

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 21 @ 11:59 PM. There will be no late registration.

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 receive 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.

Patagonia Jackets

Patagonia Houdini jackets are returning this year! The last day to purchase Houdini Jackets is March 6th. You can place one after registering [here](#). If you cannot make the race, you can have your jacket mailed if you pay for shipping. There will also be a limited number of extra jackets for purchase (\$90) – first come, first served on race weekend (Friday – Saturday).

Training Runs

The official training runs will be March 23rd and April 5th and details of the first are below. If you plan to attend on March 23rd, please fill out the form found [here](#) by 5PM Friday March 22nd. The details are below. A separate email will be sent later with the details and form for the second training run (April 6th).

Date: Saturday, March 23rd

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.

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