

Afternoon folks, I wanted to mention a few things that have come together recently for this year's race.

1. Training Run

There will be an official training run on Sunday April 3rd starting from the location of the Brunswick aid station. We will start at Brunswick and run south to Noland's Ferry AS, turn around and return to Brunswick (~20 mi) to refuel and then do a final out and back loop to Keep Tryst AS back (~10 mi). The total distance for the run will be about 30 miles. Come run as much or as little as you would like! I'll bring light breakfast-type fare and some of the essential aid stations stacks for refueling between out and backs.

This training run will encompass the majority of the course you'll run on race day. To sign up for the training run please fill out the form found [here](#). While you are not required to sign up to attend the run it helps us greatly to plan how much food to buy so please do. There are also optional sections to include your email and the location you're coming from in the event you might find someone to carpool with. Let me know if you have any questions.

2. Camping overnight

If you plan to camp overnight but did not initially indicate so in your registration, no problem. There is plenty of room for everyone. We only ask during registration to get a ballpark idea of how many people we'll have. You can choose to camp the Thursday of. We'll still have space for you and you can pay the camping fee (\$3) when you get your packet.

3. Purchasing items after registration

You cannot purchase Patagonia premiums after registration, but you may still purchase meal tickets. Links to purchase these will be put up soon, so sit tight there.

4. Deferrals/Drops

I know in some cases folks won't be able to make it to the race this year for whatever reason. If that's the case we'll be sorry to miss you and hope you'll join us again in the future! Starting this year we no longer offer deferrals, but if you know you won't be running the race please do send me an email to let me know so I can open up your spot for another runner and remove you from the email list.

I hope everyone's training is going great! Spring is right around the corner, see you all soon!

Happy Trails,
Lance