

2019 C&O 100 Course Guide

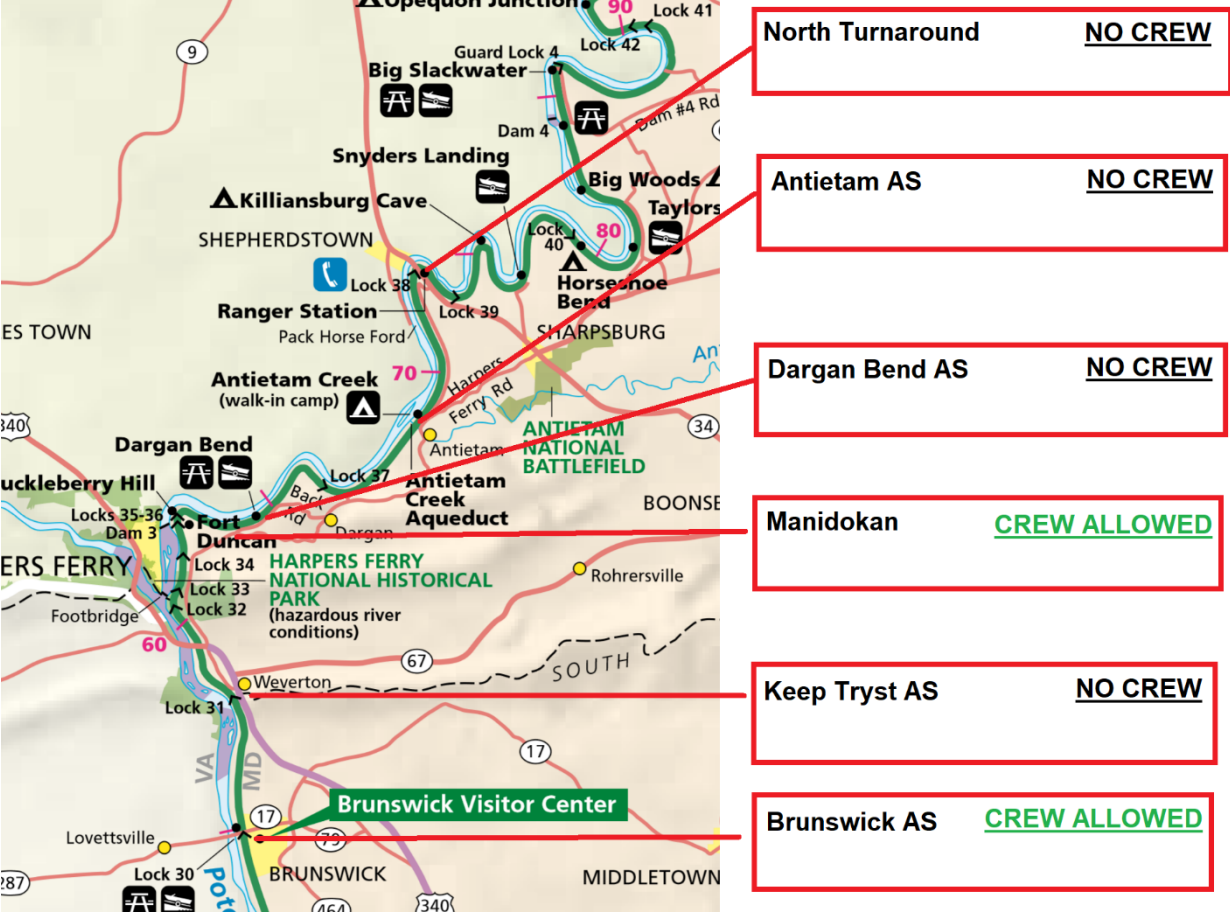
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Revised Map



Revised 2019 C&O Canal 100 course map with the location of each aid station along the course. The canal is depicted in green along the Potomac River (light blue).

Aid Station Mileage Sheet

Start Time	7.00				
* indicates Saturday			Front of the Pack	30 hour even splits	Cutoffs
‡ indicates Sunday	Average Pace	----->	8.00	18.00	
Aid Station	MILE	Section Distance (miles)	Aid Station Arrival Time	Aid Station Arrival Time	
Manidokan-Start	0				
Dargan Bend	1.4	1.4	7:11*	7:25*	
Antietam Campground	6.3	4.9	7:53*	8:53*	
North Turnaround	10.5	4.2	8:26*	10:01*	
Antietam Campground	14.7	4.2	8:58*	11:10*	
Dargan Bend	19.6	4.9	9:40*	12:38*	
Keep Tryst Rd.	26.5	6.9	10:39*	14:42*	
Brunswick	29.6	3.1	11:06*	15:38*	
Keep Tryst Rd.	32.7	3.1	11:32*	16:34*	
Manidokan	39.2	6.5	12:28*	18:31*	
Dargan Bend	40.2	1.0	12:36*	18:56*	
Antietam Campground	45.1	4.9	13:22*	20:24*	
Dargan Bend	50.0	4.9	14:04*	21:52*	
Keep Tryst	56.9	6.9	15:03*	23:57*	
Brunswick	60.0	3.1	15:29*	00:52‡	
Keep Tryst	63.1	3.1	15:56*	01:48‡	

Manidokan	69.6	6.5	16:51*	03:45‡	03:45‡
Dargan Bend	70.6	1.0	17:03*	04:10‡	
Antietam Campground	75.5	4.9	17:45*	05:39‡	
Dargan Bend	80.4	4.9	18:27*	07:07‡	06:45‡
Keep Tryst Rd.	87.3	6.9	19:26*	09:11‡	
Brunswick	90.4	3.1	19:52*	10:07‡	09:45‡
Keep Tryst Rd.	93.5	3.1	20:19*	11:03‡	
Manidokan	100.0	6.5	21:15*	13:00‡	13:00‡

Paces of estimated front of the pace and back of the pack runners.

Detailed Course Description

Loop 1

Starting from Manidokan runners will proceed around the grass field loop at Manidokan. After completing the field loop proceed down the trail to the C&O Canal. At the C&O canal runner will **turn right** and run upstream towards Cumberland, MD. Shortly after reaching the canal you will pass Dargan Bend Aid Station. You do not need to stop at this aid station but they will have a place to drop off gloves, or other light garments you might have wanted to start with but do not need once you are warmed up. After running upstream on the C&O Canal for a cumulative total of 6.3 miles you will come to Antietam Campground AS. From Antietam AS you will do an out and back to the North Turnaround (no aid, check in only) with a round trip distance of **8.4 miles** before getting back to Antietam AS. Following the canal downstream now you will pass Dargan Bend, Keep Tryst, and Brunswick aid stations (see Table 1 for mileages). At Brunswick AS you will turn around and head back upstream towards Manidokan while passing Keep Tryst. Once you have followed the single-track trail up to Manidokan you will have completed one loop at mile 39.2.

Loops 2 & 3

The second and third loops will follow the first two except you will not do the out and back section to the North Turnaround (instead turning to run downstream at Antietam AS). The second time you come through Brunswick AS (mile 60.0) you may pick up a pacer. You may have one pacer at a time for the remainder of the race. See section

below on Misc. changes for more details. At the end of your third loop you will return to Manidokan and finish the race (mile 100.0)!

Miscellaneous Changes

Due to these course changes several logistical items will change for the 2019 race.

Pacers & Crews

The second time you come through Brunswick AS (mile 60.0) you may pick up a pacer. You may have one pacer at a time for the remainder of the race. Crews may still drop off pacers to wait for runners at an aid station after mile 60.0 however *this does not impact the locations for crew accessibility on the course*. Crews will still only be permitted at Brunswick (parking in the MARC lot only) and Manidokan. This means crews will be able to see runners at Brunswick three times during the race and Manidokan twice (plus the finish). As in the past crews attempting to aid runners at aid stations outside of Brunswick and Manidokan will lead to the disqualification of their runner. This rule is imposed by the National Park Service to limit the impact of the race on other canal users.

Drop Bags

There will only be two drop bags in 2019, one at Brunswick and one at Manidokan. The Brunswick drop bag will need to conform to the dimensions of 6"x8"x16". There are no limits for the dimensions of the Manidokan drop bag.

Cutoff Times

The overall race cutoff remains 30 hours for the 2019 race, however intermediate cutoffs (see Table 1) have been adjusted backwards to allow more cushion for runners to reach the finish line than they have been in the past.