News Update 2/5/2013  
  
Hello racers,  
  
Only 64.8 cutoff times (81 days) left until race day. I hope your training is moving along nicely and you will be ready to rock and roll come race morning.  
  
A few things of note:  
  
**Training Runs**  
  
The first training run is this weekend, for those of you who have RSVP'd, I look forward to seeing you there. The second training run from the Nolands Ferry AS to the Brunswick AS will be next weekend. There is still time to RSVP for that training run if you wish to attend. Send an email to [cocanal100@gmail.com](mailto:cocanal100@gmail.com) by this Saturday. You can find more information [here](http://cocanal100.yolasite.com/general-information.php). A fellow runner has asked to see if anyone might want to join him for an unofficial training run this Friday. If you live in the Arlington area and you might be interested in ~20 mi @~10min/mi, please send Mark an email (ambstevenson[at][gmail.com](http://gmail.com)).  
  
**Refunds**  
  
Unfortunately, it is not practical to offer refunds to everyone who will be unable to make it to the start on race day due to any number of complicating circumstances, however I understand that sometimes things are beyond your control. If for some reason you cannot make it to the start on April 27th, you can request a deferral to next year's race. Send an email to [cocanal100@gmail.com](mailto:cocanal100@gmail.com) and you will be placed on a list of deferred entrants. Once registration opens up later this year you will be sent a coupon code to use to register for "free". To be eligible for a deferral you must contact me prior to April 10th.  
  
**Race Packet**  
  
In the coming weeks I will be putting together a race information packet in PDF format which will contain the official course maps, slightly more detailed descriptions of the various sections of the course, information about the race headquarters, overnight camping, parking race morning, driving directions between the aid stations, etc. In the meantime if you have any questions about anything related to the race or possible items you would like to see addressed in the race information packet, please shoot me an email.  
  
Happy trails,  
Lance Dockery  
  
“Without ambition one starts nothing. Without work one finishes nothing.” – Ralph Waldo Emerson