Hello Runners!

I hope training is going well and you are looking forward to spring which is right around the corner! I have a few topics I want to update everyone on.

**Jacket Purchases & Size Change**

The deadline to purchase jackets is Tuesday, February 23 at 11:59PM. If you have not already purchased one and you want to now then you can visit the race store page [here](https://ultrasignup.com/shopping.aspx?dtid=33256) to make a separate purchase from your original order. Jackets will no longer be sold after February 23rd because I need to start the ordering process to be done in time for the race.

If you previously bought a jacket and want to change your size, please respond to this email clearly with the size you want and I will make a change. Size changes will be accepted through February 23rd.

**Training Runs**

I've nailed down the weekends in March when we will be having the training runs. The route for these runs is TBD (see section below on canal status). In each case the route will be an out and back with aid stashed along the way that you will see twice.

Training Run #1

Date: Sunday, March 17th

Location: [Brunswick MARC Lot](https://www.google.com/maps/place/Brunswick+MARC+train+parking+lot/@39.3120069,-77.6278363,312m/data=!3m1!1e3!4m5!3m4!1s0x0:0x6456b5bd9cc9f65c!8m2!3d39.3116126!4d-77.6277558)

Route: ~20 mi, *aid twice during run*

Time: 8AM

Training Run #2

Date: Saturday, March 30th

Location: [Brunswick MARC Lot](https://www.google.com/maps/place/Brunswick+MARC+train+parking+lot/@39.3120069,-77.6278363,312m/data=!3m1!1e3!4m5!3m4!1s0x0:0x6456b5bd9cc9f65c!8m2!3d39.3116126!4d-77.6277558)

Route: ~30 mi, *aid twice during run*

Time: 8AM

I will provide some of the typical air station fare you see at races for each of the runs as well as some light breakfast fare (bagels, fruits, maybe muffins or something). I have leftover Tailwind and Honey Stinger from last year (still...) so if you haven't used those products I will have that on hand too. The aid will be around 1/3 and 2/3s of the way through the runs for each out and back. I will be running and or manning the aid stations.

More details about the exact route will be sent out closer to the date of the first training run.

If you plan to attend please contact cocanal100[at]gmail.com to get a link to the RSVP form. The form lets me know how much food to get for everyone and if we should wait a few minutes in case you are running late. Since this is the Canal you are welcome to do more or less than the official run but please indicate if you are doing something different so we are not looking for you at the end of the run. I've included columns to say where you are coming from and add an email address so maybe you can make a friend and you could carpool from your area.

**C&O Canal Status**

As some people have commented via email, a section of the C&O Canal near the Catoctin Aqueduct (Between Brunswick and Lander Rd.) is currently washed out and has been since last fall when we received tremendous amounts of rainfall. Between the government shutdown and continued rain work on a replacement bridge for this section has yet to be finished.

Our permit still takes us through this section and the NPS representative I spoke with last week didn't feel the need to change the permit at that time. It is anticipated in the next 2+ months the bridge will be completed and no course changes will be necessary. Be aware however that continued bad weather might delay bridge construction and force a course re-route to include shorter loops on the section of the course between Brunswick and Antietam. I will keep you guys updated as I hear news!

**Volunteers**

It is never too late to start thinking about having your friends/family/crew help out at an aid station along the course. We can always use the extra hands and this give them an opportunity to see and encourage you on the course at somewhere that would not normally be accessible by crew while they volunteer. Volunteers can sign up [here](https://ultrasignup.com/volunteer.aspx?dtid=33256).

Let me know if you have any questions about these topics or anything else! I am already getting excited to see all of you in April!

Happy trails,

Lance Dockery