Happy New Year’s runners, this is the first of several emails I will be sending out with extra information about this year's upcoming C&O Canal 100. Note that all of this information will also be added to the website.

**Travel**For those of you who may not live within driving distance, there are two major airports relatively equidistant from Camp Manidokan, the race headquarters and start/halfway/finish point. These airports would be Dulles International Airport (IAD) and Baltimore-Washington International Airport (BWI). I find BWI has a tendency to be slightly cheaper but I will let you explore both options.

**Lodging**

If you live too far away to drive up on race morning and you do not want to sleep overnight at Camp Manidokan, the most local location for lodging is the [Hillside Motel](https://plus.google.com/101392692250169164536/about?gl=us&hl=en#101392692250169164536/about?gl=us&hl=en) (~15 minutes)

Slightly further away would be locations in Harper's Ferry (~20 minutes) or Frederick (~25 minutes).

Below are some possible places to stay in those locations with reviews and suggestions from tripadvisor.com.

[Harper's Ferry, WV](http://www.tripadvisor.com/Hotels-g60722-Harpers_Ferry_West_Virginia-Hotels.html)

[Frederick, MD](http://www.tripadvisor.com/Hotels-g60903-Frederick_Maryland-Hotels.html)

**Training Runs**

There will two "official" training runs for anyone who is interested in getting some knowledge of the course.
Sunday, February 10th, 2013

We will meet at the Brunswick MARC train lot at 8am and carpool to Antietam Creek. Then we will run back to our cars at Brunswick. This run will be about 14 miles. I will have snacks and refreshments when everyone finishes in Brunswick.

If you plan to attend this training run please RSVP to cocanal100@gmail.com by Saturday, February 2nd, 2013.

Saturday, February 16th, 2013

If you plan to attend this training run please RSVP to cocanal100@gmail.com by Saturday, February 9th, 2013.

We will meet at the Brunswick MARC train lot at 8am and carpool to Nolands Ferry. Then we will run back to our cars at Brunswick. This run will be about 10 miles. I will have snacks and refreshments when everyone finishes in Brunswick. I will have snacks and refreshments when everyone finishes in Brunswick.

While the course is flat and "fast", the most difficult part will be mental preparation, longer runs on the canal are recommended.

If anyone else would like to plan "unofficial" training runs on the course and train with other participants then contact me and I can send out an email announcing the details to all entrants.

**Fee Increase**

The entry fee will increase to $95 on February 1, 2013 to compensate for the cost of buying extra belt buckles for the later entrants. If you know anyone who may be on the fence about signing up, encourage them to make up their mind by that date.

If you have any questions, concerns, or other items you would like to have addressed, please do not hesitate to contact me.

Happy Trails,
Lance Dockery - Race Director
cocanal100@gmail.com