

Dear entrants and watchlist runners,

We are less than 2 months away from race day! Hopefully everyone's training is going well and you are enjoying this wonderful spring weather. As a reminder, registration will close on Sun, Apr 16 @ 11:59 PM.

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

Volunteers!

We are still in need of lots of volunteers to make this year's race possible! We could use 1-2 experienced ultrarunners to serve as aid station co-captain(s) and others 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 and family can sign up on [Ultrasignup](#) or respond to this email to inquire about volunteering.

Race Premiums

Patagonia is still having ongoing supply and shipping problems due to the pandemic, so they will be unable to supply the tank tops for this year's race. We have sourced other technical tank tops and apologize for the inconvenience.

The good news is the Patagonia Houdini jackets are back! It is no longer possible to order those, but everyone who placed an order before this past weekend will receive theirs at packet pickup. There will also be a limited number of extra jackets for purchase (\$90) – first come, first served on race weekend.

Training Runs

The first training run will be next weekend! If you plan to attend, please fill out the form found [here](#). The details are below. A separate email will be sent later with the details and form for the second training run (April 8th).

Date: Saturday, March 18th

Time: 8AM

Location: [Point of Rocks](#)

3701 Canal Rd, Point of Rocks, MD 21777

Distance: up to 20 miles

[Map](#)

Description: This out and back 20-mile route will explore a very scenic section of the C&O Canal that is on the old course and will let C&O runners experience some new territory. The April 8th training run will run along the section of the C&O covered by the course. You are welcome to run as much as you would like of this out and back course. A simple aid station with water, electrolytes, and snacks will be set up at mile 6 and mile 14 (if you are running the full 20 miles). If you do not have GPS, Point of Rocks is approximately mile marker 48, so turn around when you reach mile marker 38.

Construction along Sandy Hook Road

The National Park Service is performing construction along Sandy Hook Road, and it will be closed to vehicle traffic during the race. You can find details of the closure [here](#). For most runners and crew, this will mean a detour as shown in the map when getting to or from Camp Manidokan. Coming from Brunswick, this detour will add ~10-15 minutes to your trip so please keep this in mind as you plan your race weekend logistics and make sure to use Google Maps or another GPS device to ensure you do not get lost.

Stay tuned to your email in the next few weeks for more race-critical updates and information on other race weekend logistics. The pre-race information packet will be distributed after registration has closed on April 16th.

Please let me know if you have any questions.

Best wishes & happy training!
Lance