

Dear runners, I hope this email finds you feeling fresh and excited for race day!

I apologize for sending this out a little later than I had hoped. If you have registered in the past week or so you should start by reading pre-race emails #1 and #2 found on the race website [here](#). You are responsible for knowing all the pre-race email information and the information contained within the official 2021 runner packet attached to this email. Below you will find some of the most important info.

### **Deferral/DNS**

Unfortunately, there are no deferrals or refunds for this year's race. If you decide for some reason you cannot make it to the race, you can remove yourself from the entrants list in your ultrasignup profile. You may also reply to this email and I can manually remove you. I hope to see you at a future year's race!

### **Wellness questionnaire**

Each runner and pacer is required to complete the wellness questionnaire prior to race day. If you fall into the fully vaccinated/COVID-19 >21 days ago category you can fill out the form now. If you are taking the negative COVID-19 test route you should wait until you get your results back (in the 72 hours prior to race day). The questionnaire can be found [here](#). Completing this form is mandatory in addition to the USATF waiver and Manidokan forms mailed to you with your bib numbers.

### **Mailing of pre-race materials**

If you registered before April 9th your bib number and waivers were mailed this morning. The USPS in Baltimore is exceedingly unreliable so some of you may not receive your bib in time for the race. If you registered after April 9th you will also not get a mailed bib. Those runners can come to Manidokan Friday afternoon or Saturday morning to receive a bib number and sign the waivers. More information on this can be found in the runner information packet.

### **Pre-race schedule**

There will be 4 starting waves to ensure we have plenty of room for social distancing and a smooth race morning experience. You can find the assigned starting waves attached to this email in an excel file. Your official cutoff times will be adjusted based on your starting wave. You will self check in on race morning at a whiteboard corresponding to your wave and place a color-coded sticker corresponding to your start wave on your bib. This sticker must be visible at all times.

### **Zoom pre-race briefing**

Due to the COVID-19 pandemic the pre-race briefing will be held via zoom. The meeting will take place on April 19th, at 8:00PM. There is a limit of 300 participants in the

meeting so each runner is allowed to invite one crew/pacer to join them. The meeting will also be recorded and posted to the race website if you cannot attend live. If you need help using zoom to join the meeting you can go [here](#).

### **Drop bag policy**

Drop bags are available at Brunswick, Antietam, and Manidokan aid stations. The Brunswick and Antietam drop bags need to conform to Western States 100 dimensions, not to exceed 6"x8"x16". We have a drop-bag sizer (similar to the ones at the airport for your carry-on luggage). We will have a volunteer checking drop bag sizes before the race. The Manidokan drop bag is exempt from the size restriction.

### **Showers and camping at manidokan**

For those who are camping at Manidokan, the cost is \$3 for the weekend. You can start to arrive around 12PM on Friday. There is specific info about where to camp in the information packet. We will be in more socially distanced groups this year. If you have questions, ask someone at the pavilion at the top of the hill. 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.

We have access to several showers at Manidokan that you can use after the race. There are 1 men's and 1 women's shower in the dining hall and there is a separate bathhouse containing 3 men's and 3 women's showers. All runners are welcome to use either of these facilities. Volunteers will be able to direct you where to go to find the showers. There may be special COVID-19 protocols for these facilities.

### **Alcohol**

Camp Manidokan policy prohibits the consumption of alcohol on the premises. The NPS also does not permit alcohol on park property.

### **Weather**

What is the weather going to be like? That's the magic question! Considering the averages this time of year in MD, weather for race day will probably be in the 70s with sun/partly cloudy conditions during the day. Overnight temperatures will probably be in the 40s. At night time, it can get breezy on the canal. You should be prepared for a wide range of conditions, anything from 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 or Harper's Ferry, WV as these are some of the closest towns to the course. At this point the long-term 10-day forecast (AKA mostly guessing) says the weather will be pretty reasonable. Highs in the 60s Saturday and Sunday and a chance of showers and maybe a thunderstorm Saturday. Low temps Saturday night are predicted to be in the upper 40s.

## **Live Tracking**

I will post a link to "live" tracking on Saturday once the race has started on both the [race website](#) and the [Facebook page](#). Crew/family can follow runners there as they check into each aid station. All aid stations except Dargan Bend should have live updates as runners pass through the aid station.

## **Volunteers**

It is never too late for more volunteers! They can sign up [here](#) or just show up at Manidokan on race day and we will put you to work.

Please let me know if you have any other questions!

## Wave Starts

Wave	Rank	Target	First	Last	Bib
1	100.00%	18:02:55	Brian	Zickefoose	155
1	93.80%	19:14:08	Adam	Lowe	78
1	97.70%	19:36:53	Stacey	Williams	148
1	92.00%	19:37:44	Yasushi	Sugita	132
1	90.00%	20:02:43	Maxime Enzo	Amara	2
1	85.90%	21:00:50	Adrian	Spencer	128
1	88.20%	21:43:41	Kennedy	Hall	59
1	82.10%	21:58:52	Mario	Zuniga	156
1	82.00%	22:01:27	Trevor	Fontes	43
1	80.30%	22:27:56	Ben	Troy	141
1	80.20%	22:30:07	Scott	Newcomer	95
1	80.20%	22:30:27	Thomas	Crayton	25
1	79.80%	22:37:54	Kenneth	Ralston	109
1	79.40%	22:44:34	Steven	Frank	45
1	79.30%	22:46:07	Andy	Lewin	75
1	83.60%	22:54:46	Jenny	Wilson	149
1	78.60%	22:57:25	Terence	O'Reilly	98
1	83.00%	23:05:52	Lauren	Monge	90
1	77.60%	23:16:25	Nicholas	Wirz	150
1	82.30%	23:16:39	Jennifer	Cooper	24
1	77.10%	23:25:18	Austin	Parker	102
1	76.60%	23:33:44	Stephen	Godbee	53
1	76.20%	23:40:25	William	Call	16
1	76.10%	23:42:17	Daryl	Brubaker	14
1	80.80%	23:43:06	Magdalena	Sidor	126
1	80.50%	23:48:35	Nicole	Hawkins	63
1	75.50%	23:55:06	Michael	Bielik	158
1	75.10%	24:02:45	Sean	Gerlich	48
1	74.90%	24:05:50	Tony	McCormick	82
1	74.80%	24:07:46	Patrick	Gladden	51
1	74.50%	24:14:34	Steve	Schall	121
1	74.40%	24:15:09	Dima	Feinhaus	42
1	74.20%	24:20:27	Eric	Deutsch	160
1	74.10%	24:21:03	Nathaniel	Mauger	80
1	74.10%	24:22:25	Daniel	Wiszniewski	151
1	74.00%	24:23:25	Jason	Rupe	119
1	73.70%	24:29:46	Ronald	Ross	118
1	73.30%	24:37:47	Jake	Kruse	71
1	77.40%	24:44:52	Amber	Mizuki	89
1	71.90%	25:06:34	Brad	Yuronich	153
2	71.90%	25:07:12	Mike	Collins	21

2	76.20%	25:08:15	Linda	Reilly	114
2	76.00%	25:13:24	Lindsey	Weaver	145
2	75.50%	25:23:14	Karen	Ringheiser	115
2	71.00%	25:24:23	Peter	Wai	144
2	70.20%	25:42:11	Xavier	McFadden	83
2	74.10%	25:50:46	Urszula	Musik	92
2	69.70%	25:54:08	Gregg	Piechota	106
2	69.30%	26:02:13	Andrew	Slysh	127
2	69.10%	26:07:38	Philip	Perkins	104
2	68.90%	26:10:49	Satoshi	Nakano	94
2	68.90%	26:10:49	John	Taboada	134
2	68.90%	26:11:17	Amado	Casuga	17
2	73.10%	26:12:50	Rahwa	Teklai	137
2	68.60%	26:18:37	Fernando	Gisone	50
2	68.20%	26:26:56	Steve	Malliard	79
2	68.20%	26:26:56	Doug	Schunk	123
2	72.40%	26:28:42	Laura	Turbe	143
2	67.90%	26:33:57	Gregory	Roslonowski	117
2	72.10%	26:33:59	Michelle	Bingham	9
2	72.10%	26:34:39	Christina	Stegura	131
2	67.90%	26:35:07	Steven	Andrews	3
2	72.00%	26:36:25	Aja	Schorr	122
2	67.80%	26:36:46	Ismail	Tekin	136
2	67.70%	26:40:32	Tom	Sumrak	133
2	67.60%	26:42:12	Jeffrey	Taylor	135
2	67.50%	26:45:03	Brent	Russell	120
2	70.90%	27:02:34	Mary	Dimaggio	34
2	66.70%	27:03:35	Trent	Dorroh	36
2	66.60%	27:07:14	David	Redline	111
2	66.50%	27:07:44	Ryan	Seher	124
2	66.40%	27:10:11	Michael	Condella	22
2	70.40%	27:13:10	Alice	Loughran	77
2	69.90%	27:24:37	Dawn	Nguyen	96
2	69.40%	27:37:11	Cortney	Boyce	13
2	69.30%	27:38:51	Stephanie	Painter	101
2	65.20%	27:41:42	Aaron	Thompson	138
2	65.00%	27:45:32	Gary	Dudney	37
2	65.00%	27:46:33	Joshua	Greenberg	58
2	64.90%	27:48:36	Blaine	Kristo	70
3	64.70%	27:53:30	Ramesh	Byanjankar	15
3	64.50%	27:59:29	Robert	Kazmierski	68
3	64.30%	28:05:29	Brandon	Parker	103
3	64.20%	28:06:01	Tim	Price	108
3	64.20%	28:06:48	Adam	Lazrus	73

3	68.00%	28:10:34	Hannah	Davenport	29
3	64.00%	28:12:36	Dan	Barron	6
3	67.10%	28:33:14	Kim	Oldham	99
3	63.10%	28:37:01	Juan	Rodriguez	116
3	66.70%	28:44:17	Meghan	Curley	27
3	62.60%	28:48:49	Jay	Cushman	28
3	62.20%	29:00:46	Dean	Brunk	159
3	66.00%	29:01:48	Judith	Weber	146
3	62.10%	29:03:51	Nathan	Duraisamy	38
3	61.90%	29:08:38	Shaun	Pothin	164
3	61.90%	29:08:38	Frederick F	Davis III	31
3	61.70%	29:15:26	Mitch	Hawbaker	62
3	61.60%	29:16:51	Jorge	Astorga	4
3	61.60%	29:18:51	Laurence	Toyer	140
3	61.40%	29:24:01	James	Lampman	72
3	61.20%	29:28:55	Chris	Gellene	47
3	60.70%	29:42:53	Manuel	Ramos	110
3	60.60%	29:47:18	Sergio	Diaz	33
3	60.10%	30:02:10	John	McCleary	81
3	60.00%	30:03:59	Sergey	Ivanov	66
3	59.90%	30:09:06	Daniel	Harding	60
3	59.70%	30:15:28	Johnathan	Lee	74
3	59.60%	30:17:18	Byrne	Bacwaden	157
3	59.50%	30:21:16	Bo	Bland	11
3	59.30%	30:24:57	Carl	Hauenstein	61
3	59.20%	30:28:39	John	Hord	64
3	59.20%	30:30:30	Jim	Sprecher	129
3	59.10%	30:33:55	Bradley	Baker	5
3	58.90%	30:37:58	Jaroslav	Mikolajczyk	87
3	62.40%	30:41:42	Amy	Good	56
3	62.30%	30:45:14	Lara	Gonzalez	55
3	58.60%	30:47:22	Roy	McHaffa	84
3	58.30%	30:56:14	Randy	Goad	52
3	58.20%	31:00:04	Randy	Kreill	69
3	58.10%	31:02:37	Steven	Yancey	152
4	57.70%	31:17:28	John	Jacobson	67
4	57.40%	31:25:58	Christopher	Mellott	85
4	60.90%	31:29:13	Brittany	Shrout	125
4	56.70%	31:48:55	Mark	Onofrey	100
4	60.00%	31:55:58	Henriett	Blodgett	12
4	56.50%	31:57:01	Chris	Acosta	1
4	56.50%	31:58:03	Edward	White	147
4	56.40%	31:58:43	Matthew	Ford	44
4	56.20%	32:07:36	Eric	Eller	39

4	56.10%	32:10:21	Michael	Crutchley	26
4	55.80%	32:19:20	Joshua	Binder	8
4	55.30%	32:36:52	Dipak	Bhattacharyya	7
4	55.00%	32:49:40	Karl	Christianson	19
4	58.20%	32:55:14	Rachael	Gibson	49
4	54.80%	32:56:09	Tom	Hu	65
4	54.00%	33:25:25	Anthony	Militello	88
4	53.80%	33:32:08	Jeff	Engelbrecht	40
4	53.80%	33:34:22	Ruel	Nojadera	97
4	53.60%	33:42:16	John	Fazzio	41
4	53.20%	33:56:21	Justin	Blais	10
4	52.90%	34:09:03	Rudy	Regner	112
4	52.70%	34:16:27	Derek	Truong	142
4	55.70%	34:23:53	Lisa	Doidge	35
4	52.00%	34:42:33	Yuhui	Zheng	154
4	51.90%	34:46:10	Ed	Peters	105
4	51.50%	35:01:08	Charles	Lockwood	76
4	49.30%	36:37:03	Sergey	Kobchenko	162
4	49.00%	36:50:30	Larry	Gonzales	54
4	48.50%	37:14:41	Chris	Gorham	57
4	48.20%	37:29:04	Lawrence	Chow	18
4	46.50%	38:47:22	Lee	Cohoon	20
4	45.90%	39:18:48	Dan	Monson	91
4	69.60%		Anna	Miglio	163
4			Peter	Denney	32
4			Steven	Nabb	93
4			John	Thouin	139
4			Kyle	Davis	30
4			Christopher	Staab	130
4			Jesse	Geisbert	46
4			Kacy	Kapinos	161
4			Brian	Prendergast	107
4			Tyler	Mertes	86
4			Susan	Reichel	113
4			Christine	Conti	23