedule to see what events I want to do / have to do
- Wrote my thank you notes to the hard working folks at the aid stations

What's my number?

We have completed assigning [bib numbers](#) for this year's run. If you're a waitlisted runner, we'll take care of you should a spot become available for you.



Your Drop Bags

Now that you have your number, here is some info on drop bags:

- Runners are allowed to provide drop bags for transport to the following aid stations: Chapman Gulch, Telluride, Ouray, Grouse Gulch, Sherman, Cunningham Gulch and the Finish (Silverton Gym).
- Bags can be dropped at [Kendall Mtn Recreation Center](#) (east side of town, across the 14th St bridge) between 0800-1500 Monday-Thursday of run week, with a **final deadline of 15:00 on Thursday**.
- Please weatherproof your bags as much as is reasonable. We cannot guarantee full weather protection for every bag.
- Bags need to be labeled with your **NAME, BIB NUMBER and LOCATION** they are traveling to.
- Please keep bags to a reasonable size and *made of soft-sided material* (no 5 gallon buckets!)
- Drop bags will be returned to the Rec Center progressively as aid stations close, with all returned by the end of the Awards Breakfast on Sunday.



And speaking of the awards celebration!

The awards breakfast and celebration will be outside! We will be celebrating in [Memorial Park](#) on Sunday. Please plan accordingly and bring camp chairs, sun screen, hydration and umbrellas for the sun (or rain). It's gonna be a couple hours of fun so please be sure to pack things you'll need for being outside. Donations are gladly accepted to help cover breakfast, especially if you're bringing a group of more than 4 to help you celebrate!





We'll know where you are!

Once again this year, we will be working with [MAPProgress](#) to provide you and your family and friends another way to keep track of your progress. Each of you will be assigned a satellite tracker; those will be distributed at runner check-in. **To make things go smoothly, we would ask that you bring your hydration vest or whatever pack you will be wearing during your run with you when you check in on Wednesday**

or Thursday. We will have staff to help you position it and explain the various functions.



Celebrate the 4th in Hardrock style

4th of July in the San Juans is something special! Here are some options for you and yours to be a part of if you're here!

Silverton:

Run or volunteer in the [Blue Ribbon 5K/10K](#).

Join the Hardrock Hundred "Precision Drill Team" - open to all runners, volunteers, crew & fans of the run! Meet at the San Juan County Courthouse (15th & Greene) at 10 a.m. to walk with us during the parade & hand out candy. Wear something red, white or blue. Or cheer us on from the crowd! A small time parade at its finest! Here's the full Silverton [schedule of events](#).

Ouray

Ourayce 10K Run registration [here](#) Schedule of events [here](#)

Lake City:

Schedule of events [here](#)

Telluride:

Schedule of events [here](#)

Sharing the San Juans

Believe it or not, there will be people recreating in the San Juans who aren't there to be a part of Hardrock. We know, it's crazy! Please be good ambassadors of our event and of our sport and see this as an opportunity to share the Hardrock story with the jeeps, OHVs, ATVs and others who you and your crews will encounter on the roads during Hardrock. PLEASE respect their right to recreate in their own way.



Course Orientation Hikes

As you begin to plan your adventure to the San Juans, we would like to invite you to join us on our course orientation 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. See the [Camp Hardrock](#) schedule for a bit more info and the schedule.

Where do I eat and shop?

There are plenty of shopping and dining options in the San Juans; we'd like to share a [list](#) of those businesses who have let us know they are especially excited to see you! Please let them know you are part of Hardrock and that you appreciate their support and encouragement! Also, be on the lookout for these buttons in our communities; those wearing them are really glad you're here.



Pacer/Runner Matchmaking

Need a Pacer? Make sure to let us know by filling out the [Pacer-Runner Matchmaker Spreadsheet](#) to help find you your perfect trail partner!

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 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](#).

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.