Greetings Runners!

In case you haven't been paying attention to the calendar, the race is this weakened. Hopefully nobody forgot.

I was going to make a complete overhaul of the runner's information packet however I decided since not everyone would re-read the packet to find the updated information I would include the new information in a long email and direct your attention to the runner's information packet for any information not mentioned here. And of course if you have any questions you can post on the official Facebook page or send me ([cocanal100@gmail.com](mailto:cocanal100@gmail.com)) and email.

**Overnight Camping**

Last I checked 22 people had checked the "yes" for overnight camping during registration. A few people since then have also indicated interest. As mention in the information packet, you can begin arriving around noon on Friday or at whatever time will be most convenient for you. I might be out running an errand but if you drive up to the Pavilion I will leave a note with any pertinent instructions. Campers are welcome to find anywhere in the open fields and set up camp. The only instructions would be: when you turn left off of Harper's Ferry Rd into Manidokan, do not park immediately on your left up against the fence adjacent to the road. I plan to park the cars there race morning. You can find anywhere else to set up camp but to not camp around the race HQ at the Pavilion. Some exploring for the perfect spot might be fun, just remember to that on this side of the road (Manidokan spans both sides of Harper's Ferry Rd.)).

As mentioned previously, I will cover the camping charge. Also, we might have a small campfire for socializing with s’mores and other refreshments Friday night depending on how energized everyone is feeling.

**Cutoff Times**

I previously send out an excel file a runner compiled with useful information pertaining to aid stations, average pace times, etc. Note, the official cutoff times were not necessarily indicated by that spreadsheet. The official cutoff times can be found on the website located [here](http://cocanal100.com/aid-stations.php).

**Aid Stations/Drop Bags**

I know this situation is a bit confusing so I will try to clarify it below. There are three drop bags located at the following places:

- Brunswick AS

- Nolands Ferry AS

- Manidokan AS (Halfway)

The Brunswick and Nolands Ferry drop bags will be transported to those locations and loosely arranged in alphabetical order provided you clearly identify your name on the bag. The Manidokan drop bags won't be touched so those will be sitting exactly as you leave them on race morning when you swing by around halfway.

If you are curious what miles you will be passing your drop bags I would advise you familiarize yourself with the course map which can be found [here](http://cocanal100.com/maps.php). Brunswick will be passed twice each loop, and Nolands Ferry once each loop.

Remember you are responsible for picking up your drop bags after you finish or if you drop. Drop bags not claimed by the time we finish cleaning up Manidokan will not be mailed back to participants even if you include a pre-paid UPS/FedEx label on them.

The Lander Rd. AS at this point looks like it will be a self-serve aid station with HEED, water, and first aid set up on a table. **Be careful at night as there is a sharp drop off in the area of the aid station into a lock**. That port-a-pot across the way might look fantastic but resist making a beeline or you will find yourself going for a little tumble. We will have some volunteers making rounds to the various aid stations and they will stop by Lander Rd. but it will not be continuously manned.

I can say from experience it is a very long and desolate stretch from Brunswick to Noland's Ferry so mentally prepare for this to be the toughest part of the race. From Brunswick to Antietam Creek you will usually be running along the Potomac which provides some nice scenery and more traffic (plus manned aid stations). The section from Brunswick to Nolands Ferry is mostly an enclosed tunnel of trees.

**Crews/Aid Stations**

As I have mentioned before, crews are only allowed at Manidkan and Brunswick Aid stations. At the Brunswick aid station they must park in the MARC train lot. Crews can drop off a pacer or pick up a dropped runner at the other aid stations, but if your car is not in motion for more than a few seconds you are doing something wrong. Runners whose crews violate this rule will receive one warning and then be subject to disqualification. I've re-hashed the rational for this rule several times before so I'll avoid doing it again but you can read the information packet if you don't remember.

Fortunately, I have thought up a way for crews to see runners at another point without breaking the rules. It is about 0.5 miles from Manidokan to the Canal, and then if you proceed North towards Cumberland from that intersection about 0.5 miles you will come to the Huckleberry Hill Canal access area. Crews parked at Manidokan could hike down to the canal and then walk to Huckleberry Hill and wait to see runners as they pass by there. You could then hike back to Manidokan and have plenty of time to get to Brunswick before you runner.

Bear in mind you should not stand along the canal, mobbing it for other canal users, stay off to the side in a non-obtrusive way at Huckleberry Hill. I would refer you to the NPS Canal map found [here](http://cocanal100.com/maps.php) for a reference of where I am talking about.

**Port-a-pots**

There will be port-a-pots at all aid stations except Dargan Bend. There will be a port-a-pot at the Huckeberry Hill canal access point due to logistical ease. At some aid stations there may also be a DNR-operated "permanent" por-a-pot. You are welcome to use these as well (and in some cases they are closer than the port-a-pots) but I can tell you from experience they are not maintained very well due to financial reasons (that's short funny story I can tell).

If you need clarification on this please let me know.

**Miscellaneous.**

First and foremost, if you haven't read the information packer then I advise you do if you want to finish the race and or avoid getting disqualified. Secondly, while we are expecting a full moon you should carry at least one primary headlamp with new batteries and have additional batteries/backups in your drop bags. A secondary keychain LED backup or something like that would be wise as well in case of emergency. There is no policy regarding headphones or listening devices however you need to remember you are not the only people using the canal so your *Rocky* theme song should not be playing so loud that you can't hear a passing biker's warning, etc.

**Aid station locations**

Other than Manidokan I do not have addresses for any of the aid stations. Approxamate GPS coordinates have been listed in the information packet (and the Manidokan address) Copying and pasting these into Google will show you where the aid stations are (approximately) and you should be able tin input them into any GPS.

**Contacting Me on Race Day**

My phone number is as follows:

\*removed for online version; email [cocanal100@gmail.com](mailto:cocanal100@gmail.com) to get the phone number\*

If you need to get in contact with me for some reason on race day please send me a text message so that I can get back to you as soon as possible. An example of a good text message would be the following:

Hello Lance, this is Walter White, and my son Flynn is running the race. I am having a hard time finding the Nolands Ferry aid station and I was hoping you could help me. My number is yadda yadd yadda.

If you have an emergency do not call me, call 911.

**Motivation**

I know a lot of people have expressed disappointment about a lack of crew access for motivation, etc. I am pretty good with names so if you send me something to mention to you if I see you and you are in need of a pickup I will do my best to remember it.

As always if you have a question about anything you can send me an email or post on the Facebook page. Gmail was not designed to accommodate this kind of volume of replies to messages so I apologize in advance if your message gets lost in the poor layout. Feel free to send another message if you don't get a reply in 24 hours. **Yout best bet is to not reply with this subject heading, otherwise Gmail files all the messages under one. Change the heading to something creative.**

Happy trails,

Lance

*“There is only one way to succeed in anything, and that is to give it everything.” – Vince Lombardi*