



# Welcome to Hardrock!

## Runners Manual 2021

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 100.5 miles in length, plus 33,050 feet of climb and 33,050 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 Sherman (Lake City), Ouray, Telluride and Ophir, 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 2021, the run will be held in a counter-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 Kilian Jornet (22:41), set in 2014 and Diana Finkel (27:18), set in 2009. The average time required to finish this run is 40:23:42. 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.

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## 2021 COVID-19 Safety Protocols

Our goal is a COVID safe yet fulfilling run experience. Our safety protocols are focused on achieving this goal by requiring masks, minimizing mass gatherings, and reducing contact points. **We recommend in the strongest possible terms that all participants (runners, crews/pacers, volunteers, spectators, etc.) come fully vaccinated.**

We all look forward to a fun, relaxed atmosphere celebrating a return after 2 years of Hardrock cancellations, yet we also appreciate that things will look a little different.

Our approval to hold this run is contingent on following these protocols recommended by our permitting authorities and specifically the [Colorado Department of Public Health](#). We appreciate you playing your part.

Those not cooperating will be asked to leave and could be subject to disqualification or barred from entering future Hardrocks. Runners are responsible for the actions of their crew/pacers. The intent of these protocols matters more than exact wording – so please don't look for loopholes – and do your best to embrace the changes and our need to manage everyone's safety.

For purposes of the run, we consider your "household" to be the runner together with their crew/pacers. We ask social distancing by household under that definition, and leave it to individual runners if they want further restrictions within their household.

Due to the uncertainty of the COVID-19 Pandemic this plan is subject to change and subject to modifications based on current conditions and public health orders.

COVID-19 testing is available To request a COVID-19 test, call San Juan County Public Health: 970-387-0242.

### Major Elements:

- Masks must be worn at all times. Exceptions are limited (below)
- Run Briefing and Awards Breakfast moved outdoors
- Strong suggestion that each runner limit their crew/pacers to no more than 3
- Discouragement of spectators / those not directly involved in the run

**Masks:** All participants are expected to WEAR A MASK at all times. Exceptions are limited to:

- Eating/Drinking: Please individually socially distance by 6' +.
- Runners: may remove masks when on course outside of aid stations.
- Everyone Else: may remove masks when outside and more than 6' distanced by household.

### Start/Finish:

- A perimeter will be established in the immediate vicinity of the start, limited only to runners and run staff
- Crews attending the start will be required to spread out, socially distanced by households. The runners have 7 blocks through town - use them all!
- While each runner deserves to be celebrated, the area by the gym is one of the hot spots for potential large crowds. We ask that folks avoid generally hanging out by the finish. Cheer in those runners you have a personal connection to, and use the live tracking via OpenSplitTime to focus your time at the finish.
- Runners will be allowed the traditional kissing of the Hardrock at the finish. The rock will be sanitized between each smooch. We discourage French kissing (unless you are French, of course).

### Crews/Pacers:

- Runners are strongly suggested to limit their total crew/pacers to 3 (including kids).
- Crews/pacers must maintain social distancing by household when outside their vehicle.
- While at aid stations, crews/pacers are asked to wait inside their vehicles or well away from the immediate aid area as much as reasonable. We know cell service is extremely limited, and parking is typically single-file on a roadside, so it's not easy to see when your runner arrives. Be patient, use good judgment and be respectful.
- Aid stations where crew access is allowed will have relaxed boundaries for crewing to allow for social distancing. A good rule of thumb is "within sight" of the station (roughly a quarter mile), as long as it does not interfere with vehicle traffic.

**Spectators:** Spectators are strongly discouraged from attending Hardrock this year. The run can have a high potential for large crowds, especially in Silverton-based events and at the Ouray and Telluride Aid Stations. Help us keep our runners safe (and permits intact) by limiting attendance to those with an official role with this year's run, and enjoy our multiple [live online tracking](#) options.

**Run Headquarters:**

- Porta-Potties and Hand Wash station numbers will be increased. All portos will be stocked with hand sanitizer and disinfectant spray or wipes & be regularly sanitized.
- Runner and Volunteer Briefings will be held outdoors at Memorial Park. In case of inclement weather, bring an umbrella (this is Hardrock).
- During the run, the gym will be limited to communications, medical and post-run recovery. Entry will only be at the NW door and exit only at the SE door.
- The Awards Breakfast will occur outdoors at Memorial Park. We will do our best to have an abundance of tents, but in case of inclement weather, bring umbrellas (again, this is Hardrock). Meals will be individually plated.
- Public Showers in the Silverton Gym will NOT be available. Locker room capacity is strongly suggested to be a maximum of 3 individuals at any time.

**Aid Stations:** Personal, one-on-one service that Hardrock prides itself on is a low priority for 2021. Contact minimization is the greater goal. Runners should plan to be self-sufficient as much as reasonable.

- Masks are required in aid stations. Boundaries (where reasonable) will be set between the service area (wear masks) and eating/drinking area (mask removal is fine with 6' distancing).
- No communal food bowls. Runners will not have direct access to the food. A masked/gloved volunteer will distribute individual servings in individual plates/bowls/cups and sanitize the serving table between each runner.
- Fluid service is no-touch. Runners must open their own bottles/bladders, and a masked/gloved volunteer pours. If contact is made, serving pitchers will be sanitized.
- Aid stations where crews are allowed will:
- Warming tents will have a maximum occupancy of 6, and no crews allowed inside.
- Chairs and/or cots will be situated a reasonable distance away from the aid station (and at least 6 feet apart from each other) to reduce crowd densities at aid stations.
- We have ample supplies of space blankets (which will not be reused) should runners need to be kept warm. All chairs and cots will be sanitized between use.
- A hand-sanitizer station will be set up at the entrance to each aid station.
- The food selection may be simplified. Priority will be given to foods runners are unable to provide in their drop bags (hot foods, fresh fruit, etc). A full menu list will be published pre-run.
- If shuttles are used for any aid station access, capacity will be limited. Safety and Medical Personnel will be staffed to full levels at the start/finish and aid stations. All medical personnel will follow current established guidelines for patient care including but not limited to masks, gloves, eye protection, sanitizing wipes and proper disposal.

**Escalation:** We acknowledge that COVID cases could spike to the point where additional restrictions are required, but the run is still safe to hold in a more limited format. Those additional limitations could include:

- Packet Pickup
- Awards Breakfast
- Runner Briefing
- Additional restrictions on Crews and Pacer Exchanges
- Wave starts to further spread out runners, pacers and crews on course

In the event that someone associated with the run tests positive for COVID-19 in the two weeks post-event, we will follow strict CDC guidelines on

## 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 Hardrocks. The Run Director has final discretion on all penalties and questions that arise.

## Schedule

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

*Addresses at bottom*

### Friday, July 2 - Saturday, 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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### Sunday, July 4

0730	<a href="#">Blue Ribbon 2K, 5K, 10K</a>	Memorial Park	Get the 4th off to a fast start! Benefits Silverton Youth Center Registration- \$25
1000	<a href="#">4th of July Parade</a>	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!
1200-1600	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.
All Day	Silverton Rhubarb Festival	Memorial Park	All day eats! Yummm!
Dusk	<a href="#">Fireworks</a>	Silverton	One of the most impressive fireworks shows in the area!

### Monday, July 5 - Friday, July 9

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 10 - Sunday, July 11

0800	<a href="#">Trail Work</a>	Silverton Gym	8 hours of support to the local trails, earning our dirt and giving back to the trails we love. Fill out the <a href="#">Hardrock Volunteer Form</a> 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 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. :)
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## Tuesday, 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!
1100	Veterans Panel	Natalia's	Join Hardrock veterans for an informal Q&A session about what it takes to become a Hardrocker!
1500	<a href="#">Gu &amp; Hardrock</a>	Bent Elbow	Join Gu representatives as they talk about the historical connection between Gu and Hardrock and some of the new developments in Gu products.
1700	Hardrock Happy Hour	Avalanche Brewing	It's 5:00 somewhere!! Join your friends and fellow Hardrockers for a purely social event

## Wednesday, July 14

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	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.
1000	Hardrock Historical Walking	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.
1100	<a href="#">Tailwind Nutrition Seminar</a>	Silverton Town Hall	Join Dr. Art Zemach as he discusses the different aspects of recovery, and its importance for endurance athletes.
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	<a href="#">The First Hardrocks: Gold and Silver in the San Juans</a>	Silverton Town Hall	Join author and mineralogist Terry Wallace as he looks at Hardrock from a geophysical and historical point of view.
1500	Women of Hardrock	Bent Elbow	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.
1630	Loooong Trail Briefing	Silverton Gym	An in depth description and question/answer session about the Hardrock course. Bring your questions!!
1630	<a href="#">Ultimate Direction Happy Hour</a>	TBD	Join the Hardrock family and friends for this purely social event organized and sponsored by Ultimate Direction.
1930	<a href="#">Ledlenser Trails In Motion Film Tour</a>	Silverton Gym	Sit back, relax and enjoy this year's Trails In Motion lineup of new films!! Free but donations are appreciated. All donations will go to the <a href="#">Joel Zucker Scholarship Fund</a> .

## Thursday, July 15

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!
			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

0800-1100	Runner Check-In	Silverton Gym	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.
1200	Mandatory Runner Briefing	Memorial Park	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	Silverton Gym	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	Memorial Park	A gathering of all the people who make things go smoothly during Hardrock. (Lunch provided)
1400	Get to know your <a href="#">SPOT Device</a>		If you have questions about how your runner tracking device works, here is where you can get answers. We'll have reps from MAProgress 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	<a href="#">San Juan County Search and Rescue/Emergency Medical Services</a> Fundraiser Dinner	Grand Imperial	We hope you won't need them but we're glad Search and Rescue/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 16

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.
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!! Parking is restricted at Cunningham Gulch Aid Station so have your crew catch a free shuttle at the Old Hundred Mine.

## Saturday, July 17

Morning	First Finishers Arrive	Silverton Gym	Follow runners' progress on MAProgress, 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, and cheer on the finishers as they arrive at the rock!

## Sunday, July 18

0500-0600	Golden Hour	Silverton Gym	Cheer in those who've spent the most time enjoying the course!
0600	Last Official Finisher	Silverton Gym	
1100	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 Patio](#) 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 100 miles long, has a cumulative vertical gain of 33,050 feet of climb and 33,050 feet of descent for a total elevation change of 66,100 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 15 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.

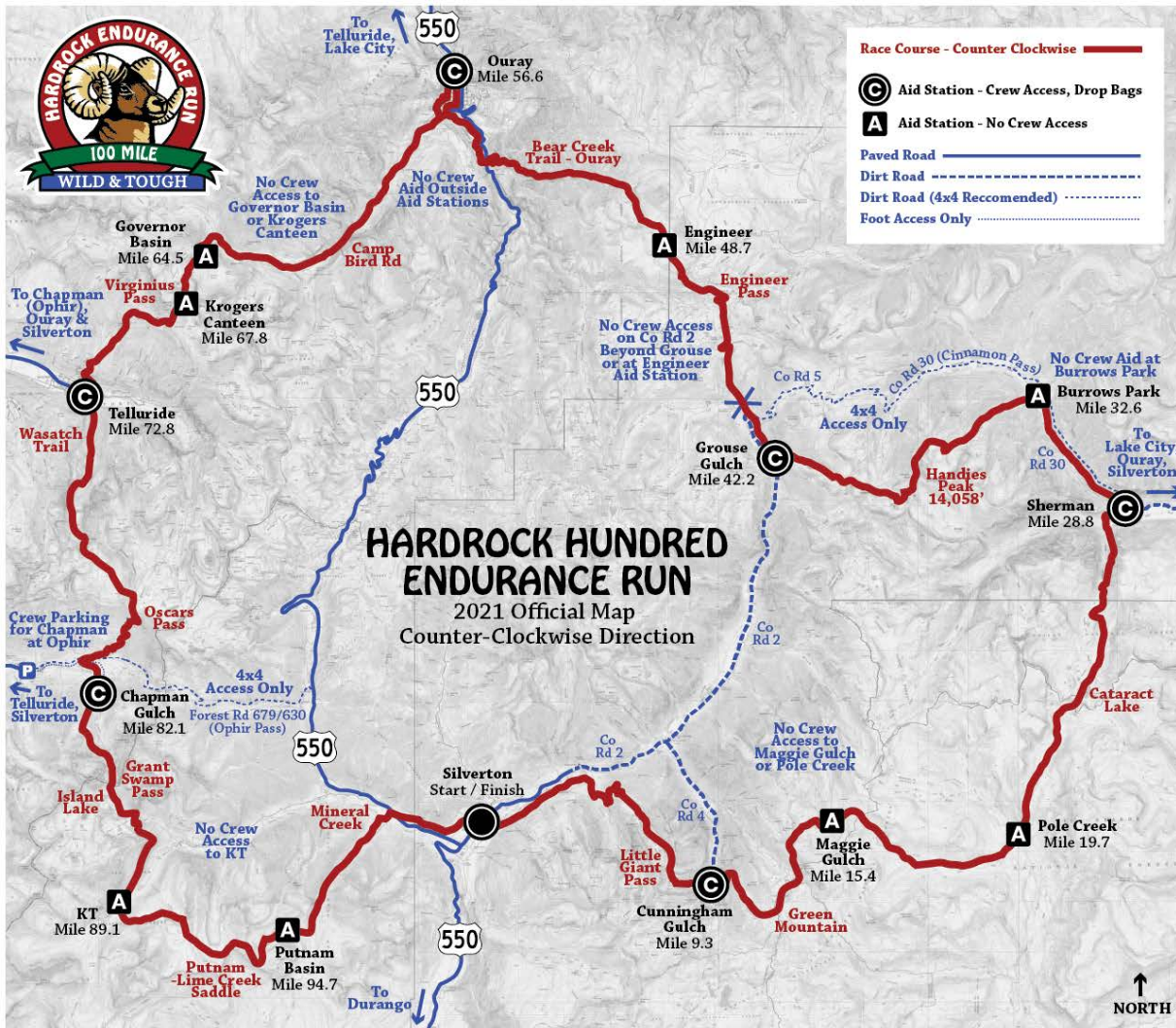
The altitude range of this run (7,700 to 14,000+ feet) takes the runner through several climate zones. At the lower altitude, forests of aspen, pine, and spruce are common. Timberline is locally at about 11,800 feet, though this can vary greatly. Above timberline is alpine tundra and low vegetation interspersed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

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## Aid Stations

### Cunningham

Mile 9.3  
- Crew Access  
- Drop Bags

### Maggie Gulch

Mile 15.4

### Pole Creek

Mile 19.7

### Sherman

Mile 28.8  
- Crew Access  
- Drop Bags

### Burrows Park

Mile 32.6

### Grouse Gulch

Mile 42.2  
- Crew Access  
- Drop Bags

### Engineer

Mile 48.7

### Ouray

Mile 56.6  
- Crew Access  
- Drop Bags

### Governor Basin

Mile 64.5

### Krogers Canteen

Mile 67.8

### Telluride

Mile 72.8  
- Crew Access  
- Drop Bags

### Chapman Gulch

Mile 82.1  
- Foot access only via parking at Ophir  
- Drop Bags

### KT

Mile 89.1

### Putnam Basin

Mile 94.7



## Aid Station Table

STATION	Miles	Segment	Climb	Descent	Open Time	Avg 48Hr Pace	Cut Off	Access	Facility	Crew	Latitude & Longitude
Cunningham	9.3	9.3	3840	-2770	Fri 0700	Fri 0850	Fri 1045	Auto	RDFW	Yes	37.7932° -107.5777°
Maggie	15.4	6.1	3160	-1700	Fri 0830	Fri 1140	None	4WD	RFW	No	37.8134° -107.5360°
Pole Creek	19.7	4.3	960	-1340	Fri 0915	Fri 1300	None	Hike	RFW	No	37.8031° -107.4747°
Sherman	28.8	9.1	1390	-3210	Fri 1100	Fri 1545	Fri 2015	Auto 4WD	RDFW	Yes	37.9007° -107.4331°
Burrows	32.6	3.8	950	0	Fri 1130	Fri 1700	None	Auto	RFW	No	37.9370° -107.4610°
Grouse	42.2	9.6	4308	-4188	Fri 1415	Fri 2155	Sat 0230	Auto	RDFW	Yes	37.9176° -107.5581°
Engineer	48.7	6.5	2310	-1220	Fri 1545	Sat 0150	None	Hike	RFW	No	37.9858° -107.6041°
Ouray	56.6	7.9	455	-4575	Fri 1645	Sat 0510	Sat 0900	Auto	RDFW	Yes	38.0283° -107.6731°
Governor	64.5	7.9	3148	-48	Fri 1815	Sat 0850	Sat 1230	Auto	RFW	No	37.9814° -107.7612°
Kroger's	67.8	3.3	2320	0	Fri 1915	Sat 1100	None	Hike	RFW	No	37.9616° -107.7717°
Telluride	72.8	5	40	-4390	Fri 2015	Sat 1250	Sat 1645	Auto	RDFW	Yes	37.9353° -107.8071°
Chapman	82.1	9.3	4500	-3090	Fri 2215	Sat 1840	Sat 2130	Auto 4WD	RDFW	Hike In Only	37.8557° -107.8044°
KT	89.1	7	2920	-2450	Sat 0230	Sat 2315	Sun 130	4WD	RFW	No	37.7916° -107.7939°
Putnam	94.7	5.6	2425	-1455	Sat 0330	Sun 0320	None	Hike	RFW	No	37.7804° -107.7310°
Silverton	100.5	5.8	324	-2614	Sat 0430	Sun 0600	Sun 0600	Auto	RDFW	Yes	37.8114° -107.6663°

Facility key: (R)adio, (D)rop bags, (F)ood, (W)ater

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 (Putnam, 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, Grouse, 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
<a href="#">Tailwind</a>	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
Avocados	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 16	Saturday, July 17	Sunday, July 18
Astronomical Twilight Begins	4:11a	4:12a	4:14a
Nautical Twilight Begins	4:53a	4:54a	4:55a
Civil Twilight Begins	5:31a	5:32a	5:32a
Sunrise	6:01a	6:02a	6:03a
Sunset	8:31p	8:30p	8:30p
Civil Twilight Ends	9:01p	9:01p	9:00p
Nautical Twilight Ends	9:39p	9:38p	9:37p
Astronomical Twilight Ends	10:20p	10:19p	10:18p
Moonrise	12:45p	1:54p	3:05p
Moonset	12:14a	12:42a	1:12a
Moon Illumination	45.7%	57.4%	69.0%

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## 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, Grouse Gulch 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 Grouse or Chapman Gulch/Ophir 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 Pacers may not continue unless accompanying their runner.

Pacers are allowed from Grouse (Mile 42.2) to the finish. Pacers may also start or stop at crew access aid stations (Ouray, Telluride, Chapman).

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

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## Crew Access Aid Station Driving Directions

### Chapman Gulch

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

#### **Grouse Gulch**

37.9176° -107.5581°

- 1 Take CR 2 NE from Silverton about 10 miles to a sign stating Picayune Gulch.
- 2 Just beyond the sign and just before the Animas River Bridge turn left (NW) onto a dirt road.
- 3 The aid station is on the flats southwest of the bridge and close to the main road.

Only one vehicle per runner will be allowed to park at Grouse. 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, follow the signs and traffic marshals to the [parking area](#) for shuttle boarding.

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## 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.

Drop bags will be returned to the Legion 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. A SOS signal via the SPOT can be triggered by \_\_\_\_.

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.

### **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.

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## **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 – look for information at the gym.

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](#)

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## Run Contacts

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