

Dear runners,

Race day is quickly approaching! Barring any sudden important changes, this will serve as a final pre-race email to prepare you for for race weekend. **This email and the information packet are mandatory reading for all runners, crews, and pacers.** It's essential that crews and pacers are aware of the rules and regulations to avoid jeopardizing your race.

## **Runner Information Packet**

This year's runner information packet is attached to this email and has been uploaded to the website. This email covers the main points of the information packet, but runners are required to read this information packet in its entirety.

## **Bib numbers**

Bib numbers have been assigned, and you can find them on the [entrants page](#). It is crucial that you have your bib number, name, and aid station clearly designated on all your drop bags so we can ensure they get to the correct location. Please also add any important medical information volunteers should know about to the back of your bib.

## **Race Premiums**

Unfortunately, due to supply chain issues the women's size medium premiums will be technical T-shirts instead of tank tops. Our supplier could not get the women's medium tank tops in stock before the race. All other women's sizes and the men's premiums will be tank tops. I apologize for this change!

If you registered before March 7<sup>th</sup>, you can pick up your premium with your bib number (because your size is guaranteed). If you registered after March 7<sup>th</sup>, you will need to pick up your premium from the HQ after you finish the race. While hopefully we won't have any DNFs, you can still get your shirt if you don't complete the race.

We will not be able to sell new Patagonia Houdini premiums this year (also due to supply chain issues). Tank tops from prior years will be available for \$10 each, please bring cash if you would like to buy one.

## **Deferral/DNS**

Unfortunately, there are no deferrals or refunds for this year's race. If for any reason you cannot make it to the race, you can remove yourself from the entrants list in your Ultrasignup profile ([https://ultrasignup.com/members/member\\_history.aspx](https://ultrasignup.com/members/member_history.aspx)). You may also reply to this email, and I can manually remove you. I hope to see you at a future year's race!

## **Zoom pre-race briefing**

Runners liked the zoom pre-race meeting held last year due to COVID19, so we will bring it back this year. I feel it is nice to have the briefing early and give you all a chance to have questions answered before you finish packing and make your way to Manidokan. The pre-race briefing will be held via Zoom on April 27<sup>th</sup> at 8:00PM. There is a limit of 300 participants in the meeting, so each runner is allowed to invite one crew member or pacer to join them. The meeting will also be recorded and posted to the race website if you cannot attend live. If you need help using Zoom to join the meeting, you can go [here](#). Meeting information and a link to join can be found below.

*Lance Dockery is inviting you to a scheduled Zoom meeting.*

*Topic: C&O Canal 100 Pre-race Briefing*

*Time: Apr 27, 2022 08:00 PM Eastern Time (US and Canada)*

*Join Zoom Meeting*

*<https://msmary->*

*[edu.zoom.us/j/85269022204?pwd=RkFuT0dVUXExbGFUMGlzVm0yeIINEUT09](https://msmary-edu.zoom.us/j/85269022204?pwd=RkFuT0dVUXExbGFUMGlzVm0yeIINEUT09)*

*Meeting ID: 852 6902 2204*

*Passcode: email cocanal100[at]gmail.com*

*One tap mobile*

*+13017158592,,85269022204# US (Washington DC)*

*+13126266799,,85269022204# US (Chicago)*

*Dial by your location*

*+1 301 715 8592 US (Washington DC)*

*+1 312 626 6799 US (Chicago)*

*+1 646 558 8656 US (New York)*

*+1 669 900 6833 US (San Jose)*

*+1 253 215 8782 US (Tacoma)*

*+1 346 248 7799 US (Houston)*

*Meeting ID: 852 6902 2204*

*Find your local number: <https://msmary-edu.zoom.us/j/85269022204?pwd=RkFuT0dVUXExbGFUMGlzVm0yeIINEUT09>*

## **Drop bag policy**

Drop bags are available at Brunswick and Manidokan aid stations. The Brunswick drop bags need to conform to the Western States 100 dimensions, not to exceed 6"x8"x16". We have a drop-bag sizer (like the ones at the airport for your carry-on luggage). We will have a volunteer checking drop bag sizes before the race. The Manidokan drop bag doesn't have a size restriction, as runners will deliver their own bags to the drop bag corral.

## **Aid Stations: Dargan Bend is limited**

All aid stations other than Dargan Bend will be “full service”. This means they will have an assortment of various foods (e.g. hearty soups, sandwiches, hummus wraps, grilled cheese, bacon, sausages, burgers, pizza, etc – whatever the aid station captain chooses to serve) in addition to the usual aid station fare you see at races (e.g. cookies, chips, candy). All aid stations will have water, tailwind, ice, gels, and honey stinger bars.

Since Dargan Bend is so close to Manidokan, this will be a “limited” aid station. At all times you can find water, tailwind, ice, gels, chews, and honey stinger bars at this aid station. During the day we will serve chips, cookies, and candy at the aid station. Overnight you will find ramen, veggie broth, miso broth, hot chocolate, and instant coffee. The Dargan Bend aid station will not be fully set up when you run by it the first time (mile 1.4).

## **Camping and Showers at Manidokan**

For those who are camping at Manidokan, the cost is \$3 for the weekend. You can start to arrive for camping around 12PM on Friday. There is specific info about where to camp in the information packet. We will be in more socially distanced groups this year. If you have questions, ask someone at the pavilion at the top of the hill. We’ve been asked by the Manidokan management that you be gone by late afternoon on Sunday. If you finish and want to take a nap before driving, that is encouraged, but you can’t spend the night. You can pay for the camping in cash when you pick up your race number. We have a limited ability to make change, so try to bring \$3 exactly if you can!

We have access to several showers at Manidokan that you can use after the race. There are 1 men's and 1 women's shower in the dining hall, and there is a separate bathhouse containing 3 men's and 3 women's showers. All runners are welcome to use either of these facilities. Volunteers will be able to direct you where to go to find the showers. The camp may have special COVID-19 protocols for these facilities.

## **Alcohol**

Camp Manidokan policy prohibits the consumption of alcohol on the premises. The NPS also does not permit alcohol on park property.

## **Weather**

What is the weather going to be like? That's the magic question! The averages this time of year in MD are in the 70s with sun/partly cloudy conditions most common during the day. Overnight temperatures will probably be in the 40s. At nighttime, it can get breezy on the canal. You should be prepared for a wide range of conditions. We’ve seen everything from 90-degree heat to cold and rainy 40-degree daytime temperatures. As you monitor the weather, I would suggest looking at the weather for Brunswick, MD or Harper’s Ferry, WV as these are some of the closest towns to the course. At this point the long-term forecast (AKA mostly guessing) says the weather will be quite reasonable:

highs in the 60s Saturday and Sunday, and low temps overnight Saturday in the mid 40s.

## **Live Tracking**

I will post a link to "live" tracking on Saturday once the race has started on both the race website and the Facebook page. Crew and fans at home can follow runners there as they check into each aid station. All aid stations except Dargan Bend should have live updates as runners pass through the aid station. Technical difficulties (including spotty cell service) may limit tracking on race day, so if you will absolutely need to coordinate meeting your crew, you should carry a cell phone.

## **Post-race meal**

Chipotle will again be catering the post-race meal. Burritos and burrito bowl materials will arrive in two batches. One will arrive Saturday night and the other late Sunday morning. We will keep the burritos nice and warm and the guac nice and cold for you while you finish the race. There will be an assortment of meat, sofritas, and veggie burritos, but they all contain cheese. If you are vegan, you can make your own bowl from veggies, sofritas, beans, rice, etc. (Please only use the make-your-own bowl option if you are vegan.)

## **Volunteers**

It is never too late for more volunteers! Remember - having your crew or pacer help for a few hours at an aid station is a good chance for them to see you between crewing locations. We would love to find 1-2 people to help with packet pick-up on Friday afternoon, and a couple people who can help out pre-race from 5-7am on Saturday morning. Please have any potential volunteers email the volunteer coordinator, Emily, before Thursday (cocanal100.vc@gmail.com).

Please let me know if you have any other questions!

Lance