



**2011**  
**Volunteers Manual**  
**July 8-10, 2011**

**Silverton, Telluride, Ouray, Lake City**

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# **This is Your 2011 Hardrock Hundred Volunteers Handbook.**

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**You may keep this manual or return it to the Hardrock Headquarters for reuse.**

# **Volunteer Manual 2011 Hardrock Hundred**

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Version 1.0, 4APR11

## **Introduction**

This manual is an attempt to provide Hardrock Hundred aid station volunteers with information to help in preparing for and surviving the run. Apart from being something to read while waiting for runners to appear, it is intended to be useful. The course is run **counter clockwise** this year. As you see opportunities for improvement, please make notes on the spot (possibly just mark up your manual and return it to Lois MacKenzie (or Charlie Thorn) so that it can be improved for next year. One of our biggest hopes is that you will all have a fun experience and want to come back and help next year.

By looking through this manual, you will find other documents that contain information important to your duties. We request that you read the course description in the Runners Manual (Tab 2), and the Executive Rules Summary and Crew Rules at Aid Stations (Tab 3). These have been provided to all runners but you should be familiar with the course near your aid station, as well as the runner information. For more general information about the Hardrock Hundred, including scanned images of the course, you can look at our web site: <http://hardrock100.com/>

We would very much like to make use of the experience you gain this year so please provide any feedback about how to improve the Hardrock, it's organization, or aid stations.

## **Run Organization**

Prior to coming to Silverton, many of you will have interacted with various members of the Hardrock organization while coordinating what you are going to be doing this weekend. However, some of these individuals will be turning into participants at the start. But there is still a fully functioning organizational structure in place. At the center of this is the Run Director, Dale Garland. He is in charge of the run. Lois MacKenzie is the Aid Station Coordinator. Steve and Shauna Blaylock are the Communications Directors. During the run, they can be reached via the Amateur Radio Network, or before the run, via telephone (see the Contact List at the end of this document). Please try to solve problems locally, but contact the RD immediately when local solutions don't seem to be working out.

## **Preparing for Run Weekend**

You will be more able to concentrate on having fun on the run weekend if you have made all your preparations beforehand. The following notes may help.

## **Schedule of Events**

Please be aware of what is expected of you at all times because the runners are depending on you. There is a "Detailed Timeline" that can be found at the end of this manual. However, if you are confused by the schedule or by this manual please contact Lois MacKenzie, the Aid Station Coordinator or Dale Garland, the Run Director.

## **Accommodations**

You will need to arrange accommodation for yourself for this weekend. There is adequate hotel/motel/bed and breakfast/camping accommodation in Silverton and the other San Juan Mountain towns, but the choice is limited - so make your plans early. The Silverton Chamber of Commerce (see telephone list in the Runners Manual) is very helpful.

## **What to Bring**

It is just as important for you to bring adequate gear for your own safety and comfort, as it is for the runners. The weather is variable, and you are at high altitude. Also, you may be up all night, and possibly out in the open, depending on your tasks. We will have enough problems taking care of the runners - let's not have to evacuate volunteers! To help you, here is a partial list of items you might want to put on your list:

## **PARTIAL GEAR CHECKLIST FOR VOLUNTEERS**

Poncho or rain suit	Day backpack	Water bottle
Warm-up suit	Flashlight & spare batteries	Pen and paper
Sun glasses	Sunblock	Dry change of clothes
Hat	Gloves	Parka or heavy coat
Fluids	Snacks/meals	Insect repellent
Clip board	This manual	Book or magazine to read
	Wooden cutting board (for killing and gutting bananas and melons)	
	Sense of humor & adequate supply of running jokes	

If you are going to be at a remote aid station, you will need additional gear. See the notes specifically for remote aid stations.

### **Run Weekend Guidelines**

When you get into Silverton, please check in at the Kendall Mountain Recreation Center so that we know you are here. A bulletin board will be set up there for posting messages. You can leave a message for Lois MacKenzie or get directions at Charlie Thorn's house, 1354 Reese Street, or at the Kendall Mountain Recreation Center. Things will be going on most of the week leading up to the run, but run activities really begin on Wednesday morning. On Thursday afternoon, the volunteer briefing will be held. The aid station captain or designated representative must attend. At that meeting, aid station supplies will be picked up, detailed descriptions of the course legs before and after your station will be discussed, and any last minute instructions obtained. All volunteers are cordially invited to the awards breakfast and ceremony on Sunday morning. For more details see the "Detailed Timeline" at the end of this manual.

Check on the weather conditions and latest predictions before leaving town - we will try to post these at run HQ.

Finally, check that you have enough gas to get you out there - and back!

### **Pacers**

After Grouse Gulch each runner is allowed a pacer. Each runner 60 years old and older is allowed a pacer for the entire course. If a runner has a pacer, assist the radio operator in recording that fact and the pacer's name on the runner sign-in sheet with the runners' times.

### **Record Runners Who Drop Out**

If a runner drops or is pulled from the run, this must be recorded and the runners' wristband will be cut by the aid station captain or their designee. All runners will have been cautioned not to leave the run without advising a run official that they are doing so. Failure to account for runners who have gone home is the most common reason for unnecessarily activating Search and Rescue.

If a runner drops out, you may have to deal with how to get him/her transported to the finish. We have advised runners that there is no "limo" service. Keep them warm and dry, and tell them they will have to wait until a vehicle shows up. In the case of remote aid stations the dropouts may walk out or may wait to go out with the aid station crew if you have room and want to put up with their smell.

### **Advise RD of Departures**

The radio operators will communicate, using the amateur radio network, with the next aid station and let them know each time a runner leaves, so that they can anticipate his/her arrival. Keep track of the runners and advise the RD of the departure of the last runner from your aid station. Then, **at least one person from your team and a radio operator must remain at the aid station until the last runner reaches the next aid station.** That will ensure that a runner who may have an accident or simply does not have the energy left to make the next climb can return to the last aid station and get help.

### **Record Arrival and Departure Times**

**All in and out times will be recorded by the Ham Radio Operators at your Aid Station. This will free the aid station crews to take care of the runners.**

**Aid Station Locations & Cut-off Times**

Aid Station	Access	Mileage	Facility	Crew Access /Drop Bag	Absolute Cut-off Time
Silverton-Start	Auto	0.0	RDFWM	Yes	Fri-6:00 AM
Cunningham Gulch	Auto	8.6	RDFW	Yes	Fri-10:45 AM
Maggie Gulch	4WD	14.7	RFW	No	None
Pole Creek	Hike	19.0	RFW	No	None
Sherman	Auto/4WD	28.1	RDFW	Yes	Fri-8:15 PM
Grouse Gulch	Auto	41.5	RDFW	Yes	Sat-02:30 AM
Engineer	Hike	48.0	RFW	No	None
Ouray	Auto	55.9	RDFWM	Yes	Sat-9:00 AM
Governor Basin	Auto	63.8	RFW	No	Sat-12:30 PM
Kroger Canteen	Hike	67.1	RFW	No	None
Telluride	Auto	72.1	RDFWM	Yes	Sat-4:45 PM
Chapman Gulch	Auto/4WD	81.4	RDFW	Yes	Sat-9:30 PM
KT	4WD	88.4	RFW	No	Sun-1:30 AM
Putnam	Hike	94.0	RFW	No	None
Silverton-Finish	Auto	100.5	RDFWM	Yes	Sun-6:00 AM

Facility key: (R)adio, (D)rop bags, (F)ood, (W)ater, (M)edical Times in military (24 hours clock) time.

Aid Station	Latitude	Longitude	Northing**	Easting**	Latitude**	Longitude**
Silverton-Start	37°48.663'**	107°39.385'**	4,187,970	266,150	37°48.663'	107°39.385'
KT	37° 47.531'*	107° 47.555'*	4,186,220	254,100	37°47.528'	107°47.553'
Chapman Gulch	37° 51.317'*	107° 48.331'*	4,193,320	253,350	37°51.351'	107°48.209'
Telluride	37° 56.099'*	107° 48.379'*	4,202,130	253,370	37°56.109'	107°48.376'
Kroger Canteen	37° 57.708'*	107° 46.306'*	4,204,990	256,550	37°57.706'	107°46.265'
Governor Basin	37° 58.928'*	107° 45.675'*	4,207,190	257,530	37°58.910'	107°45.641'
Ouray	38° 01.032'*	107° 40.607'*	4,212,080	254,435	37°01.675'	107°40.343'
Engineer	37° 59.156'*	107° 36.277'*	4,207,170	271,320	37°59.114'	107°36.230'
Grouse Gulch	37° 55.053'*	107° 33.499'*	4,199,590	275,170	37°55.077'	107°33.460'
Sherman	37° 54.049'*	107° 25.986'*	4,197,400	286,270	37°54.054'	107°25.851'
Pole Creek	37° 48.180'*	107° 28.400'*	4,186,550	282,250	37°48.134'	107°28.396'
Maggie Gulch	37° 49.131'*	107° 32.187'*	4,187,950	276,810	37°48.812'	107°32.125'
Cunningham Gulch	37° 47.611'*	107° 34.680'*	4,185,900	273,050	37°47.649'	107°34.648'
Silverton-Finish	37°48.663'**	107°39.385'**	4,187,970	266,150	37°48.663'	107°39.385'

\* Lat/Long data from Greg Hine

\*\* Data from Rick Trujillo (UTM & Lat/Long Coordinates from Map Measurements (NAD CONUS datum) (Zone 31 S)

**Times for Opening the Aid Station**

The individual aid station SOP sheets give an opening time that is one hour (based on extrapolation and guesswork) from the lead runner’s times in the CCW direction. Tab 7 of this handbook as well as the Runners Manual provides this information for all aid stations. By staying in radio contact and following the progress of the run, you may be able to open your station later than anticipated in the SOPs. When you open your aid station, post the Aid Station Signs in a conspicuous place so that runners, crew, and aid station people can refer to it.

**Anticipate Arrivals**

The ham radio operators will let you know when many runners have left the previous aid station so you can roughly anticipate their arrival times. If someone is taking a seriously long time (compared to other runners) you may have a potential problem. Mostly though, these runners will show up after simply having had a bad section.

**Drop Bags**

Runners are allowed to provide "drop bags" for up to seven aid stations. You, the aid station crews, must transport them to your individual aid station. Runners are allowed to prepare drop bags for the following aid stations: Cunningham Gulch, Sherman, Grouse Gulch, Ouray, Telluride, Chapman Gulch, and the finish. Most runners will have drop bags though many prefer to have their crews meet them along the way. Some runners do not have crews and are relying on their drop bags for their entire support. **Note that Chapman Gulch IS a crew access aid station this year in the counter clockwise running direction.**

Someone from each aid station crew must be delegated to pick the drop bags up at run headquarters on Thursday after 1500 hours and bring them to the aid station location. When you set up your aid station, take all the bags and place them in a row, in numerical order, if possible in a shady spot to avoid overheating any food in them. Having them in numerical order according to the runner number will allow you to quickly locate the correct bag when a runner comes in. When a runner comes in locate his/her bag, open it if requested (fingers don't work too well in the cold!). Provide any other reasonable assistance the runner may require to use items in the bag. Make sure any recoverable items are packed in the bag and reseal the bag with masking tape. Properly recycle or trash non-recoverable items. Place the bags in a single location until after you close the aid station. Then transport them to a location designated by Lois MacKenzie at the finish line so runners can pick them up after the run and notify Lois MacKenzie that your drop bags have returned.

### **Town Aid Stations**

There will be ham radio support at all aid stations. However, the town aid stations will be much better supplied than remote aid stations. Also, medical and S&R assistance may only be available at the town aid stations.

### **Remote Aid Stations**

One main difference between remote and town stations is that the remotes have no electrical power. You will need at least a flashlight, and preferably a Coleman lantern (don't forget the extra mantles) or equivalent to light up a wide area.

### **Access**

Some remote aid stations can be reached by vehicle, while others require hiking or backpacking. If needed, we will prepare detailed maps for reaching each aid location. However, make sure you know how to find your way to your destination. If you have never been to the location, someone who knows exactly where the aid station is will go out with you (preferably before the run) to make sure you are situated correctly. Remember there are few road signs out on the 4WD roads in the San Juans, and one junction can look awfully similar to another! Looking for ribbons or other course markers is good, but not 100% reliable, since these may have been interfered with.

### **Fluids**

The most important fluid is water. We will try to assist in this by providing containers that can be filled in town before departing. But, for some of the remote aid stations it may be necessary to prepare water by pumping it through a purifying filter. If this is the case, remember to do this ahead of time - runners will not want to wait. Also, we will provide some form of electrolyte replacement mixture. This will be a powder that must be mixed up (again ahead of the appearance of a runner). Experience shows that runners generally prefer it somewhat weaker than indicated on the container, about 2/3 of normal strength. Mix it up weaker, and if a runner wants it full strength, you can always add a little extra of the crystals. Be prepared to fill the bottles the runners carry as well as provide liquids on the spot. Each runner or pacer will use about 2-6 pints of water, and 1 or 2 cups of soup.

Bladder type water containers may pose special problems when you refill them. Make sure that you put the liquid in the bladder and not down the back of the pack. Also, be careful to properly seal the bladder so the liquid is not lost after the runner takes off.

Many runners will want hot soup and coffee or tea to drink. These can be prepared on a gas stove. Instant coffee is great, as you can always shovel extra into a runner's mug - especially at night they will want caffeine. Try to keep hot water on the stove or in thermos bottles so runners don't have to wait for you to bring it to a boil. Cola that is allowed to defizz is also very popular - water, sugar and caffeine, all in one handy container! You will be provided food and fluid items at the aid station briefing immediately after the runners briefing on Thursday. Check the schedule.

### **Food**

Food at remote aid stations will vary depending on access. If you are hiking in, we don't expect you to pack in 20 pounds of bananas! However, if vehicular access is possible, we will send along more. Some food needs to be prepared beforehand. Remember, some runners will want to stop & chat, but others will want to grab what they can and hit the trail before their muscles seize up or they lose their courage.

### **Shelter and Setting up Camp**

If possible, locate a tent or sheltered area where runners can get out of the elements and warm up for a while. Make this area warm but not overheated - sweating and then going out into the cold again can be dangerous. Also, bear in mind that runners

are likely to deposit mud and blood in your tent. If this worries you, bring an old blanket along to cover the floor. If anyone appears seriously in danger of hypothermia, then have them crawl under a blanket or into a sleeping bag. A good thing to bring along might be a couple of the aluminum foil "space blankets".

When setting up your tents, parking vehicles, and generally getting set up, consider what you will do (1) in bad weather and (2) at night. Try to select a spot where you will see the runners approaching while they are still a ways off. Also try not to set up in a too exposed spot in case of lightning or high wind (for example, not on a ridge). If at all possible, try to not interfere with other people who may be using the forest (four-wheelers, hikers, llama riders, etc.). Park your vehicles safely off the road so as not to obstruct other traffic - roads in the San Juans tend not to be too wide!

### **Emergencies**

Every attempt has been made to have a trained EMT at each aid station and there is a ham radio. However, you are still largely on your own for emergencies, because it will take time for any help to reach you. Especially important is to try to at least confine emergencies to the runners. We don't want to have to be rescuing volunteers as well! You will have at least a minimal first aid kit, in case runners have scratches, etc. Also, we will have a medical briefing for aid station personnel on Thursday to cover topics such as hypothermia and altitude sickness, as well as other problems that can happen on an ultra run.

If you have ever considered doing a first aid course, maybe this is the excuse you've been looking for to finally start!

### **Trail Maintenance**

Please go out as soon as you are set up, and make sure that the markers leading into and out of your aid location are still there. We will hand out spare markers at the Thursday briefing so that you can re-mark if necessary. Course markers must be placed on the left side of the runners. When re-marking make sure that you follow this convention. Go as far out in both directions as you can, preferably a mile or two. When you close your station, clean up the area. It is also helpful to strip the course markers from the area of your aid station and return these with the drop bags.

### **Ham radio**

Once the run starts, ham radio will hold things together. Past experience has shown that the most successful runs are those that have the best communications. Given the remote area we are operating in and the large distance, this is even more true for the Hardrock Hundred. This means that we need someone on the air, or on immediate call-up, at each aid station for the whole time it is active.

The most important routine communication is the name, number, and time of each runner who arrives and each runner who departs your aid station. This should be passed back to the net control, so that we know approximately where each runner is at all times. Especially important here is to report runners who elect to drop out or who do not make the cutoff times and are pulled from the run. If they drift off to a motel and go to sleep, we might assume that they are still out on the course and eventually have to send Search and Rescue out to look for them unnecessarily. At the end of the two days, we must account for all the runners.

Monitor your radio as much as possible to keep a list of when the runners passed through other aid stations before yours. This could be of great interest to crews who are trying to predict where to intercept their runners. Also, make a note of any medical problems a particular runner may have been suffering from, as reported by the previous aid station. This will allow your medical people to assess if the problem is better or worse.

**Note:** For all routine communications, amateur radio transmitters must be operated by licensed amateurs. We expect that amateur operators will be present at aid stations for all communications. However, in an emergency concerning life safety, aid station personnel may operate radio equipment.

### **Medical**

You have taken on the admirable responsibility for providing aid to the runners of the Hardrock Hundred. Thank you. We realize that you may not be a medically trained person, but common sense and this basic guide will hopefully help you in your duties. There will be a medical briefing during the volunteers meeting on Thursday afternoon. Please plan to be there and participate. Questions can be brought up then and specific medical issues and symptoms will be discussed at that time. Volunteers with medical training may want to bring personal equipment to help evaluate runner's medical conditions, e.g., cuff and steth.

## **Recognize Your limitations**

The cardinal rule when providing first aid is to not hesitate in getting help when you realize you cannot provide what is needed. Communications with medical personnel is your first requirement when dealing with a sick or injured person.

## **Loss of Consciousness**

If you are confronted with a person who is unconscious or semi-conscious, do not attempt to feed them or give them anything by way of mouth that they can aspirate (breath in). **GET HELP THROUGH THE HAM RADIO NETWORK** then keep the victim warm and on their side.

## **Injury**

If someone is injured, do your best to immobilize the injured part, and if there is swelling use ice. However, if the victim is cold it is more important to keep them warm than to decrease swelling. **GET HELP THROUGH THE HAM RADIO NETWORK.**

## **Serious Injury**

If someone is badly injured, do not move them, as you can do more harm than good. **GET HELP THROUGH THE HAM RADIO NETWORK AND KEEP THEM WARM.**

## **Minor Problems**

Most medical problems you will see will be minor: sunburn, blisters, sprains, abrasions and fatigue. Also, you will see runners in the later stages of the run who are extremely depleted in sugar and dehydrated. Later runners will usually be extremely fatigued and may be nauseated and vomiting. It is best to have them lie down, get them warm, and try to get them to take sips of sugared and salted drinks. Do not let them go on if they are confused or disoriented. Again, get advice from a medical person **AT RUN HEADQUARTERS** if in doubt.

Again, common-sense approaches are the best. Use your instincts and experience, but when in doubt, keep the victim warm, do not move if seriously injured, and **ALWAYS GET HELP THROUGH THE HAM RADIO NETWORK AS SOON AS POSSIBLE.**

## **Pulling a Runner**

It may become necessary to consider pulling a runner due to their medical condition. Generally, if a runner is not fit to go on, they will feel so bad (weak, nauseated, tired) that it is unnecessary to pull them, because it is obvious, even to the runner, that they have a problem. However, when the runners signed in, they agreed to abide by the run rules, including this one, so you have the authority to pull them for their own safety.

Pulling a runner should be approached only as a last resort, since the runner may feel quite angry about it next day when he/she has recovered. The first responsibility of the aid station is to try to help the runners complete the course, but safety must prevail. First, if the runner is really disoriented or appears faint when standing up (a sign of low blood pressure) insist that they sit down and sip some sugared and/or salty fluids. Point out that if they get lost or become unconscious out on the trail, they will lose more time than if they wait up in the aid station until they feel better. Tell them that they have all the time up until the mandatory cutoff time for your aid station to recover and get going again.

Discuss your options with the RD by radio, and get her/his concurrence for pulling the runner. Have the runner listen to this on the radio if necessary. Try, if at all possible, to have the runner see that it is for their own safety, and for the safety of Search and Rescue people who might have to go looking for their body. Finally, if the runner is being totally unreasonable, remind them that they can be disqualified from future Hardrock Hundreds if they do not comply. Encourage them to stay warm, eat and drink right up until the mandatory cutoff time - if there is even a chance they might recover, let them rest up, and see if their condition improves to where it is safe for them to continue. There are many stories of runners in a state of near collapse who rest for an hour or two, and then rise up like Lazarus and finish a run. There are also stories of those who go on while severely depleted and collapse out on the trail.

In general, try to let the runner continue. These are all experienced runners, many of whom have completed dozens of trail ultras, but try not to let bravado get in the way of common sense and safety. However, you are obligated to pull the runner in the event that they fail to leave your aid station before the cut-off time. In that case, use the radio to inform the RD of the situation. Then, cut the runners wristband and turn it in with your time sheet.

Runners are not allowed to take a ride in a vehicle where it advances their progress or compensates for runner error. If they do, they are considered to have abandoned their attempt at the run. They will not be allowed to continue, and if they do, they will not be listed as finishers, and risk being barred from entry in future runs. Runners may, after checking into an aid station, rest and get warm in a **STATIONARY** vehicle. Once you have checked a runner out of the aid station, they may not return to the vehicle. If they do so, they will be **disqualified**.

### **Search and Rescue (S&R)**

Trained Search and Rescue units exist at the four towns. These will all have been advised of the run, and will be "on call" during the weekend. They are familiar with the area and its weather, and the effects of high altitude. If it becomes necessary to activate them, this should be done by the RD through the Silverton aid station. The main reason for this is so that our run communications and the S&R communications can be coordinated. Most times, after S&R is activated, the runner shows up at an aid station. We want to be able to halt S&R operations promptly if this occurs.

A local helicopter service has been briefed on the run. During course marking we will be trying to locate and list suitable emergency landing zones for them. This service will only be activated as a last resource, and this **must** be coordinated through the Run Director in Silverton. The service is expensive, and each runner will be responsible for the cost. However, in the case of a life-threatening situation it may be the only choice.

### **Contact List**

#### **Pre-run (change "-" to "@" for emails)**

##### **Run Director**

Dale Garland  
195 Ball Lane  
Durango, CO 81301  
(970) 259-3693  
(970) 769-2872 (M)  
Hardrock100-bresnan.net

##### **Aid Station Director**

Lois MacKenzie  
553 Sundial  
Moab, UT 84532  
  
In Silverton at:  
P.O. Box 33  
Silverton, CO 81433  
(970) 946-1058  
skunkears-yahoo.com

##### **Hardrock Board of Directors**

**President**  
Blake Wood  
1146 Big Rock Loop  
Los Alamos, NM 87544  
(505) 662-4763  
[bwood-lanl.gov](mailto:bwood-lanl.gov),  
[bpwrlc-earthlink.net](http://bpwrlc-earthlink.net)

##### **Pacer Coordinator**

Andrea Feucht  
PO Box 74  
Cedar Crest, NM 87008  
(505) 920-8848  
[andrea-tenacity.net](mailto:andrea-tenacity.net)

##### **Course Marking Director**

Charlie Thorn  
4501 B Ridgeway  
Los Alamos, NM 87544  
(505) 662-2397-h  
[thorncha-gmail.com](mailto:thorncha-gmail.com)

##### **Medical Coordinator**

Leo Lloyd  
22 E. Animas Village Lane  
Durango, CO 81301  
(970) 259-1651  
[lloyd-gobrainstorm.net](http://lloyd-gobrainstorm.net)

##### **Course Director Emeritus**

John Cappis  
46 Lupine Lane  
Ridgway, CO 81432

##### **Communications Directors**

Steve & Shauna Blaylock  
Ssblaylock-gmail.com

##### **Course Flag Pulling Director**

David Coblentz  
[dkcoblentz-yahoo.com](mailto:dkcoblentz-yahoo.com)

Hardrock Hundred web Sites: <http://hardrock100.com/>

### **During the Run**

Run Director – During the run Dale Garland can be contacted at the Kendall Mountain Recreation Center via the amateur radio network. There may also be a phone in the Kendall Mountain Recreation Center but there is no guarantee that it will be answered.

If totally stuck, go to the finish line at the Kendall Mountain Recreation Center. There will be a designated responsible person there at all times. Also, there will likely be someone at Charlie Thorn's house - 1354 Reese at most times before and during the run.

**Detailed Timeline**

The planned program is below. We are going to be working hard the two weeks or so before the run, finalizing and marking the course, and taking care of last minute details. However, no detailed schedule is provided here. If you are involved with these activities (or would like to be) coordinate with the appropriate person (Dale, Lois, or Charlie). The course marking schedule is included in the runners’ manual.

**Friday, Saturday, & Sunday, July 1-3 & 2011**

When	What	Where
Friday, 8 AM	Trail Work	Ouray Bear Creek Tunnel
Sunday	Trail Work	To be announced

**Monday, July 4, 2011**

When	What	Where
0700	Silverton Blue Ribbon 10 K Race	Memorial Park
1000	4 <sup>th</sup> of July Parade – Featuring the Hardrock Precision Marching Team – You are invited!!	Main Street

**Wednesday, July 6, 2011**

When	What	Where
1200-1600	Runner check-in	Kendall Mountain Recreation Center
1300-1600	Pot Lick	Memorial Park
1600	Trail briefing - voluntary loooooong version	TBD

**Thursday, July 7, 2011**

When	What	Where
0800-1100*	Runner check-in	Kendall Mountain Recreation Center
1200	Mandatory runner briefing	Kendall Mountain Recreation Center
1400	Volunteer briefing	Kendall Mountain Recreation Center
1500	Drop bag deadline	Kendall Mountain Recreation Center
TBD	Fund raiser dinner	TBD

**\* All runners must check in by 1100 hours or lose their entry in the run.**

**Friday, July 8, 2011**

When	What	Where
0400	Breakfast	Local restaurants – to be announced
0500	Mandatory runner check-in	Kendall Mountain Recreation Center
0600	Start	Kendall Mountain Recreation Center

**Saturday, July 9, 2011**

When	What	Where
On-going	Still busy/info available	Kendall Mountain Recreation Center

**Sunday, July 10, 2011**

When	What	Where
0600	Last official finisher arrives	Kendall Mountain Recreation Center
0700	Runner and S&R status summary	Kendall Mountain Recreation Center
0900	Awards banquet/ceremony	Kendall Mountain Recreation Center
1200	End of runner activities	Kendall Mountain Recreation Center

**Most of all, remember to have a real good time.  
and  
Thanks for all your help and time!**