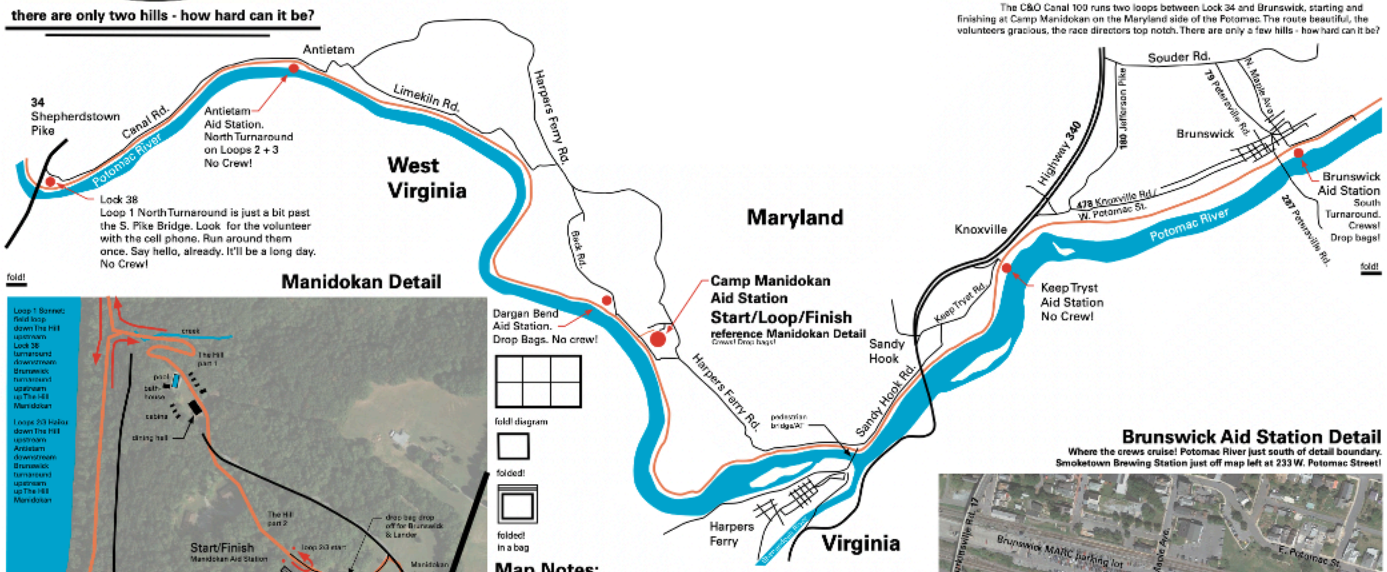
C & O Canal Endurance Run 100

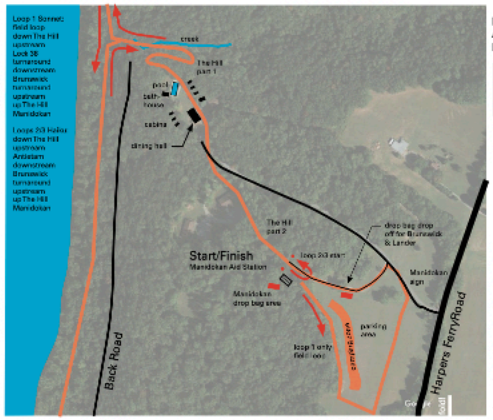
there are only two hills - how hard can it be?

fold!



fold!

Manidokan Detail



fold! diagram

folded!

folded! in a bag

Map Notes:

Map based on 2018 C&O Canal 100 held April 28-29th with high temps in the high 60's, bit of rain. Information derived from the race website, google maps, and google earth. Mileage on the map is not as accurate as your GPS. Map was created in Adobe illustrator and should print on an 11x17 sheet in color, landscape format. The map is laid out to fold in thirds horizontaly and half vertically (see fold! line prompts and fold! diagram) and fit in a sandwich bag. Please email changes to timsbike@yahoo.com with subject heading "C&O 100 Trail Map Changes". Thanks. Long live RD's and volunteers and your god-forsaken feet. Egads. Next year, next year...

fold!

A 100 Mile Footrace along The Chesapeake and Ohio Canal

The C&O Canal's first construction spadeful of dirt turned over on to July 4th, 1828 by some guy named Adams. That's the first day of construction for the nation's first railway, too. The canal improved navigation of the Potomac River, part of a canal system intended to connect the Ohio River and the Chesapeake Bay. Navigation on completed sections began as early as 1831. Economic depressions and three major floods sent the canal operation into receivership in 1889, when the Baltimore & Ohio Railway bought and operated the canal from the C&O Canal Company. In the aftermath of a 1924 flood, canal trade ceased.

The feds purchased the canal in 1938 and the National Park Service operates the 185 mile National Historical Park.

The C&O Canal 100 runs two loops between Lock 34 and Brunswick, starting and finishing at Camp Manidokan on the Maryland side of the Potomac. The route beautiful, the volunteers gracious, the race directors top notch. There are only a few hills - how hard can it be?

Brunswick Aid Station Detail

Where the crews cruise! Potomac River just south of detail boundary. Smoketown Brewing Station just off map left at 233 W. Potomac Street!

fold!