

Greetings runners!

As you no doubt know, race day is quickly approaching! Barring any sudden important changes, you guys need to know about, this will serve as a final pre-race email to hopefully answer any questions you may have and leave you informed for race weekend. **It goes without saying that reading this email and the information packet are mandatory reading for all runners, crews, and pacers.** It's essential crews and pacers are aware of the rules and regulations to avoid breaking any rules on their own and jeopardizing your race.

### **Runner Information Packet**

The runner information packet has been updated on the website for 2017. Most information remains the same and I'll highlight some of the minor changes and overall most important points in this email. You can find the packet attached to this email as well as uploaded to the race website under the [general information tab](#).

### **Misc. Changes/Notes**

The course is unchanged from 2016.

One AS-related item which has changed this year would be new on-course nutrition sponsors. Tailwind remains the same, but we will be having Honey Stinger products for gels/chews/etc.

The Dargan Bend aid station will not be fully set up when you run by it the first time (mile 1.4). People rarely stop there anyway, so the first full aid station will be mile 6.3 (Antietam). While Dargan Bend AS will not be set up, we will have a place for you to drop off your "morning chill" gloves, hat, light jacket, etc. once you warm up and we will take these items back to the start at Manidokan.

### **Bib Numbers**

All bib numbers have been assigned and are visible on the ultrasignup [entrants list](#). It is crucial that you have your bib number, name, and AS clearly designated on all your drop bags.

### **Drop Bags**

Speaking of drop bags, we are still enforcing a strict policy for drop bag size. Our leniency in drop bag sizes in the past was taken advantage of to the point where some folks were bringing large 30-gallon storage containers as

"drop bags"... It isn't logistically possible to transport large drop bags such as these to Brunswick/Nolands Ferry and Brunswick/Nolands Ferry aid stations have no space to store them.

As a result, all drop bags will need to conform to Western States dimensions, that is to not exceed 6"x8"x16" in any dimension. We have a drop-bag sizer (think of the ones at the airport for your carryon luggage...). We will have volunteers working the drop bag station and if your drop bag is too large it will not be accepted.

If it's a little larger in one of the dimensions and can be "crammed down" to fit, then that's fine. Please avoid having to scramble on race morning to re-packs your drop bags by making sure they conform to these dimensions before you arrive.

NOTE: The Manidokan drop bag is exempt from the size restriction. You will however be responsible for hauling any huge Manidokan drop bags to the correct drop bag location and then hauling them back after the race is finished. 😊

Drop bags for Brunswick/Nolands Ferry will be dropped off near the parking area. Drop bags for Manidokan will be brought up and placed behind the pavilion where you check in and get you bib number. After the race, all drop bags will be brought back to Manidokan for pickup. Drop bags will arrive from the aid stations approximately 1 hour after they close. Drop bags left behind will not be mailed to runners. Items within them will either be thrown away or donated.

## **Early Check In**

We have the same options for early check as last year with some new opportunities to get your race packet. Those opportunities are as follows:

Wednesday April 26th\*  
[Charm City Run Baltimore](#)  
6PM-8PM

Thursday April 27th\*  
[If the Shoe Fits Frederick](#)  
6PM-8PM

Camp Manidokan April 28th  
12PM-5:30PM

\*If you pick up your packet at either of these locations, they will offer runners a 15% discount on all apparel and accessories purchased during your visit. This offer excludes Garmin products.

Another person may pick up your packet for you but I need you (the runner, using your registered email) to send me a message indicating the name of the person picking up the bib.

## **Race Premiums**

The race premiums are in and they look spiffy! I'll be teasing them and some other items on Facebook over the next week and a half or so.

## **Deferral/DNS**

I unfortunately cannot offer deferrals/refunds for this year's race. If you decide for some reason you cannot make the race you can remove yourself from the entrants list in your ultrasignup profile. If you are unable to do that you may also reply to this email and I can manually remove you. I hope to see you at a future year's race!

## **Showers/Camping at Manidokan**

For those who are camping at Manidokan, the cost is \$3 for the weekend. If you are camping you can start to arrive around 12PM on Friday. There is specific info about where to camp in the information packet. An area should be marked off with where to camp or if you get there before that then ask someone at the pavilion at the top of the hill.

As far as the time you must pack up your tent, we've been asked by the Manidokan management that you be gone by late afternoon on Sunday. If you finish and want to take a nap before driving then that is a good idea, but you can't spend the night.

If you will be camping or simply driving to the race and not staying in a nearby hotel, then you might want to clean up after the race. We've gained access to several showers at Manidokan which you can use after the race. There are 1 men's and women's showers each in the dining hall and there is a separate bathhouse containing 3 men's and women's showers. You are welcome to use either of these facilities and volunteers will be able to direct you where to go to find the showers.

## **Pre-race Dinner**

The pre-race dinner will start at 6PM so please try to be there around 5:45

so we can start on time. A menu for the pre-race dinner has been added as Appendix C in the information packet. If you did not register for the pre-race dinner initially, there is now an option to register late. A Paypal button has been added to the [registration](#) tab of the website and you can pay for meal tickets there (this applies for the post-race meal too).

If you originally signed up but are no longer planning to attend the pre-race dinner respond to this message and let me know. I want to give the dining hall folks an accurate count so we do not waste food.

### **Post-race Meal**

This year we will again be having a post-race meal catered by Buddhist from Mecca BBQ. A menu for the post-race meal has been added as an appendix in the information packet. The details are still being worked out but this is what we have planned right now. All runners have a ticket to the post-race meal included in their registration. If you know you will not attend please let me know.

If you want to buy tickets for someone else, there is now an option to register late. A Paypal button has been added to the [registration](#) tab of the website and you can pay for meal tickets there. You have until April 21st to purchase additional meal tickets.

The post-race meal will start being served at 11:00 am and go through 1:00 pm. If you finish the race before 10:30 am we will have light breakfast-type food available from the Manidokan aid station.

### **Post-race Buckle Ceremony**

This year runners will not not receive their buckle as soon as they finish. Buckles will be awarded after the last finisher has crossed the line and we will recognize all the finishers for their incredible efforts. I hope this change in combination with encouraging runners to attend the post-race meal will help create more of a party and celebration to give runners, crews, pacers, and volunteers a chance to get together and share stories from the race.

I understand some people may have obligations that prevent them from staying for the Buckle Ceremony and if that is the case please approach me and we can talk about it.

### **Alcohol**

The Manidokan official policy is that no alcohol is allowed on the premises. The NPS also does not allow alcohol so please keep it away from the Brunswick AS.

## **Weather**

What is the weather going to be like, that's the magic question isn't it?

Considering the averages this time of year in MD, weather for race day will *probably* in the 70s with sun/partly cloudy conditions during the day. Overnight temperatures will *probably* be in the 40's. These are rough averages. At night time, it can get breezy on the canal. You should be prepared for a wide range of conditions, anything from close to 90-degree heat to cold and rainy 40 degree daytime temperatures. As you monitor the weather I would suggest looking at the weather for Brunswick, MD as this is roughly the middle point of the course.

With that, I'll leave you folks to eagerly anticipate race day and wish you a nice and anxious taper. Please don't hesitate to let me know if you have any questions that were not covered in this email or the information packet.

Happy Trails,  
Lance Dockery