

**2025**  
**C&O Canal 100**  
**Runner Information**  
**Packet**

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## The C&O Canal and the race today

The C&O Canal traces its history back to the time of George Washington, one of the earliest advocates for connecting the Eastern Seaboard to the interior Great Lakes and Ohio River through a network of waterways. Construction of the canal began in 1828 and moved slowly westward, reaching Cumberland, Maryland, in 1850. Unfortunately, by the time it was completed, the earlier success of the B&O Railroad had already rendered the canal obsolete for its originally intended purpose.

Today, the canal stretches 184.5 miles from Georgetown in Washington, D.C., northwest to Cumberland, MD. It is preserved as the Chesapeake and Ohio Canal National Historical Park and is managed by the National Park Service. Each mile is marked with a milepost, starting at Mile 0 in D.C. For the C&O Canal 100 race, we will be running between miles 44.6 and 69.4. I encourage runners, their families, and friends to explore and enjoy the entire length of the canal, with its diverse sights and attractions—far beyond the relatively short section covered in the race.

The racecourse itself has roots going back to 2012, when another planned 100-mile race had to pivot at the last minute and adopt what is now the current C&O Canal 100 route. The beauty and accessibility of the area quickly revealed its potential as a premier venue for a 100-mile event, and the first official C&O Canal 100 took place from April 27–28, 2013.

Our goal with this race has never been about big sponsorships or flashy presentations. Instead, it's about giving passionate, dedicated runners a chance to take on the formidable 100-mile challenge in a scenic, historic setting. You'll be tested physically, mentally, and emotionally—but we aim to provide you with the best possible support along the way. We hope that, by the end, you'll feel a deep sense of accomplishment and reward for the effort you've put in.

## Awards

In keeping with the spirit of an event that celebrates ultrarunning camaraderie and community, there will be no prizes or awards for the top finishers. Instead, all runners who officially complete the race within the 30-hour time limit will receive a belt buckle—an enduring symbol of the grit and perseverance it takes to conquer 100 miles. We hope you'll wear it proudly and have plenty of stories to share when friends ask why you're walking like a penguin for the next week.

Runners will receive race premiums at packet pickup. Upon crossing the finish line, each finisher will be awarded their buckle and a technical hat. And to help kick-start your recovery, Chipotle burritos and burrito bowls will be waiting for you at the finish.

# Race Schedule

## Friday

**1:00 PM:** Runners planning to camp overnight may begin arriving. There is a \$5 fee per tent or small RV/camper (large RVs are not permitted). A volunteer will be at the pavilion to direct you where to park and set up camp. Please stay close to the tree line to leave space for parking in the field below on race morning—but *not* directly against it, as runners will use that path at the start. Leave at least a car's width between your tent/tent stakes and the trees.

**1:00 PM – 5:30 PM:** Bib pickup and waiver signing at the pavilion near the top of the hill. *No packet pickup is available after 5:30 PM on Friday.* If you arrive later, you must pick up your packet Saturday morning.

**6:00 PM:** Pre-race dinner at Camp Manidokan dining hall.

**9:00 PM:** Quiet hours begin for campers. Please be respectful of others trying to rest before the big day.

## Saturday

**5:15 AM:** Camp Manidokan opens to runners. *Please do not arrive before this time.* Volunteers will direct you to parking in the field upon arrival.

**5:15 AM – 7:00 AM:** Bib pickup and waiver signing continues at the pavilion. Even if you picked up your bib on Friday, you must check in again on race morning, so we know you're starting.

Distribute your **drop bags** to the designated areas:

- **Brunswick Aid Station:** Drop zone on the grass near parking (clearly marked).
- **Manidokan Drop Bags:** Behind the race pavilion (also marked with signage). These bags will stay in place all day.

If you're unsure where to go, ask a volunteer—look for green long-sleeve shirts or orange safety vests.

**Important:** Label your drop bags with the following in waterproof ink:

- Name
- Bib number
- Aid station

We will organize bags by bib number, so clear labeling is crucial.

**7:00 AM: Race start!**

**Sunday**

**~11:00 PM Saturday – 1:00 PM Sunday:** Post-race meal available as runners finish. Enjoy Chipotle burritos and burrito bowls (*vegan bowls available*).

**1:00 PM: Race time limit.** Runners who finish after 30 hours, even if allowed to complete the course, will not receive an official finish time or belt buckle. Finish line awards (buckle and technical hat) will be given out as runners cross the line.

**~1:30 PM:** Breakdown of race HQ begins

## General Information for Runners

- **Travel Caution:** Getting to the race involves navigating narrow back roads with sharp turns, especially when approaching or leaving Camp Manidokan. Please allow extra travel time to drive safely on these unfamiliar routes and review the driving directions carefully to reduce the risk of getting lost. The race will start promptly at **7:00 AM**.
- **No Alcohol at Camp:** Camp Manidokan has a strict **no-alcohol** policy. Please save your celebratory drink for after you've left the premises.
- **Race Bibs:** Runners must always wear their race bibs while on the course.
- **Know Your Direction:** Runners are responsible for knowing their location and direction on the course.
  - **Heading west:** The **canal will be on your right** and the **river on your left** (toward Cumberland, MD).
  - **Heading east:** The **canal will be on your left** and the **river on your right** (toward Washington, D.C.).

While we don't anticipate anyone getting lost, worst case—you'll end up at an aid station you've already visited (hello bonus miles!).
- **Manidokan Turnoff:** The only potentially confusing turn is the trail leading up to Camp Manidokan. It will be marked with an **orange construction cone with an LED light** at the turnoff point along the canal, approximately **6.5 miles after leaving Keep Tryst AS (inbound)**. Most runners are eagerly awaiting this turn and spot it easily.
  - Note: The **C&O Canal portion** of the course will **not be marked**, but there will be **orange flagging and reflective tape** on the trail section up to and from Manidokan.
- **Aid Station Check-In:** You must **check in** at every aid station by making sure a volunteer sees your bib number and records it. This helps avoid confusion, especially since other events may be taking place on the canal during the weekend. Our bibs are clearly labeled with our race name to help prevent mix-ups.
- **Dropping From the Race:**
  - If you drop from the race, you must do so **at a designated aid station** and notify the **aid station captain**.

- You must **turn in your race bib**. Failure to do so will result in **disqualification from future C&O Canal 100 events**.
- **Crew Pickups:**
  - If you drop at an aid station, your crew can pick you up from that location.
  - If you do **not have a crew**, we will do our best to get you back to Manidokan. Volunteers or other runners' crews may be able to help with transportation. Please be patient. Rideshare services like **Uber** are usually available in the area as well.
- **Drop Bag Reminder:**
  - If you drop from the race, remember to **retrieve your drop bags** from the Brunswick and Manidokan aid stations.
  - Brunswick drop bags will be returned to Manidokan after that aid station closes (late Sunday morning), and can be picked up then. We'd prefer not to keep your dirty socks!
- **Cutoff Policy:** Reaching an aid station after the official cutoff time means you will **not be allowed to continue** the race.
- **Course Conditions & Footwear:**

The C&O Canal 100 offers a deceptively tough surface. While the packed dirt towpath may feel gentle at first, the small gravel rocks will gradually wear on your feet over time—and they love sneaking into your shoes. Be prepared:

  - Bring **extra pairs of shoes** to adjust as your feet change throughout the race.
  - **Gaiters** are highly recommended to keep those tiny rock invaders at bay.



## General Information – Pacers

- **Pacers are allowed** at any point **after the 60-mile mark**, which is your second time through the **Brunswick Aid Station**.
- **All pacers must be on foot—no bikes or other vehicles** allowed.
- **Parking is limited:** Pacers may only be dropped off at aid stations; **no parking is permitted** at any aid station **except Camp Manidokan and the Brunswick MARC train lot**. Your crew may briefly pull up to drop off a pacer, but **if the car is in park, you're breaking the rules**.
- **No "muling":** Pacers may **not carry aid, gear, or supplies** for their runner at any time while on the course. They may assist their runner **at aid stations only**, and only when in the presence of volunteers. Once the aid station is out of sight, pacers must refrain from providing any physical aid.
- **Rule enforcement:** Blatant violations of pacer rules may result in **disqualification of the runner**.

## General Information – Crews

- **Crew support is only allowed** at two locations: the **Brunswick Aid Station** and **Camp Manidokan/Race HQ**.
  - At all other aid stations, crews may **only drop off or pick up a pacer** or **pick up a runner who has officially dropped** from the race.
  - **At Brunswick**, crews must **park in the MARC train lot**, not in the canal access parking areas. The C&O Canal is a heavily used public resource, and we must ensure other visitors have fair and unobstructed access.
- **Crews must be respectful** of the canal environment and its users.
  - Give **ample space** to walkers, bikers, and other runners.
  - **No littering** under any circumstances.
- **Aid station volunteers are in charge**. Crews are expected to follow any instructions given by race staff or volunteers.
  - **Failure to comply** may result in **runner disqualification**.
- **Absolutely no crew support is allowed at non-designated canal access points**.
  - If a crew is observed assisting a runner at an unapproved location, the runner will be **immediately disqualified**.
  - **No exceptions**. We will have people monitoring these areas.
- These crew access rules are **required by the National Park Service** as part of our race permit. Respecting them is not optional—it's essential for the future of the C&O Canal 100.
  - The **National Park Service will be monitoring** the race to ensure we're in full compliance.

## Race Medical Considerations

- **All aid stations will be equipped** with basic first aid supplies appropriate for a 100-mile race.
  - Since this event takes place in April, be prepared for **a wide range of weather conditions**—anything from heat and humidity to cold rain. Make sure you dress and plan accordingly.
  - If an aid station captain determines that you are **not in a condition to safely continue**, they have the authority to **delay your progress or remove you from the race** entirely. Their decision is **final**. The safety of all runners is our top priority.
- If you have a **unique medical condition** that race staff should be aware of in case of an emergency, please **write it on the back of your race bib** using waterproof ink.
  - Aid stations will have emergency contact information on file and will reach out if needed.
- **Medical costs beyond basic first aid** are the responsibility of the individual.
  - This applies to **runners, pacers, and crew members**.
  - By signing the race waiver, you acknowledged that participating in an event like this carries inherent risks, including injury and exposure to communicable diseases.
- **Important note:** Aid stations **will not provide painkillers** due to associated health risks.
  - If you expect to use pain relief medication during the race, you must **bring your own** or place it in your **drop bags**, and use it at your own discretion.

## General Information – Other

- **Drop bags may get wet.** While we'll do our best to keep them dry at aid stations, you should plan for the worst.
  - **All drop bags should be waterproof**, especially those brought to the race start and placed in the designated piles.
  - Store water-sensitive items (electronics, food, dry clothes) in sealed bags or containers inside your drop bag.
- **Drop bags left behind** after aid stations close will be returned to the race start.
  - **All drop bags must be picked up by 2PM on Sunday.**
  - **We do not mail drop bags.**
  - Any bags not claimed by 2PM will be **donated immediately after the race.**
- **Brunswick drop bags** must be **no larger than 6" x 8" x 16"**.
  - Each runner is allowed **one drop bag for Brunswick and one for Manidokan.**
  - **Pacers are not allowed** to have drop bags.
- **Manidokan drop bags** (start/halfway/finish location) have **no size restrictions.**
  - Bring the kitchen sink if you want—just make sure **you take it back with you** after the race.
- Drop bags that exceed the **Brunswick size limit** will be turned away.
  - To avoid last-minute repacking stress, **check your bag dimensions before race day.**

# Aid Station Locations

Below are the **GPS coordinates** and **Google Maps links** for each aid station and Camp Manidokan.

**⚠** In some cases, the coordinates provided will guide you to the **nearest road-access point**, not the exact aid station location. If you arrive at the spot and don't immediately see the aid station—**head toward the river**.

**Directions are given from Camp Manidokan to each aid station**, but there may be more direct routes between aid stations themselves.

Each aid station will have:

- At least **two port-a-pots** for runners.
- Possibly access to official C&O Canal “outhouses” (fair warning: we strongly recommend using our port-a-pots instead).

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## Camp Manidokan (Start/Finish/HQ)

**Coordinates:** 39.3567°N, 77.7339°W

**Address:** 1600 Harpers Ferry Rd, Knoxville, MD 20733

[Google Maps link](#)

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## Antietam Aid Station

**Coordinates:** 39.4215°N, 77.7485°W

[Google Maps link](#)

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## Dargan Bend Aid Station

**Coordinates:** 39.3632°N, 77.7398°W

[Google Maps link](#)

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## **Keep Tryst Aid Station**

**Coordinates:** 39.3299°N, 77.6817°W

[Google Maps link](#)

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## **Brunswick Aid Station**

**Coordinates:** 39.3115°N, 77.6273°W

[Google Maps link](#)

# Aid Station Directions

## Directions to Manidokan from Frederick, MD (Est. 30 minutes)

1. **Drive 16 miles** on **US 340W**.
2. **Turn left onto Keep Tryst Rd.** ⚠️ If you see a sign welcoming you to West Virginia, you've gone too far.
3. **Drive 0.2 miles** on Keep Tryst Rd.
4. **Turn Right onto Harper's Ferry Rd.**
5. **Drive 1.6 miles** on Sandy Hook Rd., then continue **2.7 miles** on Harper's Ferry Rd.
  - Follow signs for **Manidokan** along the way.
  - ⚠️ A directional sign may be confusing—do **not** turn left onto the narrow and poorly maintained **Back Rd**.
  - The road is **narrow and winding**—drive with caution.
6. Your **destination will be on the left**.

## Directions to Antietam AS from Camp Manidokan (Est. 12 minutes)

1. **Turn left** exiting **Manidokan** onto **Harper's Ferry Rd**.
2. **Proceed 5.8 miles** on Harper's Ferry Rd.
  - You'll know you're close when you drive over a **stone one-lane bridge**.
3. **Turn left onto Canal Rd**.
4. **Drive 0.1 miles**—the **destination will be on your left**.

## Directions to Dargan Bend AS from Camp Manidokan (Est. 3 minutes)

1. **Turn Right** exiting **Manidokan** onto **Harper's Ferry Rd**.
2. **Proceed 0.4 miles**, then **Turn Right onto Back Rd**.
  - ⚠️ Back Rd. may be unmarked or difficult to see.
  - Look for a sign pointing in the direction **toward Manidokan**—go the **opposite** way.
3. **Drive 0.8 miles** on Back Rd.—Dargan Bend **Parking Area/AS will be on the left**.

## Directions to Keep Tryst Rd. AS from Camp Manidokan (Est. 11 minutes)

1. **Turn Right** exiting **Manidokan** onto **Harper's Ferry Rd**.
2. **Proceed 2.7 miles** on Harper's Ferry Rd., then **continue 1.6 miles** on Sandy Hook Rd.
3. **Turn Right onto Keep Tryst Rd**.
4. **Proceed 0.9 miles**—the aid station **will be located through the gate and across the train tracks**.

### **Directions to Brunswick AS from Camp Manidokan (Est. 20 minutes)**

1. **Turn Right** exiting **Manidokan** onto **Harper's Ferry Rd.**
2. **Proceed 2.7 miles** on Harper's Ferry Rd., then continue **1.6 miles** on Sandy Hook Rd.
3. **Turn Left onto Keep Tryst Rd.**, then drive **0.2 miles** before merging onto **US 340 E.**
4. **Drive 1.8 miles**, then take the **MD-180 W/Knoxville** exit toward MD-478/Brunswick.
5. **Merge onto MD-180 E.**
6. At the intersection with the church, **turn right onto MD-478 E/Knoxville Rd.**
7. **Proceed 2.3 miles.**
  - o **⚠** In **Brunswick**, at the stoplight, **turn right onto South Maple Ave.**
  - o **Follow the speed limit carefully**—local police are known for pulling over drivers exceeding the limit, even by **2 MPH.**
8. **Proceed across the first set of train tracks** and park in the **MARC lot.**
9. The aid station **will be located across the second set of train tracks down a small hill.**





## Appendix B –Aid Station Logistics

|                        |              |                          |                          |                          |         |
|------------------------|--------------|--------------------------|--------------------------|--------------------------|---------|
| 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 |         |
| <b>Manidokan-Start</b> | 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*                   |         |
| <b>Brunswick</b>       | 29.6         | 3.1                      | 11:06*                   | 15:38*                   |         |
| Keep Tryst Rd.         | 32.7         | 3.1                      | 11:32*                   | 16:34*                   |         |
| <b>Manidokan</b>       | 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*                   |         |
| <b>Brunswick</b>       | 60.0         | 3.1                      | 15:29*                   | 00:52‡                   |         |
| Keep Tryst             | 63.1         | 3.1                      | 15:56*                   | 01:48‡                   |         |
| <b>Manidokan</b>       | 69.6         | 6.5                      | 16:51*                   | 03:45‡                   | 03:45‡  |

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

Aid station mileages and paces for estimated front of the pack and 30 hours even pace runners. A runner must leave an aid station by the listed cutoff time to be allowed to continue the race. **Aid stations highlighted in green have drop-bag access.**

## **Appendix C – Pre-race Dinner Menu**

All sauces are **vegetarian** and made from scratch. **Meat add-ins** are available for those who choose.

## Menu

### Main Courses

- **Penne with garlic cream sauce**
- **Farfalle (bowtie pasta) with roasted tomato & fresh basil sauce** (*vegan*)
- **Linguini with traditional tomato sauce**
- **Grilled chicken** (add-in option)
- **Meatballs** (add-in option)
- **Salad bar**

### Bread Options

- **Garlic bread**
- **Plain bread**

### Hot Drinks

- **Coffee**
- **Tea**
- **Hot chocolate**

### Cold Drinks

- **Iced tea**
- **Lemonade**
- **Water**

### Dessert

- **Brownies, cookies, or similar sweet treat**

## Appendix D – Post-race meal menu

After finishing the race, you will **receive your buckle and race premium** immediately. Then, take time to **rest and recover** at the **Manidokan Pavilion**, where a meal and refreshments will be waiting for you.

## Meal Options

- **Chipotle burritos**
- **Vegan burrito bowls** (*for vegan participants only*)
- **Sweet treats & assorted drinks**

## **Burrito Menu**

### Protein Choices:

- Chicken
- Carnitas
- Steak
- Barbacoa
- Sofritas (vegan)
- Veggie

### Standard Burrito Ingredients:

- Cilantro-lime white rice
- Black beans
- Cheese
- Tomato salsa

### Sides:

- Chips
- Salsa
- Guacamole

## **Bowl Menu (*Vegan only*)**

### **Bases:**

- Black beans
- Cilantro-lime white rice

### **Proteins:**

- Guacamole
- Sofritas

### **Toppings:**

- Fajita veggies
- Lettuce
- Extra guacamole
- Tomato salsa
- Roasted corn salsa

### **Pickup & Serving Info**

- Burritos will be **picked up late Saturday night (9 PM) and again Sunday morning (~11:30 AM).**
- They will be **kept warm and ready for you** as you finish.
- **⚠️ Burrito bowls are available only for vegan participants.**