

Greetings runners!

As you no doubt know, race day is quickly approaching! Barring any sudden important changes, this will serve as a final pre-race email to hopefully answer any questions you may have and leave you informed 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.

Volunteers

We are still looking for some volunteers! We need a few more aid station volunteers (Saturday the 27th - Sunday the 28th) and a couple people to help with race morning logistics (Saturday 5-7am). Volunteers can register via [Ultr Signup](#) or send an email to the volunteer coordinator, Emily (cocanal100.vc@gmail.com). Volunteering at an aid station is a great way for a member of your crew to see you out on course where they normally would not be able to.

Runner Information Packet

The runner information packet has been updated on the website for 2019. This includes changes to the modified course. Most information remains the same (minus a few aid stations) but I'll highlight some of the minor changes and overall most important points in this email. You can find the packet attached to this email.

Course

The course has been modified for this year's race because of sustained flood damage to the C&O Canal between Brunswick and Nolands Ferry. For a detailed description of changes to the course, please see the attached file describing the 2019 course. Aid station directions, locations, and mileages are also reflected in the respective areas of the runner information packet. Please note changes to where pacers may begin (second time through Brunswick) and drop bag access (only Brunswick and Manidokan).

Misc. Changes/Notes

We will have Tailwind and Honey Stinger products at all aid stations.

The Dargan Bend aid station may not be fully set up when you run by it the first time (mile 1.4). People rarely stop there, so the first full aid station will be mile 6.3 (Antietam). While Dargan Bend AS will not be set up, we will have a place for you to drop off your "morning chill" gloves, hat, light jacket, etc. once you warm up. We will take these items back to the start at Manidokan.

Bib Numbers

All bib numbers have been assigned and are visible on the ultrasignup [entrants list](#). 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.

Drop Bags

Our prior leniency in drop bag sizes in the past was taken advantage of to the point where some folks were bringing large 30-gallon storage containers as "drop bags". It isn't logistically possible to transport large drop bags such as these and store them at Brunswick. Officially the Brunswick drop bags need to conform to Western States dimensions: not to exceed **6"x8"x16"**. We have a drop-bag sizer (similar to the ones at the airport for your carry-on luggage). We will have a volunteer checking drop bag sizes before the race. Please avoid having to scramble on race morning to re-packs your drop bags by making sure they conform to these dimensions before you arrive.

The Manidokan drop bag is exempt from the size restriction. You will however be responsible for hauling any huge Manidokan drop bags to the correct drop bag location and then hauling them back after the race is finished.

Drop bags for Brunswick will be dropped off near the only tree in the lower parking area. Drop bags for Manidokan will be brought up and placed behind the pavilion where you check in and get your bib number. After the race, all drop bags will be brought back to Manidokan for pickup. Drop bags will arrive from the aid stations approximately 1 hour after they close. If you want your drop bags earlier, you will need to go get them from the aid stations. Drop bags left behind will not be mailed to runners. Items within them will either be thrown away or donated.

Race Premiums

The race premiums are in and they look spiffy! Each runner will have a runner packet including your number, premium, and jacket and extra tickets if you ordered them. This should speed up the check in process Saturday morning.

Deferral/DNS

I unfortunately cannot offer deferrals or refunds for this year's race. If you decide for some reason you cannot make the race, you can remove yourself from the entrants list in your ultrasignup profile. If you are unable to do that, you may also reply to this email and I can manually remove you. I hope to see you at a future year's race!

Showers and Camping at Manidokan

For those who are camping at Manidokan, the cost is \$3 for the weekend. You can start to arrive around 12PM on Friday. There is specific info about where to camp in the information packet. If you are unsure, 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 then that is a good idea, but you can't spend the night.

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.

Pre-race Dinner

The pre-race dinner will start at 6PM so please try to be there by 5:45 so we can start serving on time. A menu for the pre-race dinner has been added as Appendix C in the information packet. If you did not register for the pre-race dinner initially but still wish to attend, there is always plenty of food to go around. Please bring cash (\$15) to the dinner when you arrive.

If you originally signed up but are no longer planning to attend the pre-race dinner respond to this message and let me know. I want to give the dining hall folks an accurate count so we do not waste food.

Post-race Meal

This year we will again be having a post-race meal catered by Buddhist from Mecca BBQ. A menu for the post-race meal has also been added as an appendix in the information packet. All runners have a ticket to the post-race meal included in their registration. If you know you will not attend, please let me know.

If you did not register for extra post-race tickets initially but want to feed others (such as crew and pacers), there should be plenty of food. Please bring cash to the BBQ (\$15) when you come and give money to one of the volunteers directly (not the caterer).

The post-race meal will start being served at 11:00 am and go through 1:00 pm. If you finish the race before 10:30 am we will have plenty of food available from the Manidokan aid station.

Post-race Buckle Ceremony

Buckles will be awarded after the last finisher has crossed the line. We will recognize all finishers for their incredible efforts as we eat BBQ. This ceremony, in combination with encouraging runners to attend the post-race meal, has helped to create more of a party and celebration to give runners, crews, pacers, and volunteers a chance to get together and share stories from the race.

I understand some people may have obligations that prevent them from staying for the Buckle Ceremony. If that is the case, please talk to me after your finish about receiving your buckle early.

Alcohol

The Manidokan official policy is that no alcohol is allowed on the premises. The NPS also does not allow alcohol so please keep it away from the Brunswick AS.

Weather

What is the weather going to be like, that's the magic question isn't it?

Considering the averages this time of year in MD, weather for race day will *probably* in the 70s with sun/partly cloudy conditions during the day. Overnight temperatures will *probably* be in the 40s. These are rough averages. At night time, it can get breezy on the canal. You should be prepared for a wide range of conditions, anything 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 10 day forecast (AKA mostly guessing) says the weather will be pretty reasonable. Highs in the mid 70s Saturday and Sunday and a chance of showers and maybe a thunderstorm. Lows Saturday night are predicted to be in the 50s.

With that, I'll leave you folks to eagerly anticipate race day and wish you a nice and anxious taper. Please don't hesitate to let me know if you have any questions that were not covered in this email or the information packet.

Happy Trails,
Lance Dockery