



Welcome to Hardrock!

Runners Manual 2022

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.

Welcome

We're excited to have you join us at the Hardrock Hundred Endurance Run!

Hardrock is an ultramarathon of approximately 102.5 miles in length, plus roughly 33,197 feet of climb and 33,197 feet of descent, at an average elevation of over 11,000 feet. The run is held on a loop course on 4WD roads, dirt trails, and cross country in southwest Colorado's San Juan Range, USA.

The run starts and ends in Silverton, Colorado and connects the mountain towns of Ophir, Telluride, Ouray, and Sherman (Lake City), crossing thirteen major passes over 12,000 feet, with the highest point on the course being the 14,048 foot Handies Peak summit. The run is annually held in mid-July, and reverses direction each year. At the finish, runners kiss the iconic Hardrock (a picture of a ram's head painted on a large block of stone mining debris).

In 2022, the run will be held in a clockwise direction.

Our course offers a graduate-level challenge for endurance runs. The course is designed to provide extreme challenges in altitude, steepness, and remoteness.

The cut-off time for finishing the run is 48 hours. Current fastest performances are held by Francois D'Haene (21:45), set in 2021 and Diana Finkel (27:18), set in 2009. The average time required to finish this run clockwise is 39:52:17. The course covers extremely rugged terrain including steep scree climbs and descents, snow packs, river crossings, and boulder fields. Runners who finish in over 40 hours will experience two sunsets.

The run was founded in 1992 by Gordon Hardman, John Cappis, Charlie Thorn and Rick Trujillo as a tribute to the old time miners who followed their mules and instincts, prospecting the San Juans for gold, silver, and other metals. These miners endured cold, snow and avalanches, hunger, mining accidents, and a host of other hazards that we have difficulty imagining today. The miners enjoyed the immense beauty of the San Juans regardless of the risks, and we hope you find the same on your wild and tough adventure.

Page last modified: Jun 28 2022 at 12:00 AM.

Rules

- 1 No Muling. Pacers may not carry water, food, flashlights, shoes, clothing, or other supplies for their runner or provide any other type of mechanical or physical assistance to their runner on the course.
- 2 You must leave each aid station by the [posted Cut-Off time](#). If you return, it will be assumed you have abandoned your run attempt.
- 3 No stashing of supplies along the course and no accepting aid except within 400 yards of a designated aid station.
- 4 You have agreed to be pulled for medical and safety reasons if it is determined that such action is in your best interest.
- 5 Aid Station Captains have the authority to act on behalf of the Hardrock run management.
- 6 Pacers may meet their runners at [crew access aid stations](#) only.
- 7 The course is closed - runners are required to follow the specified route. This includes no cutting of switchbacks. If you deviate from the route, you must backtrack to the point at which you departed before continuing.
- 8 All runners must complete a [Service Requirement](#) prior to the run's start.
- 9 All runners are required to carry a run-provided [GPS Tracking](#) device.
- 10 Runners are responsible and accountable for the actions of their crews/pacers before, during and after the run.
- 11 Runners are not allowed to take a ride in a vehicle where it advances their progress or compensates for runner error. Runners may, after checking into an aid station, rest and get warm in a stationary vehicle.
- 12 Runners that drop must inform the nearest Aid Station Captain and have them cut off your ID bracelet.

Notable rule violations will be taken up by the [Run Director](#) and a tribunal of run staff. Penalties may include time penalties, disqualification and/or banning from future Hardocks. The Run Director has final discretion on all penalties and questions that arise.

Schedule

THIS IS A DRAFT ONLY AND WILL UNDERGO REVISIONS PRIOR TO RUN WEEK

Addresses at bottom

Friday, July 1 - Sunday, July 3

0800-1600	Cook Hardrock	American Legion	Brisket, Pies, Soup and so much more! Join in the creation of aid station goodies, under the direction of Head Chef Johanna Bishop, R.D.N.
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Monday, July 4

0800	Blue Ribbon 10K & 5K	Memorial Park	Get the 4th off to a fast start with a FREE local race! Sign up on-site. Donations accepted to local charities.
1000	4th of July Parade	San Juan County Courthouse	Always a favorite of Hardrockers. Join the Hardrock Hundred Precision Drill team. Meet on. Wear something red, white or blue. If you don't want to march come out anyway; it's small town parading at its best!
Dusk	Fireworks	Silverton	One of the most impressive fireworks shows in the area!

Tuesday, July 5 - Friday, July 8

0800-1600	Aid Station Prep	American Legion	All the activities that go into making our tremendous aid stations! Unpack, test, sort & make sure everyone's got the gear & food they need. Activities vary daily. Lunch included.
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Saturday, July 9 - Sunday, July 10

0800	Trail Work	Silverton Gym	8 hours of support to the local trails, earning our dirt and giving back to the trails we love. Fill out the Hardrock Volunteer Form to get on the mailing list. Meeting is at the Silverton Gym more often than not, but you'll want to be in the know to be sure. Gloves, long pants & closed-toed shoes required.
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Monday, July 11

0800-1600	Aid Station Prep	American Legion	All the activities that go into making our tremendous aid stations! Unpack, test, sort & make sure everyone's got the gear & food they need. Activities vary daily. Lunch included. :)
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Tuesday, July 12

0800-1600	Aid Station Prep	American Legion	All the activities that go into making our tremendous aid stations! Unpack, test, sort & make sure everyone's got the gear & food they need. Activities vary daily. Lunch included. :)
0800-1000	Coffee Club	Coffee Bear	Join the Hardrock community as we say good morning in a social way. Share stories, renew friendships and have a cup of Joe as we get ready for the day!
1100	Veterans Panel	TBD	Join Hardrock veterans for an informal question and answer session about what it takes to finish Hardrock and become a Hardrocker!
1400	RD Conversation	TBD	If you are a RD of an ultra (or thinking about being a RD), make plans to join us as we talk about how to support and help each other, what are the common issues and how can we move our sport forward!
1500	GU & Hardrock	TBD	Join Gu representatives as they talk about the historical connection between Gu and Hardrock and some of the new developments in Gu products.
1800	History of the San Juans	TBD	Sarah Lavender Smith

Wednesday, July 13

0800-1600	Aid Station Prep	American Legion	All the activities that go into making our tremendous aid stations! Unpack, test, sort & make sure everyone's got the gear & food they need. Activities vary daily. Lunch included. :)
0800-1000	Coffee Club	Coffee Bear	Join the Hardrock community as we say good morning in a social way. Share stories, renew friendships and have a cup of Joe as we get ready for the day!
0900	Hardrock Historical Walking Tour	Silverton Gym	A walking tour of the places in Silverton that made Hardrock what it is. We'll also throw in a little bit of the history of Silverton while we're at it.
1030	Silverton Scavenger Hunt	Silverton Gym	Meet here for your lust of things to collect and take pictures of . You'll have all afternoon to get them. Prizes will be awarded to those who are most successful. A great activity for Future Hardrockers and those who are tired of listening to their runners obsess about what is to come.
1100	Tailwind Nutrition Seminar	TBD	Join Dr. Art Zemach as he discusses the different aspects of recovery, and its importance for endurance athletes (We guess Hardrockers qualify!)
1200-1600	Runner Check-In	Silverton Gym	Sure you want to run?? This is the first step. Pick up all your info and SPOT Tracker, reconnect with friends old and new, and buy some Hardrock SWAG
1500	The First Hardrocks: Gold and Silver in the San Juans	TBD	Join author and mineralogist, Terry Wallace, as he looks at Hardrock from a geophysical and historical point of view.
1500	Women of Hardrock	TBD	Racers, pacers, crew and spectators! Join this year's Women of Hardrock Open Discussion. We will tackle current events, popular topics, and anything that you want to address. The purpose of this discussion is to develop solutions, break down barriers, and to grow an encouraging environment.
1700	Hardrock Happy Hour	TBD	Join the Hardrock family and friends for this purely social event either at Avalanche or Golden Block

Thursday, July 14

0800-1100	Runner Check-In	Silverton Gym	Sure you want to run?? This is the first step. Pick up all your info and SPOT Tracker, reconnect with friends old and new and buy some Hardrock SWAG. ALL RUNNERS MUST BE CHECKED IN BY 11:00. Any spots not claimed will be given to wait listed runners based on their position on their respective waitlists.
0800-1000	Coffee Club	Coffee Bear	Join the Hardrock community as we say good morning in a social way. Share stories, renew friendships and have a cup of Joe as we get ready for the day!
0900	Departed Hardrockers Remembrance	TBD	
1200	Mandatory Runner Briefing	TBD	We try to keep this to an hour as we come together to get all the last minute details, meet some special guests and get ready to run!!
1315	Hardblock Run	TBD	Always a crowd favorite! Get out your cameras! A short run around the block and into the official Hardrock finishers chute led by the highest placed male and female finishers from the last running of Hardrock!!!!
1400	Volunteer Briefing	Silverton Gym	A gathering of all the people who make things go smoothly during Hardrock. (Lunch provided)
1500	Get to know your SPOT device	TBD	If you have questions about how your runner tracking device works, here is where you can get answers. We'll have reps from MAPprogress there to answer your questions and make sure you feel comfortable with operating your runner tracker.
1500	Drop Bag Deadline	American Legion	Make sure you've got everything packed because it's headed out at 15:15!!
1800-2000	San Juan County SAR Fundraiser Dinner	Grand Imperial	We hope you won't need them but we're glad Search and Rescue and EMS are here to help us. Here is a way you can support the work they are doing. Price \$15/person and you can buy tickets at the door.

Friday, July 15

0445	Pre-Run Breakfast	Natalia's, Bent Elbow, Coffee Bear	Up and at 'em early. Join us at (?) Natalia's, Bent Elbow and Coffee Bear for a quick bite to eat before you go. If you don't want to wake up that early then they'll be open after your crews come back from the river crossing
0500-0545	Final Runner Check-In	Silverton Gym	This is so exciting!! ALL RUNNERS MUST BE CHECKED IN BY 5:45a OR LOSE THEIR SPOT! DON'T LAUGH - IT'S HAPPENED!
0600	Runner Send Off	Silverton Gym	You're off!!!! Have fun, be safe and we'll see you at the rock when you return!!

Saturday, July 16

Morning	First Finishers Arrive	Silverton Gym	Follow runners' progress on MAPprogress, our website and Hardrock social media; be there to welcome the first runners back to Silverton for their rendezvous with the rock!
1000-1800	Hardblock Street Party	Silverton Gym	There'll be music, vendor booths, a beer garden and activities for the kids right next to the finish line so plan on making a day of it! Oh yeah, don't forget to have fun cheering on the finishers as they arrive at the rock! Also, sit and relax in the San Juan Mountains Association beverage tent.

Sunday, July 17

0500-0600	Golden Hour	Silverton Gym	Cheer in those who've spent the most time enjoying the course!
0600	Last Official Finisher	Silverton Gym	
0900	Awards Breakfast	Memorial Park	Come celebrate and share stories with your fellow runners and volunteers! It's a perfect end to Hardrock!

- American Legion 1069 Greene St.
- [Avalanche Brewing](#) 1151 Greene St.
- [Bent Elbow Restaurant](#) 1114 Blair St.
- [Coffee Bear](#) 1309 Greene St.
- [Grand Imperial Hotel](#) 1219 Greene St.
- Memorial Park 1800 Greene St.
- [Natalia's](#) 1159 Blair St.
- Silverton Gym On 12th St. between Snowden St. and Reese St.
- Silverton Town Hall 1360 Greene St.

The Hardrock Course

Hardrock is a mountain run that passes through some of the most beautiful and rugged mountains in the world.

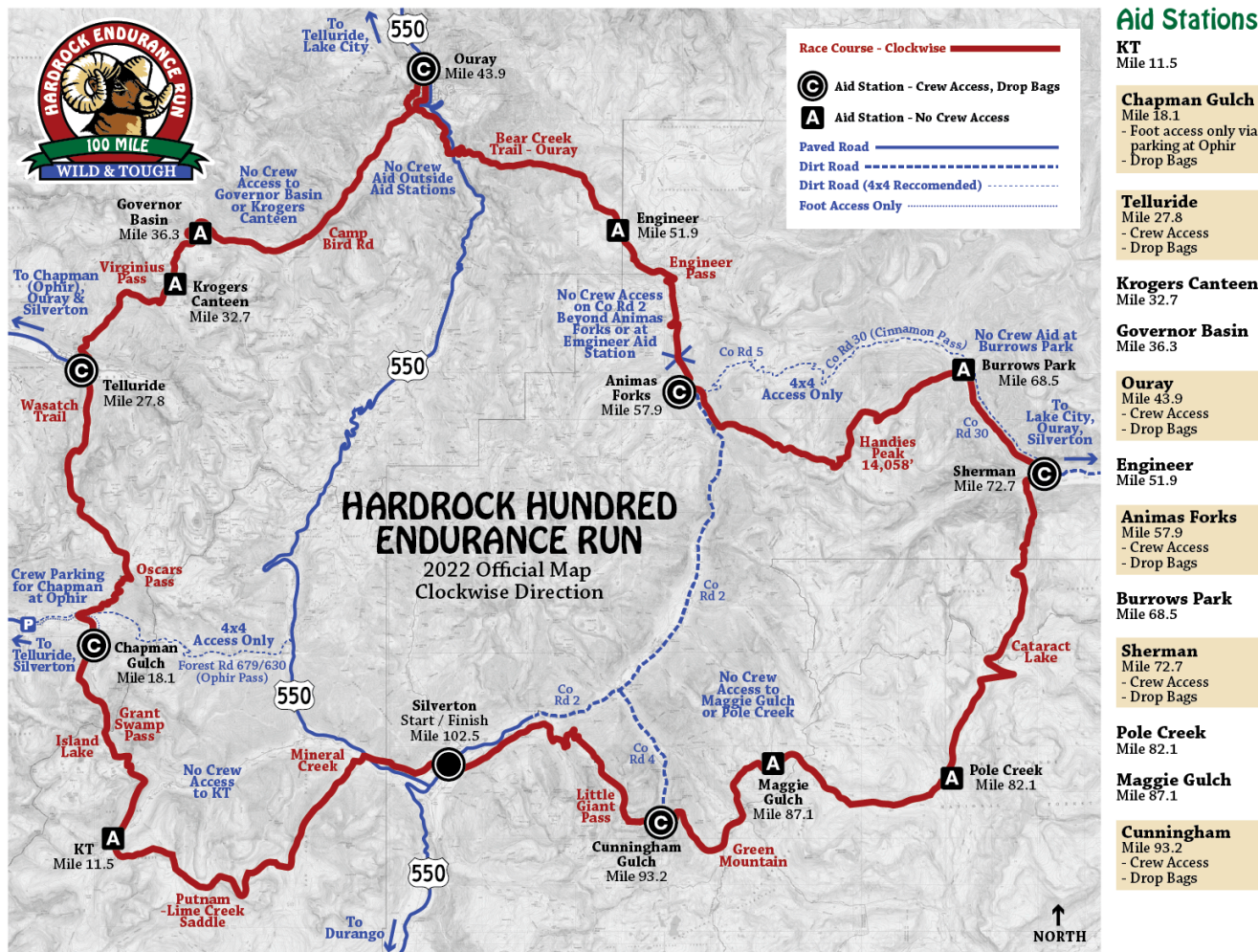
Four legs, linking the Lake City, Ouray, Telluride, and Silverton areas. The finish is in Silverton, the same location as the start. The course is approximately 102.5 miles long, has a cumulative vertical gain of roughly 33,197 feet of climb and 33,197 feet of descent for a total elevation change of 66,394 feet, and takes place at an average elevation of about 11,000 feet. The high point is 14,048 feet.

This is a test of runners against the mountains. The course is on trails as much as possible. There are 14 aid stations; major aid stations will be located in the towns with less well-equipped aid stations in between. Runners are expected to be largely self-supporting between the towns.

The altitude range of this run (7,700 to 14,000+ feet) takes the runner through several climate zones. At the lower altitude, forests of aspen, pine, and spruce are common. Timberline is locally at about 11,800 feet, though this can vary greatly. Above timberline is alpine tundra and low vegetation interspersed with krummholz (low, stunted spruce, fir, and willow).

In the summer, animal life is abundant. You will almost certainly see elk in the high meadows, possibly with their young. Stay clear of elk: they can be ornery at times. Bears (black, not grizzlies) are present, though seldom seen. Mountain lions may also be encountered.

The run is a salute to the toughness and perseverance of the hardrock miners who lived and worked in the area.



[Download Map PDF.](#)

[Download GPX.](#)

(Updated 6/28/22)

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Aid Station Table

STATION	Miles	Segment	Climb	Descent	Open Time	Avg 48Hr Pace	Cut Off	Access	Drop Bags	Crew	Latitude & Longitude
KT	11.5	11.5	4069	-2749	Fri 0710	Fri 0950	Fri 1245	4WD		No	37.7890° -107.7972°
Chapman	18.1	6.6	2450	-2920	Fri 0820	Fri 1250	Fri 1600	Auto 4WD	Y	Hike In Only	37.8557° -107.8044°
Telluride	27.8	9.7	3090	-4500	Fri 1010	Fri 1640	Fri 2000	Auto	Y	Yes	37.9353° -107.8071°
Kroger's	32.7	4.9	4390	-40	Fri 1140	Fri 2000	None	Hike		No	37.9616° -107.7717°
Governor	35.9	3.2	0	-2320	Fri 1200	Fri 2100	None	Auto		No	37.9774° -107.7571°
Ouray	43.9	8.0	48	-3148	Fri 1300	Fri 2315	Sat 0315	Auto	Y	Yes	38.0283° -107.6731°
Engineer	51.9	8.0	4575	-455	Fri 1510	Sat 0400	None	Hike		No	37.9858° -107.6041°
Animas Forks	57.9	6.0	1220	-2015	Fri 1625	Sat 0730	Sat 1030	Auto	Y	Yes	37.9295° -107.5681°
Burrows	68.5	10.6	4188	-4603	Fri 1900	Sat 1315	None	Auto		No	37.9370° -107.4610°
Sherman	72.7	4.2	0	-950	Fri 1940	Sat 1345	Sat 1630	Auto 4WD	Y	Yes	37.9007° -107.4331°
Pole Creek	82.1	9.4	3082	-1476	Fri 2225	Sat 1815	None	Hike		No	37.8061° -107.4669°
Maggie	87.1	5.0	1615	-1021	Fri 2330	Sat 2015	None	4WD		No Crew/Hike-In Pacer Exchange Only	37.8134° -107.5360°
Cunningham	93.2	6.1	1700	-3160	Sat 0110	Sun 0150	Sun 0200	Auto	Y	Yes	37.7932° -107.5777°
Silverton	102.5	9.3	2770	-3840	Sat 0340	Sun 0600	Sun 0600	Auto	Y	Yes	37.8114° -107.6663°

Times in military time, MDT

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Aid Stations

Hardrock annually has 14 or 15 aid stations, depending on the direction of the run, and these together comprise the largest group of volunteers. Each aid station will have an Aid Station Captain and crew of 6-30 volunteers.

While all Hardrock Aid Stations strive to maintain a high level of care for the runners, logistics such as space, access and location necessarily cause some differences in what is available. Each aid station, regardless of location, typically goes above & beyond with a specialty “off-menu” dish for runners.

Hike-In (Kroger’s Canteen, Engineer, Pole Creek): The intrepid volunteers who staff these aid stations carry in all supplies using their own strong backs (and pack animals, if available), sometimes making multiple trips. Tasks include on-site filtering of gallons of water, digging a latrine, and collecting & chopping firewood. Food variety and quantity is limited, but the essentials are available of typical aid station food groups. Their backcountry location makes it important to abide by Leave No Trace principles and keep staffing numbers smaller. No Crew Access.

Road-Side (KT, Chapman, Governors, Burrows, Maggie, Cunningham): These stations typically have a bit food variety with multiple hot options, but are still limited by space. A few are allowed crew access (typically with some restrictions) or drop bags. Often residing in obscure pull-outs on key road crossings along the route, they provide a brief respite to refuel and warm up between long hours and arduous climbs/descents.

“The Big 4” (Telluride, Ouray, Animas Forks, Sherman): With the widest variety of available amenities, the “Big 4” aid stations can be depended on to have copious options for hot food & beverages, drop bags & other services. Runners often spend their longest breaks here, resetting their gear and stomachs for the miles ahead. Lights, port-a-potties/bathrooms, crew access and drop bags are standard. They have lots of action, lots of people, and generally the biggest volunteer staffs.

A typical aid station menu contains:

Coffee/Tea/Cocoa	Pretzels
Coke/Ginger Ale	Soup/Miso
Tailwind	PB&J
GU	Candy
Cookies	Fig Bars
Chips	Bananas/Oranges/Melons

Stations with vehicle access will also likely have:

Boiled Potatoes	Boiled Sweet Potatoes
Turkey Sandwiches	Wraps/Quesadillas/Burritos
Avocadoes	Bacon & Eggs
Pumpkin Pie	Black Beans & Rice
Brisket	

Hardrock will strive to have options for vegetarian, vegan, and gluten-free runners. However, the accessibility of some aid stations may limit selection.

Runners with strict food restrictions should be prepared with their own food, as cross-contamination is hard to prevent in the backcountry.

Solar and Lunar Data

	Friday, July 15	Saturday, July 16	Sunday, July 17
Astronomical Twilight Begins	4:10a	4:12a	4:13a
Nautical Twilight Begins	4:52a	4:53a	4:54a
Civil Twilight Begins	5:30a	5:31a	5:32a
Sunrise	5:59a	6:00a	6:01a
Sunset	8:34p	8:33p	8:32p
Civil Twilight Ends	9:03p	9:02p	9:01p
Nautical Twilight Ends	9:40p	9:39p	9:39p
Astronomical Twilight Ends	10:22p	10:21p	10:20p
Moonrise	10:37p	11:09p	11:37p
Moonset	8:01a	9:17a	10:29a
Moon Illumination	96.0%	89.8%	81.5%

Crewing and Pacing

- 1 Respect the land and other users you encounter, especially those who may not be affiliated with or aware of the run.
- 2 The Aid Station Captain is in charge of the aid station, including where & when crews will be allowed.
- 3 Supplies and facilities are limited. Plan to be self-sufficient, and leave the water, food and facilities for the runners, pacers and run staff.
- 4 Respect the environment. Park where directed, pack out all trash, and use only appropriate bathroom practices/facilities.
- 5 Pets are not allowed in aid stations.
- 6 Children are allowed in aid stations only under adult supervision.
- 7 Pacers may meet their runner at Crew Access Aid Stations only.
- 8 Crews may not intentionally meet their runners outside of crew aid stations.
- 9 Crewing is generally limited to a 400-yard radius of the aid station. Aid Station Captains may extend or limit this as the site requires.
- 10 No drones will be permitted unless a permit has been secured through the Bureau of Land Management AND HardrockHundred Endurance Run.
- 11 Runners will be issued a single crew pass, allowing one crew vehicle to park in designated areas for the Cunningham, Animas Forks and Chapman Gulch aid stations. While through traffic will be allowed in those areas, only vehicles with a pass will be allowed to stop or park. Vehicles looking to park without a crew pass may be directed multiple miles away from the aid station.
- 12 All pacers must check-in with aid station personnel and sign a waiver at the respective aid station where they intend to join their runner. This can also be done pre-run at runner check-in. Upon signing the waiver, pacers will receive a wristband. This wristband must be worn while on course with their runner.
- 13 Pacers are not allowed to leave vehicles at Animas Forks, Sherman or Cunningham Gulch Aid Stations to be picked up after the run.
- 14 Pacers must run at least the whole leg to the next crew access or specifically allowed aid station, as there is generally no access for them in between.
- 15 Runners are limited to a single pacer at a time. Pacers may not continue unless accompanying their runner.

Pacers are allowed from Ouray (Mile 43.9) to the finish. Pacers may also start or stop at crew access aid stations (Animas Forks, Sherman, Cunningham). Pacers may hike in to the Maggie Aid Station from the base of CR2 (a 3.25mi hike) to join their runner. NO CREWING at Maggie - the only ones hiking up should be joining their runner on course out of the aid station.

Runners over 60 years old may have pacers for the entire run.

Runners are responsible and accountable for the actions of their crews/pacers before, during and after the run. Notable rule violations will be taken up by the Run Director and a tribunal of run staff. Penalties may include time penalties, disqualification and/or banning from future Hardrocks. The Run Director has final discretion on all penalties and questions that arise.

Crew Access Aid Station Driving Directions

Chapman Gulch (This information may be updated prior to run weekend)

[37.8557° -107.8044°](#)

4WD from Silverton

- 1 Take US 550 west from the south end of Silverton.
- 2 Near MP 75, turn west onto the Ophir Pass Road. This intersection is marked with a large green sign.
- 3 Take the dirt road to Ophir Pass (11,800'). The road becomes noticeably rougher and steeper on the two-mile descent to the aid station at the south turnoff toward Swamp Gulch.
- 4 Continue west past the intersection with the path where runners come out onto Ophir Pass Road. **You must park in the designated lot in Ophir and hike back up Ophir Pass Road (roughly 2mi) to the aid station.**

Alternate 2WD from Telluride

- 1 Exit Telluride on Main Street and go west about three miles to SR 145.
- 2 Turn left (S) and go about 10 miles to the Ophir Pass Road. This intersection is marked with a green sign.
- 3 Turn left (E) passing through the hamlet of Ophir.
- 4 **You must park in the designated lot in Ophir and hike back up Ophir Pass Road (roughly 2mi) to the aid station.**

No crew, spectator, media or parking or drop-offs of any kind will be allowed along Ophir Pass Road. *We are serious*, and penalties including disqualification and/or suspension from the lottery in future years can be applied to runners for non-compliance by their crews.

Telluride

[37.9353° -107.8071°](#)

- 1 From the courthouse in Telluride, go east on Colorado Ave (the main street) to the Telluride town park area.
- 2 Turn right and immediately cross the bridge toward the white canopy and baseball field.

Parking is limited both by the number of spots available and a two hour time restriction for occupying a spot. Crews who plan to spend more than two hours at the station should consider unloading their runner's gear and finding a spot back east of the river. Be aware that parking on most streets in Telluride requires a paid stamp - the machines are to be found in most blocks. Pacers may not leave their vehicles at the aid station.

Ouray

[38.0283° -107.6731°](#)

- 1 Take US 550 over Red Mountain Pass to Ouray.
- 2 Go to the north end of the main business district, and turn left (West) on 9th Ave.
- 3 Follow it 2 blocks, after which it will curve to the right (North).
- 4 Continue straight, and park in the gravel lot designated for RV parking to your right. The lot may fill, in which case use streetside parking around town, being respectful of local residents and driveways. **Please avoid using the Ouray Hot Springs parking lot before 10:00p**

The aid station will be on the west side of the park between the gazebo and restrooms.

Animas Forks

[37.9295° -107.5681°](#)

- 1 Take CR 2 NE from Silverton about 11 miles to a sign for Animas Forks / CR 9.
- 2 Go beyond that sign 0.3mi to the next left, onto the upper Animas Forks Loop Road.
- 3 Follow the loop road around through the town. Vehicle traffic will be one way only, downhill. Parking will be single file on the right hand side of the road, beginning just back of the Animas River bridge on the lower half of the loop. Follow the directions of parking marshals.

Only one vehicle per runner will be allowed to park at Animas Forks. You must have your runner's hangtag. Pacers may not leave their vehicles at the aid station.

Sherman

[37.9007° -107.4331°](#)

4WD from Silverton

- 1 Take CR 2 NE from Silverton to Animas Forks (~11 miles)
- 2 Continue on county roads over Cinnamon Pass (~5 miles beyond Animas Forks).
- 3 From Cinnamon Pass, continue east toward Lake City approximately 15 miles past the Burrows Park Aid Station (no crews allowed) to the Sherman turn-off.
- 4 Turn sharply right (W) on the Sherman road, one mile to the BLM latrine and Cascade Creek trailhead where the aid station is located.

Alternate 2WD from Lake City

- 1 From Lake City, take SR 149 south to the turnoff to Lake San Cristobol Road.
- 2 Turn on the Lake San Cristobol Road and continue past the lake to the end of the pavement.
- 3 Continue on CR 30 about 14 miles to signed turnoff to Sherman.
- 4 Go one mile to the BLM latrine and the Cascade Creek trailhead where the aid station is located.

Cunningham Gulch

[37.7932° -107.5777°](#)

- 1 Take CR 2 NE from Silverton 4 miles to Cunningham Gulch following the signs to the Old Hundred Mine Tour.
- 2 Just after crossing the Animas River Bridge at Howardsville, turn right (South) up the valley toward Stony Pass.
- 3 At 2mi past the turn, DO NOT turn left onto the Stony Pass Road, but instead angle Right (Southwest) toward the Highland Mary trailhead.
- 4 At 2mi beyond the Stony Pass Road, go past the Corral on your right to a large clearing. The aid station is in the clearing between the road and the creek.

Parking will likely be limited to one side of the road. Follow the signage and instructions.

Drop Bags

Runners are allowed to provide drop bags for transport to [designated aid stations](#):

Drop bags may be dropped off at the American Legion building (11th and Greene) between 0800-1500 Monday-Thursday of run week, with a final deadline of 1500 on Thursday.

Please weatherproof your bags as much as is reasonable. We cannot guarantee full weather protection for every bag. That can be as simple as putting your clothing in a Ziplock bag inside the main bag.

Bags need to be labeled with your NAME, BIB NUMBER and LOCATION they are traveling to.

Drop bags will be returned to the Legion progressively as aid stations close, with all returned by the end of the Awards Breakfast on Sunday.

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Safety

This is a dangerous course! In addition to trail running, you will likely:

- Wade knee-deep, ice-cold streams
- Cross snow fields in both slick and post-holing conditions
- Traverse trails with 300'+ cliffs immediately to one side
- Rock climb (mild, but hands required)
- Be caught above treeline in extreme thunderstorms

It is recommended to always carry at least one *more* warm item than you think you will need. Every year, runners get stuck unexpectedly due to injury or weather. Hypothermia can be a killer, especially on tired bodies with no reserves left for generating heat.

The run start and some of the aid stations are at a relatively low elevation (7,700-9,000 feet) and in sheltered valleys, while most of the run takes place above 11,000 feet in exposed areas above timberline. Temperatures and wind conditions can be markedly different up high and the temperature can suddenly and dramatically drop.

In a typical year, you will have wet feet 90% or more of your run.

Recommended Gear	
Rain Jacket (Hard Shell)	Rain Pants
Emergency Blanket	Gloves
Running Hat/Cap	Whistle
Sunglasses	Sunblock
Headlamp (+backup)	Spare Batteries
Capacity to carry 80oz of fluid	500 calories

Weather

Weather is a critical factor in Hardrock and can be at least as formidable as the terrain, remoteness, or high elevation. Every runner should carry gear appropriate for drenching rain, high winds, and near-freezing temperatures - possibly all at the same time.

Typically there is a brief period each year when the snow is generally gone, but the summer “monsoon” has not yet gotten into full swing – we attempt to hit this window.

The “monsoon” is a daily weather cycle. Calm mornings, but as the day warms up, thunderheads build up and intense thunderstorms may occur each afternoon, abating in the evening and through the night.

The 48hr Cut-Off is not only in recognition of the difficult terrain, but also allows runners to wait out thunderstorms or other life-threatening weather. You can hunker down in a valley for 2-4 hours and still finish. However, if you get fried by lightning, your running career may end on the spot. Discretion is the better part of valor.

The Run Director may authorize Aid Captains to hold runners if weather conditions are considered too dangerous and prevent runners from continuing if not carrying gear appropriate for conditions.

Lightning

Several runners in past years have had direct contact with lightning and there have been several more near misses. If caught in lightning, head to lower terrain as fast as you can. If you cannot, find a low point or shelter away from conductors (poles, trees).

If your hair begins to stand on end and/or your skin starts to tingle, a lightning strike is imminent. Assume the lightning position to wait out the storm:

- 1 If you are with a group of runners, spread out by at least 50' **Very important**
- 2 Put your feet together
- 3 Crouch slightly
- 4 Minimize contact with the ground and other conductors (stay on the balls of your feet)
- 5 Cover your ears
- 6 Touch your elbows to your knees to give current a path to flow other than through your torso

Snow

The course passes by several snow features whose danger varies year-to-year. Large snow fields may be sloped and extremely slick at night, while present post-holing above fields of sharp scree during the day. Use caution when approaching the edges of snowfields from above or below, as cornices (layers of snow overhanging open space) may fall from above or collapse beneath your feet.

First Aid

If you encounter a person who is injured, first GET HELP through official run channels, then keep the victim warm. All aid stations are staffed by at least an EMT, have a first aid kit, and have radio communication.

Additionally, each runner carries a SPOT tracker which is used to pinpoint their location at all times.

Most medical problems will be relatively minor: sunburn, blisters, sprains, abrasions, and fatigue. In the later stages of the run, runners may also be dehydrated, fatigued, nauseated and/or hallucinating. Stretches between aid stations can last 6 hours or more. Be aware of these factors as you plan for your run.

Search and Rescue

All Search and Rescue missions are initiated by the Run Director.

Hardrock purchases a CORSAR Card (Colorado Search and Rescue) for every runner. These will be available at Runner Check-In. It is highly recommended that crews and pacers also purchase a CORSAR Card.

All runners are required to carry a run-provided GPS Tracking device from [MAPprogress](#). This will facilitate our efforts to locate and access you more efficiently in a Search and Rescue operation. [Training](#) on the operations of this device will be provided prior to the run as part of packet pickup. To send an S.O.S. alert via the tracking device, open the protective flap then press and hold the S.O.S. button until the function light blinks green.

Dropping Out

While no one likes to contemplate it, there may come a time when it is smarter for you to drop out than to continue. Also, you may miss the cutoff times or be pulled for a medical reason. However the decision is made, you must ensure the nearest Aid Station Captain is informed and have them cut off your ID bracelet.

Depending on your location, it may be very hard for us to arrange transportation from your dropout point to the finish. You may have to wait many hours for this, as we may have to coordinate a vehicle via radio. All we can promise is a best try effort.

Value Statements

The Hardrock Hundred is committed to providing unique and challenging running opportunities. We are dedicated to the ongoing development and management of these opportunities through the honesty, integrity and professionalism of our management, operations and interactions with those who become associated with the Hardrock Hundred Endurance Run. Our goal is to make the Hardrock Hundred Endurance Run a standard of excellence in terms of its organization and runner satisfaction.

The Runners

The Hardrock Hundred recognizes and appreciates the dedication and determination of the Hardrock runner. We will strive to meet the physical and administrative needs of each individual runner through runner feedback, proactive planning and sensitivity in the consideration of their needs. We are friendly, courteous, fair and professional in our relationships with our runners. We strive to make ours an enjoyable and safe event.

The Communities

The Hardrock Hundred is committed to providing long-term relationships with the communities that are part of our event. We strive to foster this relationship through effective communication, economic opportunities and openness to the needs and concerns of the towns involved with the Hardrock Hundred. The Hardrock Hundred is also dedicated to becoming a source of financial and administrative assistance to those communities. This assistance will be offered as we become economically viable and open to those in the community who have helped us reach our goals.

The Volunteers

The Hardrock Hundred realizes that our event is only as good as our people. We are dedicated to the long-term development of a group of volunteers that are enthusiastic, knowledgeable and responsible and who are an integral part of the success of our events. We encourage open communication, input and suggestions from those who volunteer their time and energy to the Hardrock Hundred.

The Partners

The Hardrock Hundred realizes the marketing uniqueness of our event and strives to make this an event, which reflects positively on our sponsors and their products. We welcome sponsorship of our events that is mutually beneficial to the sponsor, runner and Hardrock Hundred. Sponsors who are interested and who participate in the Hardrock Hundred will be treated in a fair and honest manner.

The Land

The Hardrock Hundred appreciates the beauty and vulnerability of the lands that are the basis of our event. We strive to use utmost consideration and respect for these lands in the planning and implementation of our event. We are committed to maintaining open and positive communication with the stewards of the natural resources that we utilize.

Keeping Hardrock Green

A core value of Hardrock is responsibility to the lands on which we run and the communities in which we operate. It is our responsibility to reduce negative impacts every chance we get. Hardrock:

- is a cupless event. Every aid station will have reusable cups, dishware, and a wash kit; runners do not need to carry their own cup. No disposable dishware will be provided by Run HQ.
- is working to reduce traffic at key wilderness areas: Chapman (Ophir), Grouse, Sherman, and Cunningham in particular.
- is constantly expanding our recycling & composting during run week.

It takes awareness and effort by everyone - runners, crews, volunteers, spectators, media, etc. - to reduce our collective impact.

Here are some ideas to help us all do even better! Keep these in mind during the run, when you are training, or just out exploring the San Juan Mountains!

Runners

- Don't litter! Pick up trash you find on trail
- Use reusable dispensers on trail and buy products in bulk
- Embrace cupless running
- Plan with your crew to reduce traffic to aid stations
- Learn and Practice "[Leave No Trace](#)"
- Practice low-impact use of the wilderness any time you are on the trail

Crews

- Bring supplies such as reusable cups, plates, and utensils
- Collect recyclables and make sure they get recycled
- Reduce the number of vehicles going to aid stations – carpool!
- [Learn the rules for responsible off-road driving](#)
- Don't litter! Pick up trash you find on trail
- Pick up after your pets

Volunteers

- Help runners be cupless.
- Carpool and Limit cars to aid stations as much as possible.
- Separate recyclables and compostables into the provided containers
- Learn and Practice “[Leave No Trace](#)”

Joel Zucker Memorial Scholarship

The Joel Zucker Memorial Scholarship was created in memory of Joel Zucker who died at the age of 44, two days after completing his third Hardrock Hundred run in July 1998. Joel loved Silverton and running in the mountains and was loved by all who knew him. He was an inspiration to many people who thought they could never run a hundred miles. Joel always managed to finish the run within the last 10 minutes of the 48-hour deadline.

The scholarship is awarded to High School seniors from the San Juan Mountains region. Additional scholarships are given to former recipients to continue their undergraduate education. Students must apply in writing and be interviewed to qualify.

Money for this scholarship is raised entirely by donations received from Hardrock Hundred runners, volunteers, and partners, as well as friends and family of Joel.

[Donate Online!](#)

If you want to mail in a check, make it out to “Community Foundation serving Southwest Colorado” and make sure to enter “Joel Zucker Scholarship” in the memo line. Mail it to:

Community Foundation serving Southwest Colorado
PO Box 1673
Durango, CO 81302

We are happy to let you know that contributions to the Joel Zucker Memorial Scholarship ARE tax-deductible to the extent allowable by law. The Community Foundation serving Southwest Colorado tax number is 84-1474900.

For more information or to request a scholarship application, please email [Andi Kron](#)

Run Contacts

Run Director Dale Garland 195 Ball Lane Durango, CO 81301 (970) 769-2872 dale@hardrock100.com	Emergency Services Director Leo Lloyd 22 Animas Village Lane Durango, CO 81301 (970) 799-2548 LloydLW@durangofirerescue.org	Aid Stations & Volunteers Brad Bishop 2412 Crabtree Dr Fort Collins, CO 80521 (303) 946-9320 brad@hardrock100.com
Medical Adviser Dr. David Hughes, M.D. david.hughes@hardrock100.com	Board President Doug Hart doug@hardrock100.com	Communications Shauna & Steve Blaylock comm@hardrock100.com
Runner Tracking Ann Duft ann@hardrock100.com	Trail Work Trevor Peterson trailwork@hardrock100.com	

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