

FOURTEENTH ANNUAL HARDROCK 100 MILE MOUNTAIN RUN

100 Miles of Wild Alpine Trails

General: A 100 mile trail run in the San Juan Mountains of Colorado.

Start: 6 AM, Friday, July 8, 2005, at Silverton High School, Silverton, Colorado.

Course: Four legs, linking the Lake City area, Ouray, Telluride, and Silverton. The finish is in Silverton, the same location as the start. The course is 100 miles long, has a cumulative vertical gain of greater than 33,000 feet and takes place at an average elevation of about 11,000 feet. The high point is 14,048 feet. This year the course is run in the same direction as the 2003 run (counterclockwise).

Responsibility: At the top of our list when designing this course was to provide a challenging run through the beautiful San Juan Mountains. This is a **very** tough run in remote, rugged country. Runners must assume **responsibility** for their own safety - the run management cannot assume any responsibility for your safety once you leave the aid stations. Apart from bears, foxes, elk, coyotes and mountain lions, runners will very likely encounter the most dangerous varmint in the wilderness - man! During the summer this area is very busy with hikers, climbers, four-wheelers, and others out enjoying the outdoors. Most of these folks are agreeable, but as the Forest Service/BLM warning says, "You may be subject to the unreasonable acts of others." If you are not comfortable with these conditions, or are going to get grouchy the first time you find someone or something has moved a section of trail markers, please consider carefully whether you want to participate. If you accept the responsibilities and challenges, and persevere with a smile, we promise you an endurance event you will never forget.

Run Principles: This is a test of runners against the mountains. The course is on trails as much as possible. There are 13 aid stations; major aid stations will be located in the towns; runners are expected to be largely self-supporting between the towns, with less well-equipped aid stations in between. The course will be adequately but minimally marked so the emphasis is on staying alert and using the supplied map and course instructions. However, you should be capable of staying on course without markers, using map, compass, and the course instructions. The run is a salute to the toughness and perseverance of the hard rock miners who initially developed the area.

Entry: This is a "post graduate" run. For safety reasons, we cannot accept novice runners, and therefore you must satisfy at least one of the following qualifying standards.

i) finished any Hardrock within the past 5 runnings;

ii) started Hardrock within the past 3 runnings;

iii) completed any one of the following during 2003 or 2004: Wasatch, Eagle, Bear, Angeles Crest, Massanutten, Western States, Cascade Crest Classic, Plain, HURT, Bighorn, or Leadville;

AND you must be approved by the Run Committee.

Candidates not living in North America (who may not have access to the runs listed above) should submit a 500 word (or less) account of their ultra-running/mountain experience that convinces the selection committee that they are prepared for the run.

Entries postmarked **no earlier** than January 1, 2005 will be considered. The Run Committee will select entrants on or about February 6, 2005 and the 125 selected runners will be notified immediately thereafter. A wait list will be maintained after the field is full. If you are on the wait list and do not receive a spot, your entry will be refunded on July 1, 2005.

Time Limit: 48 hours. Starting time is 6:00 AM on Friday morning; last finisher, 6:00 AM on Sunday morning. Aid station and finish cut-off times will be enforced.

**Entry Application for the 2005
Hardrock Hundred
100 mile Mountain Run**

**Hardrock Hundred
PO Box 55
Silverton, CO 81433**

THIS ENTRY CONTAINS A LIMITATION ON YOUR LEGAL RIGHTS - READ IT!

I wish to enter and participate in the Hardrock Hundred mountain endurance run on July 8, 2005. I agree with the rules, conditions and regulations of the event and will comply with them. Minor applicants will not be accepted. I am aware that a run of 100 miles is extremely difficult and hazardous, even for well-conditioned athletes under the most favorable conditions. This run covers difficult mountainous terrain and spans great extremes of altitude and temperature. I have been warned that I should not participate in this event unless: a) I am in excellent physical condition; b) have previously run 100 mile runs on trails or have demonstrated adequate mountain experience; c) have recently had a complete physical examination, preferably including a stress electrocardiogram. I have also been advised that I may be exposed to physical injury from a number of natural factors, including snow on the course, lack of water, high water, lightning, mountain lions and bears, and to the hazards of vehicular traffic, and to those other hazards attendant upon running across or along roadways during the day or night including, among other things, the fact that I may become injured or incapacitated in a location where it is difficult or impossible for the event's management to get required medical aid to me in time to avoid physical injury or even death. Knowing these facts, I nevertheless, in consideration of your accepting this entry, hereby for myself, my heirs, executors and administrators, waive, release, and discharge the Hardrock Hundred run, the Town of Silverton, any official sponsor entity and the officers, directors, shareholders and/or members, agents and employees of each, all medical and other personnel assisting with this running event, their representatives, successors and assigns, from any and all rights, claims or liability for damage for any and all injuries to me or my property, or for damage caused by me or by anyone else (including Acts of God), arising out of or in connection with my participation in this event. I further agree that I will defend, indemnify and hold harmless the Hardrock Hundred Run, the Town of Silverton, and any official sponsors and the directors, officers, members and agents, of each, against all claims, demands and causes of action, including court costs and attorneys' fees directly or indirectly arising from any action or other proceeding brought by or prosecuted for my benefit contrary to the Agreement. This release extends to all claims of every kind and nature whatsoever, whether known or unknown. I understand that entry fees are necessary to meet the cost of preparation, months in advance of the run, and that if the run is canceled because of snow, fire, drought, storm, acts of God, or other circumstances beyond the control of run management, the entry fee may not be refunded.

The qualifications of entrants must be approved by the Medical Director and the Screening Committee. During runner check-in, any runner may be disqualified at the discretion of the Medical Director. **ANY ENTRY CAN BE REJECTED AT THE DISCRETION OF THE SCREENING COMMITTEE. PLEASE PRINT. ILLEGIBLE OR INCOMPLETE ENTRIES IS A BASIS FOR REJECTION.**

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ COUNTRY: _____ ZIP: _____

TEL (H):(_____) _____ TEL(W):(_____) _____ BIRTH DATE: _____

OCCUPATION: _____ AGE ON RUN DAY: _____ WEIGHT: _____ SEX: _____

HEIGHT: _____ EYE COLOR: _____ HAIR COLOR _____

E-mail address (if available): _____

SIGNATURE: _____ DATE: _____

T-shirt Size: Men, Women – Please circle one
Small, Medium, Large, X-Large – Please circle one

Statement of Qualifications

1) Please list your qualifying run below, and attach a copy of the UR listing. **ONLY for candidates NOT living in North America**, state your recent and relevant Hardrock course and/or mountain experience. Limit your answer to 500 words or less, and describe why your entry for the 2005 Hardrock should be accepted.

2) Name, address and telephone number of relative or friend who will **NOT** be present at the 2005 Hardrock Hundred:

Name _____

Address _____

Phone _____

3) List below any medical or physical condition(s) that should be noted by the Medical Director. Please describe any medical/physical conditions that may affect your ability to safely take part in this event. Please list any medications that you are routinely taking.

4) The undersigned grants his/her irrevocable permission to the Hardrock Hundred Run, and any television network covering this year's event, and the authorized agents, contractors and representatives of each, to use the under-signed name and likeness in any photographs, video tapes, motion pictures, recordings or any other records of the undersigned's participation in this event, for any purpose.

5) I expressly acknowledge that I have read this entry form in its entirety and that I understand and agree to be bound by the terms and conditions set forth herein.

I declare under penalty of perjury that the foregoing is true and correct.

SIGNATURE: _____ DATE: _____

The runners manual will be available on the Hardrock web site. Do you want to down load the runners manual instead of having it mailed to you? Yes _____ No _____

Do you have a Colorado Hiking Permit for 2004? Yes _____ No _____
If Yes, please furnish the Colorado Permit number here. _____