



# Tommyknockers Tale

## April 2024 Edition

We try to keep this short, sweet and entertaining. If there is anything in here that you need more information on or are curious about, just reach out to us at [dale@hardrock100.com](mailto:dale@hardrock100.com).

### Welcome Spring!

We've reached the unofficial snow season and now turn our attention to snow melt vs snow accumulation. You can monitor those levels at the [SNOTEL](#) site on top of Red Mountain Pass (Snow Water Equivalent is the key metric).



### Hardtalk Podcast

We hope you all enjoyed the [conversation](#) with Team Olmer (Scott and Barbara) last month. Join Chris and Dan this month as they feature their conversation with 2023 Hardrock finisher Yassine Diboun. Check Hardtalk out wherever you get your podcasts.

### Hardrock Gives Back

With spring comes more opportunities to help out at your local ultra events. We ask that each of you find a local ultra event and give 8 hours back. New starting last year was/is the option to do 8 hours of ORGANIZED trail work on trails around your area. Please communicate with your local ultra organizers and get this [form](#) back to us no later than June 24th. Please remember that if we don't have your service form by then, we'll give your starting spot to someone on the waitlist. Also, did you know you can double check to make sure we have received it on our [entrants page](#)?



### Art Selection

Congratulations to Derrick Lytle for submitting the winning art for this year's Hardrock. You'll be seeing a lot of [his photo](#), both digitally and in person this summer.

### Say hello to Telluride

*Telluride is a place of legend, nestled at the end of a lush canyon and surrounded by some of Colorado's most rugged peaks. You will admire its greatness while venturing over 13,000-foot passes, and once you're here, you'll appreciate the views (and the fact that the end is just around the bend). A historic mining town at 8,750 feet in elevation, Telluride's natural beauty is a pleasant reward for navigating the surrounding wilderness. If you're not careful, you may never leave the aid station in Town Park! We wish all of the racers the best of luck and hope to welcome you to our piece of paradise this summer.*





### Hardrock Zoom Sessions

This month's zoom session is all about helping your crews be successful. Chris Twiggs has a panel lined up with over 40 years of combined crewing experience. If it's happened, they've seen it! Join Chris and his panelists on Thursday, April 11th at 6:00 pm (MDT) for this informative and hopefully, helpful hour of the nuts and bolts of crewing at Hardrock. Watch for links coming soon to your inbox. All sessions will also be recorded and available on our [YouTube Channel](#). Have a question for the panel? You can let them know [here](#) .

### Hardrock Happy Hours

If you're in the Denver area, stop by [Berkeley Park Running Co.](#) on April 4th for our annual Hardrock Happy Hour. It's a great way to connect with other members of the Hardrock community, share stories and even pick up some SWAG.

### Women's Running Weekend

We are pleased to announce that the 2nd annual North Face/Hardrock Women's Running Weekend has been scheduled for Sept. 6-8 in Silverton. Watch for details and updates on both the TNF and HRH social media platforms.



### Welcome Sarah Friden!

Last month we let you know that Nathan Baxter, Town of Silverton Special Events Coordinator and friend of Hardrock moved on. Well it didn't take long for the town to find someone who is equally passionate about Hardrock to take over. We'd like to welcome Silverton Facilities and Parks and Recreation Director Sarah Friden to the Hardrock community! We're looking forward to working with Sarah .

### Check out this offer from Tailwind!

Exclusive to the runners and waitlisters of 2024, Tailwind is offering the Tailwind Challenge with some extra perks. Now is the time to begin your training and practice your nutrition for race day. Tailwind Endurance Fuel is on course at all aid stations at Hardrock. You can order four large bags of Endurance Fuel heavily discounted, and Tailwind will give you a 15 serving bag of Recovery Mix and a soft flask for free. Simply select your four bags from the Tailwind Challenge page and then add your choice of Recovery Mix and soft flask to your cart.



### Entrants - see the code listed in your email copy of the newsletter.

~~With this offer, you can use the code Tailwind15 for your first time training~~

- <https://tailwindnutrition.com/products/tailwind-challenge>
- <https://tailwindnutrition.com/collections/recovery-mix>
- <https://tailwindnutrition.com/products/soft-flask-new-logo>

**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](#).