Greetings runners, I want to bring everyone up to speed on some new things since the last email to help you finish getting ready for this year's race.

**Race Packet**

A revised version of the race packet has been added to the website correcting some minor items and adding some additional information, all of which I will highlight below.

**Bibs**

All race bib numbers have been posted to the entrant list, which can be found here. Make sure to include your bib number on your drop bags as you prepare those.

**Showers at Manidokan**

If you will be camping or driving and not staying in a hotel near the race, then you might want to clean up after the race. We've gained access to several showers at Manidokan which you can use after the race. There are 1 men's and women's showers each in the dining hall and there is a separate bathhouse containing 3 men's and women's showers each. You are welcome to use either of these.

**Camping at Manidokan**

There has been some confusion over the exact nature of the camping. You can arrive sometime on Friday and then leave your tent set up all day on Saturday and through Sunday. If you wish to take a nap after finishing then you are welcome to do so, but please be packed up by 1PM or shortly thereafter as another group will be coming into use the area at Manidokan a little later in the  afternoon.

If you did not originally say you would camp but you would like to do so now then you don't need to RSVP, we will have plenty of room for you.

**Pre-race Dinner**

As mentioned in the packet, the pre-race dinner will start at 6PM, so please try to be there around 5:45 so we can start on time. A menu for the pre-race dinner has been added as Appendix C in the information packet.

Pacing Chart

A volunteer (Paul Encarnacion) put together a pacing chart which gives you an idea of the times you should arrive at the aid stations for several different paces, you can check this out on the website and it has also been added to Appendix B of the pre-race packet.

**Weather**

While it should be taken with a grain of salt, the long range forecast looks like the following: temperatures in the mid-70's with partly cloudy weather on Saturday and a chance for rain, overnight temperatures in the high 40's, and showers on Sunday.

Happy trails, see you next week!
Lance