Greetings runners,

As the race date quickly approaches I hope everyone is feeling healthy and ready to run. I've got a few things to mention that might be helpful.

First and foremost, fellow runner Joe Loranger put together a nice helpful spreadsheet compiling information from a variety of sources (race website, runners handbook, etc.) into one place that he wanted he to share with you. I've attached the file to this email. Note there is an additional cutoff time of 11AM on Saturday for the Brunswick AS.

**Dropping/Deferrals**

Remember that the last day to defer your race entry to next year is April 17th. As before, if you are receiving this email and you have asked to defer to next year please send me another email.

**Volunteers**

If you know someone who might be interested in volunteering (e.g. a crew member) then they should fill out the form found on [the website](http://cocanal100.com/volunteers.php) soon. We appreciate everything the volunteers are doing so we are going to get some nice little shirts for them. We need to order the shirts in the next few days so they should fill out the form ASAP to make sure we have one for them to show how much we appreciate their efforts.

**Pacers**

There are some people who have requested pacers for the race. These requests can be found on [the website](http://cocanal100.com/find-a-pacer.php). If you are chatting amongst your running buddies maybe ask them if they would be up for pacing someone and direct them to the website.

**Lodging**

There have been quite a few emails in the past week or two about lodging. Manidokan apparently does have cabins for rent but you will need to talk to them directly about if they still have openings. In the event you might still need to book a hotel room (or it sounds better than camping), after talking to someone and digging a little deeper I found there is an [Econo Lodge](http://www.econolodge.com/hotel-harpers_ferry-west_virginia-WV406) in Harper's Ferry (~15-20min drive from Manidokan). They are a reputable hotel chain so they should be reliable and the price is reasonable. I'm sure they would be willing to accommodate a late checkout on Sunday.

For anyone who was planning on Camping, I'll look forward to seeing you sometime on Friday. I previously said there was a $3 camping fee but the race finances are in a good position so I will cover that cost for you guys. Just bring a tent and something to sleep in.

**Hammer Nutrition**

I received the hammer nutrition order confirmation and we will have the following flavors of items, if this doesn't sound tasty then make sure those drop bags are packed with some other delicious and artificially flavored substances to satisfy your taste buds.

HEED (Mandarin Orange and Strawberry)

Hammer Gels (Huckleberry and Apple Cinnamon)

**Drop Bags**

As far as drop bags go, let's try to keep them not any larger than half carryon luggage size (23 total inches, for example 11" x 7" x 5"). Slightly over is ok but keep in mind we need to transport your drop bags along with everyone else’s and we don't want to reenact a *Meet the Parents*-like scene where I insist your bag is too large to fit but you insist it will be fine. This loose rule will apply for Brunswick and Nolands Ferry drop bags. Your Manidokan drop bag can be as large as you would like, since you'll be the one carrying it up the hill and back down the hill to your car when the race is over...

Rest those legs up, race day is right around the corner. Mental preparation at this point will be more important than anything else (although long flat hikes would certainly help!).

Happy trails,

Lance

*“To uncover your true potential you must first find your own limits and then you have to have the courage to blow past them.”* – Picabo Street