

Runners, I wanted to update everyone on a few things.

### **Minor Course Mileage Adjustments**

It was brought to my attention that I erroneously included the field loop in the mileage between Manidokan -> Dargan Bend on loops 2 & 3 (which we're not doing). I remeasured the Manidokan loop to confirm this yesterday and to fix the issue have move the North Turnaround further back to account for this. This brings the total distance between Antietam-North Turnaround-Antietam (no aid on that stretch) to 8.4 miles. Please be sure to stock up on water and nutrition before leaving Antietam! Cutoffs will not be changed. Updated runner information packets and course re-routes are attached to this email. Let me know if you have any questions.

### **Stream Crossing**

Yesterday I did some work to construct crude rock/log paths across the stream below Manidokan. Additional work will be done before race day so that runners may try to keep their feet dry but be prepared there is a chance your feet will get wet crossing the stream. You should bring a dry pair of socks to change into at Dargan Bend (mile 1.4) if this is a concern for you.

### **Crew/Pacer/Friends/Family Course Access**

I have had a number of questions concerning crew access on the course so I want to restate the policy. Crew/pacers/friends supporting runners are only allowed at to park and aid runners at Manidokan and Brunswick. This is a strict requirement by the National Park Service as part of our permit. If they parked at Brunswick in the MARC and went out on course they could cheer you on (the race is not held on a closed course) but support on course or parking anywhere other than Brunswick and Manidokan is against the rules and will lead to disqualification. The key issue here is parking. The NPS doesn't want the race taking up canal access locations with race traffic since most C&O canal access lots only have parking for a handful of cars.

### **Camping at Manidokan**

A reservation is not required to park at Manidokan so no need to RSVP. You just need to show up and bring the \$3 fee.

Please feel free to get in contact with any questions you may have but be advised that after Thursday evening I will not be able to respond until race weekend is over. See you all in a week!

### **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/family can follow runners there as they check into each aid station.

Happy trails,  
Lance