Dear runners, I wanted to send a quick update and let you know where everything stands as we are quickly approaching race day! The website has been updated to include all this information.

**Testing Guidelines**

I have received a lot of questions/feedback on the updated COVID-19 protocols, especially the testing requirements. After reviewing the latest data from the CDC I have revised the testing guidance and attached a "do I need to get tested?" flow chart to this email. The final waiver form will be finalized closer to the race date. Volunteers and crew are not required to receive a negative COVID-19 test but must wear a mask at all times when on the racecourse. Runners and pacers (both considered participants) are required to receive a negative COVID-19 test unless they are [fully vaccinated](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated.html) **or** previously recovered from a COVID-19 infection over 21 days ago.

**Training Runs**

Unfortunately there will be no training runs this year but the C&O Canal is open to public access at all times. There is an excellent map [here](https://www.nps.gov/choh/planyourvisit/maps.htm) where you can locate the nearest access point for your training. The official course maps can be found [here](https://cocanal100.com/maps.php).

**Change in Race Premiums**

The late approval of our permits has put us in a bind with respect to the ordering and printing of premiums. Patagonia is having ongoing supply/shipping problems due to the pandemic and they will be unable to provide the usual tank tops. We have worked with the printing company to source another brand of technical tank tops but I apologize in advance they will not be the Patagonia ones many of you have come to enjoy.

The Patagonia jackets are also not in stock and may not be until June. I will continue to try and get my hands on the jackets. If you ordered jackets, they may be shipped to you at a later date **or** your money will be refunded. I apologize for this change/delay.

You can sleep soundly knowing that there have been no changes to the race buckles!

**Bib Numbers**

Bib number assignment will begin in early April. To avoid crowding at the race start your bib number will be mailed to you. Because Baltimore is a USPS black hole, your bib number may not be able to escape the event horizon and reach you by race day. You will also be able to request a replacement number in the week prior to the race that we will hand out on race morning. The address on file via Ultrasignup will be used for mailing the bib so please ensure that address is correct or reply to **this email** with an amended address.

**Pre/post-race Meals**

Camp Manidokan has informed us they will be unable to cater the usual pre-race pasta dinner. This change combined with the COVID-19 restrictions will mean the pre-race dinner is cancelled. We look forward to seeing you all for the pasta dinner in 2022!

The post-race meal will not resemble the one in the past since runners will finish at very different times and it will not be possible to have a caterer cook fresh food for 12+ hours. Some sort of food will be available at the finish or gift cards will be provided for local establishments.

**Pacers/Crews**

In order to maintain control over the number of people at the race start/finish and all aid stations only one pacer will be allowed for each runner and that pacer must travel from mile 69.2 to the finish. Additional pacers can not be picked up before or after Manidokan II because crew access will be restricted at those locations. Crews will only be allowed at Manidokan aid station unless a runner is formally withdrawing from the race. I know this is a difficult change but there will be many other runners to enjoy time with on the course prior to picking up a pacer. Remember that crew members can also volunteer a shift at an aid station to see you on course. Volunteers can sign up [here](https://ultrasignup.com/register.aspx?did=78561). We still need lots of volunteers!

**Camping/showers at Manidokan**

Camping will be available as usual at Manidokan for a $2 fee. We will need to divide up runners into smaller campsites based on Camp Manidokan's COVID-19 rules but there is plenty of room in the large field near the race start.

Showers will be available for runners at Camp Manidokan but some restrictions may be in place for using those.

Please let me know if you have any questions!

Best wishes & happy training!

Lance Dockery

