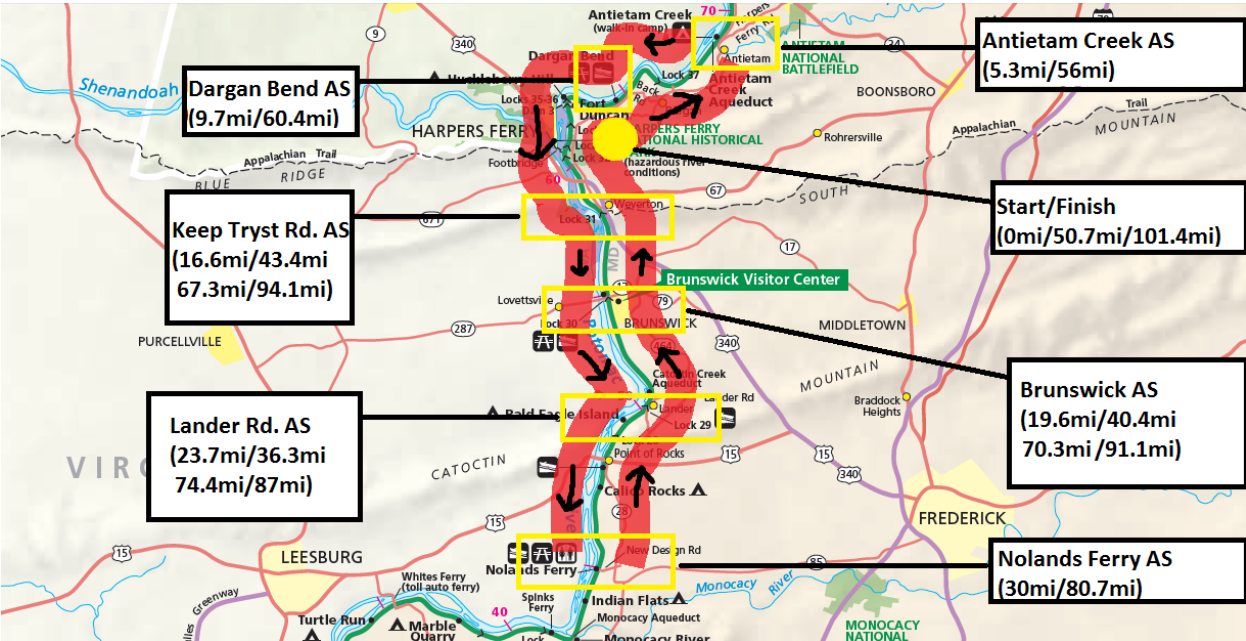


C&O Canal 100 Mile Information Packet



ENDURANCE FUELS & SUPPLEMENTS

Table of Contents

The C&O Canal and the Race: Page 3

Awards: Page 3

Race Schedule: Page 4

General Information for Runners: Page 5

General Information – Pacers: Page 6

General Information – Crews: Page 7

Medical Considerations: Page 7

General Information – Other: Page 8

Aid Station Locations: Page 8

The C&O Canal and the Race

The C&O Canal dates its history back to the time of George Washington, who was one of the first advocates for connecting the Eastern seaboard to the interior Great Lakes and Ohio River through a series of waterways. Construction began in 1828 and progressed slowly westward from the Potomac River to Cumberland, MD in 1850. Unfortunately for all of the hard working laborers who made the canal possible, by that time the completion of the B&O Railroad several years earlier had rendered the canal obsolete.

Today the Canal extends from Georgetown in Washington D.C. 184.5 miles north-west towards Cumberland, MD and exists officially as the Chesapeake and Ohio Canal National Historical Park. Each mile of the canal is marked with a mile marker (starting at 0 in D.C.) and we will be running between miles 44.6 and 69.4 for the C&O Canal 100 race. I recommend everyone getting out and enjoying the entire length of the Canal at some point in their free time.

The history of the race course dates back to 2012 when another planned 100 mile race had the change the course at the last minute and utilize the current C&O Canal 100 as an alternate course. With the realization that the C&O 100 mile course itself afforded a unique opportunity in the area for a 100 mile race in a beautiful part of Maryland, this race was officially started. In the end the intent of this event is to avoid large sponsorships and the more glamorous aspects of running in favor of providing dedicated and passionate runners a chance to put themselves in the ring against the 100 mile distance and see if they have what it takes to come out on top, all the while providing the best support possible to you in your efforts.

Awards

There will be no prizes. Each runner who finishes within the 30 hour time limit will receive a belt buckle as a sign of their achievement of finishing a challenging 100 mile event that you can wear around all of your friends in the week following the race when they ask why you are limping around like a penguin.

The male and female winners will receive an additional yet to be determined commemorative item that you will also be quite proud to show to your friends.

Race Schedule

Friday

12PM – Runners who plan to camp out overnight can begin to arrive at their earliest convenience after noon. I may be up at the pavilion or I may be out running errands. Drive on up and we can talk about where you want to camp and figure out somewhere to put you from there. Otherwise pick a place that looks good and relax. If you arrive early please pick up your number as soon as possible to lower the race-day check-in traffic. Weather permitting, in the evening we will probably have a little campfire with some s'mores or other refreshments for runners and family members who camp overnight. Plan to arrive no later than 11PM. Beware, if you arrive too early you might be put to work helping with preparation for the race.

Saturday

5:15AM – Runners can begin arriving at Camp Manidokan. Please do not arrive before 5:15AM. I know you are eager to get your race number and sit in your car psyching yourself out prior to the race, but we won't have parking volunteers ready for you before then, so we will both be unhappy when I have to find you and tell you to move your car and when you have to dig your keys out of your drop bag...

5:15AM-6:30AM – Fill out and sign your official race waiver and turn it in to receive your bib number. If you have any special medical conditions the race volunteers might need to know about please write them on the back of your number in a water-proof ink.

5:15AM-6:45AM – Find the large moving truck and place your drop bags in the appropriate drop bag pile. There will be a volunteer at the drop bags to help you. Please label your drop bag with your name, and bib number (waterproof). We will make an effort to arrange the drop bags in an alphabetical order to facilitate finding them at the aid stations.

6:45AM – Pre-race briefing.

7:00AM – Race start.

Sunday

1:00PM – Race close. Anyone who remains on the course is allowed to proceed to the finish line but they will not receive an official finish time.

General Information for Runners

- This race involves traveling over a lot of narrow back roads with sharp turns, especially travelling to/from the race start at Camp Manidokan. Allow extra time in order to safely drive on these unfamiliar roads.
- Runners must wear their race numbers at all times on the course.
- Runners are responsible for knowing where they are on the course and proceeding in the correct direction. If it helps you to remain oriented, consider where the river or the canal is. If you should be heading west the canal should be on your right and the river should be on your left. If you are heading east the opposite should be true. In the worst case scenario you will get to an aid station and be told you already came from there. You were just getting in a few bonus miles!
- The only tricky turn is the trail leading up to Manidokan. There will be white reflective signs of some sort on both sides of the canal where you must make your turn. You are responsible for looking for these signs ~6.5 miles after you leave the Keep Tryst AS. There will be glow sticks hanging from trees on the trail itself to help guide you during the nighttime hours. Otherwise, the C&O Canal portion of the course will not be marked.
- Each time you get to an aid station you are responsible for checking in/out with an aid station volunteer.
- If you decide to drop from the race, you must do so at a designated aid station and you must tell an aid station volunteer that you are dropping. Failure to do so will result in disqualification from any future C&O Canal 100 events.
- If you drop from a race and leave early with your crew be sure to pick up your drop bags at the Brunswick and Nolands Ferry aid stations.
- If you drop from the race and you do not have a crew we will make an effort to get you back to Manidokan as soon as possible. A van will be circulating approximately every 2 hours or so, and aid station volunteers coming and going from shifts might be able to give you a ride, or you could ride with another runner's crew. Please be prepared to be patient.

General Information – Pacers

- Pacers are allowed at any point after the first 50 mile loop.
- Pacers may be runners or cyclists, however all rules for runners apply to cyclists. Additional rules for cyclists prohibit bicycles on the trail leading to/from Camp Manidokan. You would have to drop off the bicycle pacer somewhere else and they would have to meet the pacer on the canal (if starting at mile 50.4).
- Remember that **pacers may not park** at any aid stations outside of Camp Manidokan and Brunswick. You crew can drive up briefly and drop off a pacer, but if your car is in park you are doing something wrong.
- Pacers may not carry any aid or supplies (AKA “muling”) for their runners or otherwise assist them outside of pacing duties when not at an aid station. Runners must be self-reliant on drop bags or aid station supplies.
- Pacers should be prepared to only take water at aid stations. If you ask the volunteers if they have enough supplies to feed pacers and they say yes then you can indulge yourself.
- Pacers found to be in blatant violation of the above rules may lead to the disqualification of their runner.

General Information – Crews

- Crews are only allowed to provide support to their runners at the Brunswick aid station (miles 19.6, 40.4, 70.3, and 91.1) and Camp Manidokan (mile 50.4). At any other aid station crews are only allowed to drop off/pick up a pacer or pick up a runner who has dropped from the race. Crews accessing their runners at the Brunswick aid station must park in the MARC train lot, not the canal access parking lot(s). The C&O Canal is used by thousands of people daily, and we must be courteous to other canal users and not take over all of the parking spaces at the access points.
- Crews are responsible for respecting the canal and other canal users. This includes giving other bikers/walkers/runners plenty of space and not littering.
- Crews should obey any directions given by aid station volunteers. Runners whose crews are found to violating these rules will be subject to disqualification.

Medical Considerations

- All aid station captains will be on the lookout for any possible medical complications which might arise when you participate in a 100 mile race. As an April race, be prepared for both kinds of extreme weather (hot and humid, cold and rainy) and know how to prepare accordingly. If at any point during the race an aid station captain deems that you are not well enough to continue on the course they reserve the right to halt your progress until your condition improves or remove you from the race all together.
- If you have a unique medical condition that race volunteers should know about in the event of an emergency, please write it on the back of your race number. Aid stations will have lists with emergency contact information.
- Runners, pacers, or crew members who require medical assistance outside of basic first aid available at aid stations will be held financially responsible for their own injuries. A copy of the waiver form will be made available on the race website prior to race day. This will be the same form you agreed to when you registered on ultrasignup.com.

General Information – Other

- Drop bags brought to the race start and placed in the appropriate piles should be water-proof. An effort will be made to keep bags dry but you should be prepared for the worst. Drop bags left over when the aid stations close will be brought back to the race start. All drop bags must be picked up by 2PM on Sunday. Drop bags will not be mailed to runners.

Aid Station Locations

Below are GPS coordinates for the aid stations as well as Camp Manidokan. Note in some cases the coordinates given may not be the exact coordinates of the AS, but rather a point closest to the AS on a road that your GPS would recognize. If you can't find the aid station, walk towards the river. *Note: the directions are given for going between Camp Manidokan and all aid stations. There may be a more direct route between two individual aid stations.* All aid stations will have at least one port-a-pot for use by runners (Brunswick will have two, Camp Manidokan will have three). There may also be official C&O Canal "outhouses" (not quite, but close enough). I can say from experience you probably want to use our port-a-pots instead of these "outhouses".

- Camp Manidokan: 39.3567°N, 77.7339°W
Address: 1600 Harpers Ferry Rd, Knoxville, MD 20733
- Antietam Creek AS: 39.4215°N, 77.7485°W
- Dargan Bend AS: 39.3632°N, 77.7398°W
- Keep Tryst AS: 39.3299°N, 77.6817°W
- Brunswick AS: 39.3115°N, 77.6273°W
- Lander Rd. AS: 39.3065°N, 77.558°W
- Nolands Ferry AS: 39.2503°N, 77.4823°W

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

- Drive 16 miles on US 340W.
- Turn left onto Keep Tryst Rd. If you see a sign welcoming you to West Virginia, you went too far.
- Drive 0.2 miles on Keep Tryst Rd.
- Turn Right onto Harper's Ferry Rd.

- Drive 1.6 miles on Sandy Hook Rd., continue 2.7 miles on Harper's Ferry Rd. Follow the signs for Manidokan posted along the way. Be forewarned of narrow and winding roads on this stretch, drive with caution. Destination will be on your left.

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

- Turn left coming out of Manidokan onto Harper's Ferry Rd.
- Proceed 5.8 miles on Harper's Ferry Rd. You know you are getting close when you drive over a stone one-lane bridge.
- Turn left onto Canal Rd.
- Drive 0.1 miles on Canal Rd. Destination will be on your left.

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

- Turn Right coming out of Camp Manidokan onto Harper's Ferry Rd.
- Proceed 0.4 miles. Turn Right onto Back Rd. Back Rd. may be unmarked, or the sign may be difficult to see. You should see a sign pointing you in the direction you came (to Manidokan) you want to go the other way.
- Drive 0.8 miles on Back Rd. Dargan Bend Parking area/AS will be on your left.

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

- Turn Right coming out of Camp Manidokan onto Harper's Ferry Rd.
- Proceed 2.7 miles on Harper's Ferry Rd., proceed onto Sandy Hook Rd. for 1.6 miles.
- Turn Right onto Keep Tryst Rd. Proceed 0.9 miles on Keep Tryst Rd. The aid station will be located through the gate and across the train tracks.

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

- Turn Right coming out of Camp Manidokan onto Harper's Ferry Rd.
- Proceed 2.7 miles on Harper's Ferry Rd., proceed onto Sandy Hook Rd. for 1.6 miles.
- Turn Left onto Keep Tryst Rd. Proceed 0.2 miles and then merge onto US 340 E.
- Drive 1.8 miles and take the MD-180 W/Knoxville exit toward MD-478/Brunswick.
- Merge onto MD-180 E.
- At the intersection with the Church, turn right onto MD-478 E/Knoxville Rd.
- Proceed 2.3 miles. In the center of town (Brunswick) at the stoplight, turn right onto South Maple Avenue. *Note, follow the speed limit carefully in within the City of*

Brunswick. The police are notorious for pulling people over for doing slightly over the speed limit (e.g. 2MPH).

- Proceed across the first set of train tracks and park in the MARC lot. The AS will be located across the second set of train track down a small hill.

Directions to Lander Rd. AS from Camp Manidokan (est. 30 minutes)

- Turn Right coming out of Camp Manidokan onto Harper's Ferry Rd.
- Proceed 2.7 miles on Harper's Ferry Rd., proceed onto Sandy Hook Rd. for 1.6 miles.
- Turn Left onto Keep Tryst Rd. Proceed 0.2 miles and then merge onto US 340 E.
- Proceed 9.6 miles on US 340 E. Take the Lander Rd. Exit towards Jefferson.
- Turn right on Lander Rd. once you leave US 340 E.
- Proceed 1.5 miles and continue right onto Lander Rd.
- Proceed 2.5 miles to the aid station. Continue across the train tracks. The aid station will be located just across the bridge on the right. This will be a water-only (and possibly HEED/Hammer Gels) aid station.

Directions to Nolands Ferry AS from Camp Manidokan (est. 37 minutes)

- Turn Right coming out of Camp Manidokan onto Harper's Ferry Rd.
- Proceed 2.7 miles on Harper's Ferry Rd., proceed onto Sandy Hook Rd. for 1.6 miles.
- Turn Left onto Keep Tryst Rd. Proceed 0.2 miles and then merge onto US 340 E.
- Proceed 9.6 miles on US 340 E. Take the Lander Rd. Exit towards Jefferson.
- Turn right on Lander Rd. once you leave US 340 E. **Immediately (46 feet) turn left onto Mountville Rd.**
- Proceed 2.0 miles on Mountville Rd. and turn right onto US 15 S.
- Proceed 4.9 miles on US 15 S.
- Turn Left onto MD-28 E/Clay St. If you see a sign that says, "Welcome to Virginia! Buckle up!" you went too far. Hopefully you are already buckled in.
- Continue to follow MD-28 E for 3.8 miles. Turn right onto New Design Rd. *Note, this turn comes up quickly and can be easily missed if you are not looking for it.*
- Continue 0.7 miles to the Nolands Ferry Canal access. The aid station should be set up near the picnic area adjacent to the small parking lot.

If you need to contact me on race day, please send me a text message saying your name and what I can do to help you. I will call you back as soon as possible. I will send my cell phone number out via email. If you have an emergency, call 911.