

Dear entrants/waitlist, we are 5 weeks away from race day! Hopefully everyone's training is going well, and true spring weather will be right around the corner (I know some of you got snow today!). There are 75 spots left for the race, so keep an eye on the entrant list if you are waiting until the last minute. Registration will close on Sun, Apr 24 @ 11:59 PM.

I wanted to reach out and update you on a few items about this year's race. All this information has also been added to the website.

### **Volunteers!**

We are still in need of lots of volunteers to make this year's race possible! We currently need 1-2 experienced ultrarunners to serve as aid station captain(s) and many more runners to help work shifts during the day and night. Volunteers will make sure runners have full bottles of Tailwind and full bellies of quesadillas, soup, ramen, burgers, and all kinds of other delicious food. If someone signs up to help as an aid station captain, you will be eligible for complementary entry for either yourself or another runner in next year's race. Runners who help for a 12-hour graveyard shift will receive a \$50 credit for next year's race and those who help for a 12-hour daytime shift will received a \$25 credit for next year's race. As always, shorter shifts are welcome too! Your friends/family can sign up on [Ultrsignup](#) or respond to this email to inquire about volunteering.

### **Testing/Vaccination/Mask Guidelines**

There are currently no plans to mandate testing/vaccination/masking requirements for this year's race. Note that if you are renting a cabin from Manidokan they may have separate requirements.

### **Training Runs**

Unfortunately, there were not any official training runs this year, but the C&O Canal remains open 24/7. There is an excellent map [here](#) where you can locate the nearest access point for your training. The official course maps can be found [here](#).

### **Change in Optional Patagonia Jackets**

Patagonia is still having ongoing supply/shipping problems due to the pandemic, and they will be unable to provide Patagonia Houdinis for optional purchase this year. I apologize for this inconvenience!

All runners will still receive the 2022 C&O 100 technical tank top. You also can sleep soundly knowing that there have been no changes to the race buckles!

### **Bib Numbers**

Bib numbers will be assigned once registration has closed (April 24) and you can pick up your bib number on Friday afternoon or Saturday morning before the race. If you pick up your bib early you still need to check in on Saturday morning. More details on packet pickup will be in the official 2022 Runner Information Packet.

### **Pre/post-race Meals**

Due to logistical issues with Camp Manidokan the usual pre-race pasta dinner will not be held this year. Some suggestions for delicious locations in Frederick, MD (30-minute drive from Manidokan) are below. Reservations are recommended for these locations.

[Manalu](#) (one of my top 5 Frederick restaurants)

[Pistarro's](#)

[Tempo di Pasta](#)

[Il Porto](#)

After the positive reception from last year, we will be bringing back the Chipotle-catered post-race meal which will consist of burritos and burrito bowls (vegan option). We will pick up food Saturday night and then again Sunday morning and keep everything hot for when you finish the race. This meal will be reserved for runners only.

### **Camping/showers at Manidokan**

Camping will be available as usual at Manidokan for a \$3 fee. Please bring the camping fee in cash and pay when you get your bib number Friday or Saturday. Showers will be available for runners at Camp Manidokan but some restrictions may be in place for using those.

### **Pacers/Crews**

Restrictions on the number of crew members and pacers at one time are no longer in effect this year. You may have as many pacers as you want at once, but no bike pacers are allowed. Additionally, due to limited parking along the canal crews will still only be allowed at Manidokan and Brunswick. A detailed course map is attached to this email with cutoff times, aid station logistics, and other information (thanks Tim Hamnett!).

### **Camping/showers at Manidokan**

Camping will be available as usual at Manidokan for a \$2 fee. We will need to divide up runners into smaller campsites based on Camp Manidokan's COVID-19 rules but there is plenty of room in the large field near the race start.

Showers will be available for runners at Camp Manidokan but some restrictions may be in place for using those.

Please let me know if you have any questions!

Best wishes & happy training!  
Lance Dockery