

Hello again Runners! I have some updates on a few things I want to inform everyone about.

Training Runs

The first training run is this weekend and it is not too late to sign up. Training run #1 will start from Brunswick (mile 55.0) and head towards Cumberland on the canal to Dargan Bend (mile 64.9). I will place water, some gatorade, and a few snacks at Dargan Bend and I will also have some in my car at the end of the run. Training run #2 will head in the same direction on the canal towards Cumberland to Antietam Campground (mile 69.8) with aid again placed at Dargan Bend.

Training Run #1

Date: Sunday, March 17th
Location: [Brunswick MARC Lot](#)
Route: ~20 mi, *aid once during run*
Start Time: 8AM

Training Run #2

Date: Saturday, March 30th
Location: [Brunswick MARC Lot](#)
Route: ~30 mi, *aid twice during run*
Start Time: 8AM

If you plan to attend please fill out this form [here](#). Guests are welcome!! The form lets me know how much food to get for everyone and if we should wait 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. If you plan to attend this weekend's training run please fill out the form prior to Saturday morning. If you plan to attend the training run on March 30th, please fill out the form by the Thursday before.

Course Re-route

After discussion with the NPS permitting authorities it is clear that the damage to the canal between Brunswick and Nolands Ferry from severe flooding last fall will not be repaired in time for this year's race. The NPS has given the go-ahead on a modified course that is as follows:

Loop 1

From the start at Manidokan (after looping around the field) runners will proceed ~.5mi down the single track trail to the canal and then proceed towards Cumberland until the first aid station (Antietam Creek canal access) and then on to the Northern Turnaround on the C&O Canal near the bridge to Shepherdstown at mile marker 72.8 (not an aid station, check in only). Runners will then turn around and head towards Washington, D.C. passing aid stations located at the Dargan Bend, Keep Tryst Rd., and Brunswick canal access points. Runners will then turn around at Brunswick and run towards Cumberland back to the race start at Camp Manidokan. Upon arriving at Camp Manidokan runners will have completed one loop (38.4 mi) of the 100.0 mi course.

Loops 2 + 3

On the second and third loops, runners will repeat the exact same loop run previously without the out and back portion to mile marker 72.8 (turning around at Antietam Campground) and complete the rest of this loop as with loop 1.

Please see the attached table and NPS map of the course for reference to understand these changes. As part of these changes the cutoff times will be adjusted backwards slightly but not the overall 30 hour race cutoff. Conveniently the mileage of the previous cutoffs (mile ~80 and mile ~90) are also the location of aid stations in the new course so the only change will be a third trip up "the hill" to Manidokan.

Other changes include additional chances to see crew and drop bags at Brunswick/Manidokan (welcome changes I imagine!). Where pacers were previously allowed at Manidokan (mile 60), they will now be allowed at Brunswick AS the second time through (mile 59.6). There will not be a shuttle between Brunswick and Manidokan, but any pacer parking at Manidokan should have no trouble finding a crew going to Brunswick to give them a ride.

Keep Tryst, Dargan Bend, and Antietam will still be off limits to crew at all times during the race except to drop off and pick up a pacer after mile 59.6.

A detailed packet and announcement on all pages describing the changes to this year's course will be uploaded to the website in the next day or so but I wanted to let you guys know about the change as soon as it was finalized. The website will not be overhauled to reflect these changes as this course re-route is only a result of the current damage to the canal. Please let me know if you have any questions about these changes and I appreciate your patience dealing with this logistical change.

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](#).

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

Happy trails,
Lance Dockery