Greetings runners! Race day is still quite a ways off but I wanted to keep you updated on a number of items which have either come up in questions to me or are changes to this year's race that have been made in the planning stages as we approach race day.

**On-Course Nutrition**

First and foremost, I want to make sure everyone is aware that we will no longer be sponsored by Hammer Nutrition (HEED and their gels) in 2015, but we will be sponsored by Tailwind Nutrition (sports drink), and VFuel (gels). Information about where locally you can order these products and test them out can be found on the [Aid Stations](http://cocanal100.com/aid-stations.php%22%20%5Ct%20%22_blank) tab of the website. This change was done as a result of runner feedback in the past which was quite underwhelmed at Hammer products so I hope this will be a significant improvement in the nutrition department. As always if you would like other specific nutrition on the course you should plan to carry this with you or place it in your drop bags.

**Course Change**

The route from Manidokan down to the canal will again be changed this year to a much easier to navigate route that will be less prone to becoming nasty in wet conditions. Unfortunately for those of you returning from last year with bad memories of this hill I regret to inform you that the net elevation gain is still the same... The overall course distance will remain the same but some of the aid station mileages will vary slightly (tenths of a mile) and these will be updated as soon as possible.

**Pre-race Dinner**

If you have not paid for the pre-race dinner at registration I am trying to work out a reasonable way for you to pay for the dinner after the fact. The dinner is a great opportunity to meet other runners, talk to the race volunteers, and hopefully get some advice/motivation for the journey awaiting you the next morning. Stay tuned to the website for information on how to register late for the dinner and hopefully I will see many of you there.

**Training Runs**

Local race veteran Jeff Gura is dong a couple of training runs on the course and he'd be happy to have some fellow runners tag along. Details are as follows:

***Feb 28th, 7AM****, meet at Old Angler's Inn parking lot (Mile 12.4 on the C&O Canal).   They have a Men's and Women's Bathroom and ample parking.    Goal is to run 6-8 hours.*

***March 22nd, 7AM****, Old Angler's Inn, Goal is to run for 12-14 hours.*

*Address:    Old Angler's Inn    10801 MacArthur Boulevard     Potomac, MD 20854*

*Both runs are "Bring Your Own Fluids/Energy", with the goal to run approximately 5 miles out, turn around, run 5 miles back to the car, reload and then go in the other direction.    From the start at Mile 12.4, there are also porcelain facilities at Falls Road (Mile 14.4) and Swains Lock has porta-potties (Mile 16.6).*

*Any questions, send me an email at jeff.gura@yahoo.com or my cell is (301) 461-9248.   Only calling, no texting please.*

**Race Premiums**

For those of you who have ordered race premiums, remember that after February 23rd, you will need to finalize your size and color so that I can order the jackets and have them printed in time for the race. After the 23rd you will have 72 hours to fill out a form finalizing your order (the form will be emailed out to those who purchased a jacket). If you don't complete the form within 72 hours you will get the size you originally signed up for and a generic color (black). Please keep that date in mind and be watching your email around that time.

**Pacer/Runner Searches**

Remember that you can have your name listed as a potential pacer/runner on the website by filling out the form found here. If you need to have your name removed from this list because you've found a good match, let me know.

**Future Emails**

I like to keep things simple so I will not continue to bug you as race day approaches. You should expect one, at most two more emails. Almost all of the information you will need for race day can be found on the website in previous years' emails ([found here](http://cocanal100.com/official-emails.php%22%20%5Ct%20%22_blank)), and in last year's race information packet ([found here](http://cocanal100.com/general-information.php%22%20%5Ct%20%22_blank)). Once registration closes I will send out the 2015 race information packet which will contain some minor updated changes but the majority of the information will remain the same.

Good luck in your training, and happy trails!