Greetings runners,

I have some new information as we approach the last month before race day. Here are a few things to consider.

**Deferrals**

For the small number of you who will be unable to make it to the race due to various circumstances, we are sorry to miss you but we look forward to seeing you again next year. If you have sent me an email saying you would like to defer your entry **and you have not gotten back a response** confirming your deferral, please send another request. Your deferral might have gotten lost in the sea of read messages in my inbox.

**Weather**

There have been some questions on what to expect in terms of weather in Maryland for race day. Looking back through history the average high in Brunswick, MD (relatively the middle point of the race) is 68F. The average low is 44F. Being April you can expect a good possibility of rain showers. The past few months here in Maryland have been unusually cold (as I type this there are several inches of snow outside) so this April might be equally unpredictable. Be prepared for both ends of the temperature spectrum, with sub-40 degree weather and 80 degree heat.

**Danny Mowers Interview**

I finally managed to catch up with the winner of last year's unofficial race and he had a few comments about how the race unfolded for him and how other runners might prepare. In particular it sounds like incorporating some long and flat brisk walks into your taper might be a good idea.

*Lance: I imagine last year’s race came as a bit of a surprise to you as it did to everyone who participated as it was an alternative course for another route. What was your plan (logistically, race strategy, nutrition, etc.) going into the race considering how you were expecting a long and slow 100 mile race through the local mountains but instead you two loops on the pancake flat and fast C&O Canal.*

Danny: I wasn't even registered for the original CAT. I ran Hyner 50k the week before finishing 7th on a brutal course. As I was sitting in math class on a Tuesday night, I shot a msg to Rick Meyers about running after class. He said he can't due to running CAT this weekend. He said "Why don't you run it?" Hmmm. He filled me in on what was going on with the changes and bet me I couldn't do it. So tue night, 4 days till race day& still sore from Hyner, I decided to do it. I figured it would be the easiest 100 I'd ever do!! The longest I have ran was Mountain Masochiost 50 the year before.

*Lance: I remember watching you as you passed through the Brunswick aid station last year and each time you looked strong and focused. How did the race play out for you mentally and physically and what did you do have to do to adapt over the course of the race?*

Danny: Running a 100 was all new so I came up with a game plan with walking breaks. Nutrition was my usual Perpetium, Hammer gels, Endurolites, Vespa, and fruit. I set a timer on my watch to remind me when to eat and drink. Everything worked out good that day! Running that kind of distance in more mental than physical in my opinion. I felt good, enjoyed seeing people at aid stations and on the canal. Just listened to my music and running! I would calculate when I would have to be at aid stations and how much it would change over the day. Mark Rodriguez ran the last 20 with me as my pacer. Since i had never ran that long in the dark before, i thought it was a good idea. Glad he was there, It helped to pass the time faster.

*Lance: If you could go back in time and give yourself some advice in the days/weeks/months leading up to last year’s race (knowing it would be on the canal), what would you suggest you do differently (training, planning, etc.)?*

Danny: Knowing now what it was like running on flat for that long, I'd do more long runs and walks on flat surfaces.

**Runners looking for pacers and vice versa**

A new section has been added to the [website](http://cocanal100.com/) where you can fill out a form to request a pace or request a runner to pace. As submissions come in I will update the website at least every 24 hours. If you would like to contact someone on the list then send an email to [cocanal100@gmail.com](mailto:cocanal100@gmail.com) and I will put you in touch with that person via email.

**Volunteers**

The aid stations captains for this year's race have all but been filled in, and now we are looking for local runners who can come out and help out working a few hours at a time at the aid stations. If you are interested please fill out the volunteer form on the [website](http://cocanal100.com/). For friend or family members who might be pacing you, they will not be able to see you between the Brunswick aid stations so consider having them volunteer somewhere until you will be coming back by Brunswick inbound on the first loop. If you know runners in the area encourage them to come out and volunteer and they can cheer you on when they see you. A friendly face at a lonely aid station can make a big difference.

**Race information packet**

Look for the rough draft of the race information packet to come out this weekend. There will be a supplemental section with additional useful pictures not posted to the ultrasignup/facebook pages. This draft will not be official until entry closes on April 17th, so the final entrant list with bib numbers can be added in.

As always if you have questions or comments on anything please don't hesitate to ask.

Happy Trails,

Lance

"When it's pouring rain and you're bowling along through the wet, there's satisfaction in knowing you're out there and the others aren't." – Peter Snell