



## ***Camp Hardrock 2017***

Here's what's happening the days before Hardrock starts. We look forward to seeing you at any and all of these. They are a great way to meet fellow runners and other members of the Hardrock family as well as educate and entertain yourself Cheers!!

Bring appropriate clothing, sunscreen, hydration etc. All events are free unless otherwise noted

**Note:** [Hardrock course marking and trail work schedules can be found in the Hardrock Runner's Manual on the Hardrock Hundred home page.](#)

### ***Tuesday, July 4***

Please check Ouray, Silverton, Telluride and Lake City websites for 4<sup>th</sup> of July activities

The only one we'll mention here is the Hardrock Hundred Precision Marching Team marching in the Silverton parade. Meet on the lawn of the San Juan County Courthouse at 9:45 if you'd like to join us!

The color of the day is red or patriotic!

### ***Tuesday 7/11***

**11:00** "Chasing Summits: In Pursuit of High Places and an Unconventional Life" book talk (Silverton Library)

Being a mountain ultra-runner is certainly a lifestyle choice. Join Garry Harrington as he discusses his literary effort "Chasing Summits: In Pursuit of High Places and an Unconventional Life".

**12:00 Future Hardrock Games (West side of Silverton School)**

Bring your blanket, sunscreen and snacks and join us for a variety of games and fun for the Future Hardrockers.  
Games for 2-12 years old.

**15:00 Women of Hardrock (Bent Elbow Restaurant)**

Join veteran Hardrock ladies as they discuss and answer your questions about training tips, why they love Hardrock, advice to other women considering applying for the lottery...or just attempting a trail race in general .

**17:30 “Camp Hardrock” In the Early 20th Century (Silverton School)**

Sarah Lavender Smith will recount history based on her great-uncle Dwight Lavender, co-author of 1933's *The San Juan Mountaineers' Climber's Guide to Southwestern Colorado*; and her grandfather David Lavender, author of *One Man's West*, a memoir about working in the Camp Bird Mine in the early 1930s. She'll share their stories and photos of what it was like to work hard—and have fun—in the San Juan Mountains during this historically significant period. and she'll also discuss what today's ultra-distance trail runners might learn from these mountaineers and miners.

## **Wednesday 7/12**

**10:00 Q&A with Hardrock veterans (Grand Imperial Hotel Banquet Room)**

This is an informal question and answer session with those who have found success at Hardrock. If you have a question about it they've probably experienced it!

**11:00 What's up with Gu? (Silverton School Library)**

Join GU employees and staff for an interactive nutrition discussion to learn tips on fueling during a 100 mile race and to find out about new GU products coming down the pipeline.

**12:00-16:00 Runner Check in (Silverton School Gym)**

Sure you want to run?? This is the first step. Pick up all your info, get your number, (re)connect with friends old and new and buy some Hardrock SWAG. There's no going back now!!!

**14:00-15:00 Real Athletic Diets (RAD) and Tailwind Nutrition Seminar-(Silverton School Library)**

Tailwind Nutrition and Real Athlete Diets (RAD) team up to get you from pre-race to post race! RAD will walk you through that last pre-race meal before you hit the hay, to breakfast the morning of the race. Tailwind will offer tips on fueling at high altitude and avoiding GI distress, and how to rebuild seconds after you kiss that rock. Then it's on to a bit of recovery discussion with RAD.

**15:00 Hardrock Board of Directors Meet and Greet (Bent Elbow Restaurant)**

Come meet and say hi to the Hardrock Board of Directors.

**15:00 MAProgress/OpenSplitTime Q & A (Grand Imperial Hotel Banquet Room)**

Join representatives from Hardrock's runner tracking system, MAProgress and Mark Oveson, founder of OpenSplit Time, Hardrock's runner reporting system, as they inform and tutor you and answer your questions on

all the features of the MAProgress runner tracking system and OpenSplit Time. This session will be repeated at 10:00 on Thursday.

**16:30-19:00** Looong trail briefing (Silverton School Public Arts Center)

An in depth description and question/answer session about the Hardrock course. Bring your questions!!

**16:30** Ultimate Direction Hardrock Happy Hour (1813 Snowden St.)

Join the Hardrock family and friends for this purely social event hosted by Ultimate Direction.

**19:30** "Hardrock Film Festival (Silverton School Performing Arts Center)

Sit back and relax and check out some of the stories of Hardrock as seen on the big screen. This year's lineup includes - 1. Jason Schlarb-Skiing the Hardrock course 2. Jeff Pelletier Crewing at Hardrock 3. Karl Meltzer-FKT Appalachian Trail. Free but donations are appreciated. All donations will go to the Joel Zucker Scholarship fund.

## Thursday 7/13

**8:00-11:00** Runner Check in (Silverton School gym)

See Wednesday for details. 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 the wait list.

**10:00** MAProgress/OpenSplitTime Q&A (Grand Imperial Banquet Room)

Join representatives from MAProgress and Open Split Time as they inform and tutor you on all the features of the MAProgress runner tracking system.

**12:00 MANDATORY** Runner Briefing (Silverton School Gym)

The Hardrock tribe comes together for the first time! 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!!

**13:15 or end of runner's briefing** Hardblock Run (Silverton School)

For ages 2-10 A short run around the block and into the official Hardrock finishers chute led by the first male and female finishers from the 2016 Hardrock!!!!

**14:00** Volunteer Briefing (Silverton School Gym)

A gathering of all the people who make things go smoothly during Hardrock.

**15:00** Drop bag deadline (American Legion)

Make sure all your bags are packed 'cuz they're headed out the door!! Please be sure to clearly mark each bag with your name and run number. This is also where you'll pick up your bags after your run.

**18:00-20:00** San Juan County Search and Rescue/Emergency Medical Services Fund Raiser Pasta Dinner (Grand Imperial Restaurant)

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.

## **Friday 7/14**

### **04:30 Pre run Breakfast**

Up and at 'em early. Join us at *Natalia's, Bent Elbow or Coffee Bear* for a quick bite to eat before you go. These 3 restaurants will be open for your crews, families and friends after they return from watching you at Cunningham Gulch as well.

### **05:00-05:45 Final Runner Check in Silverton School Gym**

This is so exciting!! ALL RUNNERS MUST BE CHECKED IN BY 5:45 a.m. OR LOSE THEIR SPOT! DON'T LAUGH...IT'S HAPPENED!

### **06:00 Runner Send Off (Silverton School Gym)**

You're off!!!! Remember-have fun, enjoy the journey and NO WHINING!!