



# Tommyknockers Tale 'Dates to Remember' Special Edition

Ok, it may be a bit of a stretch to tie Valentines to “dates” to remember, but we’re taking this opportunity to get you all the important dates we have so far in one place-put ‘em in your phone and put this on your fridge If you need any more information or have questions, let us know at [dale@hardrock100.com](mailto:dale@hardrock100.com).

## March 3 Hardrock art due

We invite all interested folks to submit their photograph or original art for consideration. The theme for this submission is something that represents the “wild and tough” spirit of the Hardrock Hundred Endurance Run and/or the natural beauty of the Hardrock course.

Your artwork will be used for the finisher posters and all publicity for the 2024 running of Hardrock. Hardrock will pay for all expenses associated with copying and producing your work into various formats. Please submit NO MORE than 3 images or pieces of art. Links to websites, Google drives, etc. will not be accepted. Send submissions to [dale@hardrock100.com](mailto:dale@hardrock100.com)



## Hardrock Zoom Sessions

Join us for our monthly zoom sessions to help answer questions and share information leading up to your Hardrock experience. 16x Hardrock finisher (and 2024 entrant) Chris Twiggs and his guests share their knowledge, insights and experiences on how to get the most out of your time in the San Juans. Here’s the schedule:

<b>Monday, February 19th</b>	6:00 MST	Hardrock Veterans Panel
<b>Thursday, March 14th</b>	6:00 MDT	What to expect at Hardrock
<b>Thursday, April 11th</b>	6:00 MDT	Preparing and training tips for Hardrock
<b>Thursday, May 16th</b>	6:00 MDT	Crewing at Hardrock
<b>Thursday, June 20th</b>	6:00 MDT	The Hardrock course

Watch for zoom links in your inbox. All sessions will also be recorded and available on our [YouTube Channel](#).



## Hardrock Happy Hours

Make plans to join us at one of our in-person Hardrock Happy Hours this spring. These social events are great ways to get to know other members of the Hardrock community, meet Hardrock staff and even walk away with some SWAG from Hardrock and our partners. We’ll be sending out some more detailed information as plans evolve but for now mark your calendars!

<b>Tuesday, 3/19</b>	SkyRunCo (Salt Lake City, UT)
<b>Monday, 3/25</b>	Hundred Mile Brewing Co. (Tempe, AZ)
<b>Thursday, 4/4</b>	Berkeley Park Running Co. (Denver, CO)

## May 27 Runners Manual

As usual, the goal is to have this year’s Runners Manual fully updated and sent to everyone no later than Memorial Day. The live version is located [here](#).

### **June 1 Last day for refunds for not running this year**

We never like to think about it but sometimes things happen that will keep someone from toeing the line in Silverton in July. Our refund policy is a 50% refund of your entry fee if you withdraw prior to June 1st. No refunds will be given for withdrawals made after June 1st.



### **June 24 Service Work Forms due**

Hardrock believes that giving back to the ultra community is important. We ask that each of you find a local ultra event and give 8 hours back-trail work, aid stations, administrative...it's all good. You can also do 8 hours of ORGANIZED trail work on trails around your area. Please communicate with your local ultra organizers or trail work coordinator and get this [form](#) back to us. **This is important: Those who choose not to turn in a form by the 24th will be dropped from this year's run.**



### **June 29 Camp Hardrock activities begin**

We look forward to everyone gathering in Silverton, and the wonderful community you all create with so many folks coming out early for altitude acclimation. Later this spring we'll be publishing the schedule of events leading up to the run, which we affectionately call Camp Hardrock. We know aid station prep and course preview runs will be rolling by this date, and look forward to much more as the schedule develops!

### **Ways to stay in touch with Hardrock:**

Just a reminder, the best ways for you to keep up to date on what is happening with Hardrock are our [website](#), [listserv](#), [Facebook](#), and [Instagram](#).

**That's about it for now. We hope this helps with your planning and scheduling.**

**Cheers,  
Dale and the Hardrock crew**