

NINETEENTH 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 9, 2010, at the Silverton Ski Lodge, Silverton, Colorado.

Course: Four legs, linking the Telluride, Ouray, Lake City, 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 about 33,000 feet and takes place at an average elevation in excess of 11,000 feet. The high point is 14,048 feet. This year the course is run in the same direction – clockwise - as the 2008 run.

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." Also, this is the Colorado high country, and you can anticipate all variety of weather conditions. 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 12 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 course will be adequately but minimally marked so the emphasis is on staying alert and using a map and the 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 hardrock miners who lived and worked in the area.

Entry: This is a "post graduate" run. For safety reasons, we cannot accept entries from minors and novice runners. To apply to participate in the 2010 HRH 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 2008, 2009: Wasatch, Eagle, Bear, Leadville, Angeles Crest, Massanutten, Western States, Plain, HURT, Bighorn, Grand Teton, Tahoe Rim Trail, Tour de Mont Blanc (163 km version), Cascade Crest Classic, or Grindstone; or completed HURT in 2010.
- iv) demonstrated equivalent mountaineering experience;

AND, you must be approved by the Board of Directors.

Candidates not living in North America (who may not have access to the runs listed above) and any other candidates who have not run one of the qualifying 100 mile runs but wish to be considered under standard iv should submit a 500 word (or less) account of their ultra-running/mountain experience that convinces the Board of Directors that they are prepared for the run. **North Americans must understand that to qualify under standard iv requires demonstrated exceptional mountaineering AND trail running experience. The Board of Directors rarely allows North American applicants into the event under standard iv.**

Entries received before selection day will be considered. The Board of Directors will select entrants on or about February 6, 2010 and the selected runners will be notified immediately thereafter. A wait list will be maintained after the field is full.

Time Limit: 48 hours. Starting time is 6:00 AM on Friday morning, July 9, 2010; last finisher, 6:00 AM on Sunday morning. Aid station and finish cut-off times will be enforced.

Pre-run Activities: Check-in and medical check on Wednesday, July 7, noon to 4:00 PM at the Silverton Ski Hut. Optional loooooong, detailed version of the trail briefing, 4:00 PM. Continued check-in and medical check on Thursday, July 8, 8:00 AM to 11:00 AM. Any runner who has not checked in by 11 AM on Thursday and has not notified the RD of extenuating circumstances will be considered to have withdrawn and their starting slot will be given to a wait-listed runner. Mandatory pre-run briefing will be Thursday, July 8, noon to 2:00 PM.

Entry Fee: The 2010 entry fee is \$250. Entry fees are payable in US currency by check against a US bank account. Checks should be made out to "Hardrock Hundred" and may (but are not required to) accompany the completed entry form. Runners who are accepted must ensure their checks arrive at the address below no later than February 27, 2010 or they will be moved to the wait list. Those accepted from the wait list have 10 calendar days or check-in (whichever is earlier) to pay. Accepted foreign entrants may pay in US cash upon arrival in Silverton. In case the run must be canceled we will refund a pro-rated portion after deduction of the run expenses.

Refund Policy: Before June 1, 2010, a 100% refund will be provided. After June 1 a 50% refund will be provided. If no one is on the wait list or no wait-listed runners accept entry then no refund will be given. Refund authority resides solely with the Run Director.

Run cancellation: The Hardrock Hundred Board of Directors reserves the right to cancel the run based on: (1) Extreme snow pack. (2) Extreme weather during the event. (3) Extreme fire danger. (4) Other extreme conditions.

Snow pack will be evaluated about the end of May, at which time a decision will be made to go ahead with the run or to cancel. If cancellation is decided all entrants will be contacted.

In the event of extreme weather or other extreme conditions it may become necessary to cancel the run out of consideration for the safety of the runners and/or volunteers. This drastic step will be taken only in the most extreme of circumstances, but violent weather in the mountains can be expected to occur occasionally. If this happens, you may only find out about it after you arrive in Silverton. You must be prepared to accept the financial commitment for your travel, accommodations, etc. should this occur. Take the attitude that at least you will get to vacation in one of the most beautiful parts of the world and you will not be disappointed.

Crews: Runners are encouraged to bring family and friends to the area to share in the fun. It is a truly scenic, beautiful place, with many outdoor recreation possibilities. Area information and crew direction information will be available in the runners' manual. Marked or unmarked maps will be available to runners and crews at a nominal cost.

Pacers: Pacers are allowed for runners beginning at the Ouray Aid Station. Pacers must sign in at one of the crew access aid stations and 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. Pacers may not continue unless accompanying their runner. Runners over 60 years old may have pacers for the whole run. Muling is not allowed.

Awards: All entrants will receive a special T-shirt. Awards will be given to all finishers under 48 hours. The awards will be presented at a post-run brunch beginning at 9:00 AM, Sunday.

Training Runs: Previous experience indicates an enormously improved chance of finishing for those who previewed the course. The Board of Directors encourages you to come early and help with the course marking. Course marking will begin approximately two weeks before the run.

Background material: Previous editions of this run have been written up in UltraRunning magazine, and we suggest you locate some of this material, read it and let it sink in before you send in your entry. The Hardrock homepage (<http://www.run100s.com/HR>) (<http://www.hardrock100.com>) contains copies of some previously published material as well as the course description, maps, profile, FAQs, and photos.

Complete and mail entry form to: Hardrock Hundred
c/o Charlie Thorn
4501B Ridgeway Drive
Los Alamos, NM 87544

Entry Application for the 2010
Hardrock Hundred
100 mile Mountain Run

Hardrock Hundred
c/o Charlie Thorn
4501B Ridgeway Drive
Los Alamos, NM 87544

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

I wish to enter and participate in the Hardrock Hundred mountain endurance run that starts July 9, 2010. I agree with the rules, conditions and regulations of the event and will comply with them. 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 Board of Directors. 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 BOARD OF DIRECTORS. PLEASE PRINT. ILLEGIBLE OR INCOMPLETE ENTRIES IS A BASIS FOR REJECTION.**

HAVE YOU *EVER* SUBMITTED AN ENTRY FORM TO HARDROCK HUNDRED BEFORE? YES NO

NAME: _____

ADDRESS: _____

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

TEL (H):(_____) _____ TEL(W):(_____) _____ *TEL(M)(_____) _____

*Please put your mobile phone number above so, if needed you can be contacted during run week.

BIRTH DATE: _____

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

HEIGHT: _____ EYE COLOR: _____ HAIR COLOR _____

E-mail address: _____

SIGNATURE: _____ DATE: _____

T-shirt cut (circle one): Men Women

T-shirt size: (circle one): Small Medium Large X-Large [Runners not circling a size will receive a men's L or a women's M]

Statement of Qualifications

1) List your qualifying run below, and **attach a copy of the UltraRunning Magazine listing.**
For candidates NOT living in North America or those wishing to qualify under standard iv, state your recent and relevant mountain experience. Limit your answer to 500 words or less, and describe why your entry for the 2010 Hardrock should be accepted.

2) Name, address and telephone number of relative or friend who will **NOT** be present at the 2010 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.

Check here ONLY if you want a copy mailed to you. _____

Do you have a Colorado Hiking Permit for 2010? Yes _____ No _____

If Yes, please furnish the Colorado Permit number here. _____

Did you enclose your entry fee check? Yes _____ No _____