

Hello Runners;

Quick update about the upcoming Naked Bavarian this Saturday. First of all, thank you for supporting this race, we are expecting 400 runners this weekend. If you have a friend who missed registering online, we will have day of registration.

**Distances:**

Because we offer 2 different distances , timing this event is somewhat complicated, therefore I ask, that if you want to **switch to a different distance, please do this before Thursday 10AM EST.** Simply email me at [stephanweiss@comcast.net](mailto:stephanweiss@comcast.net).

**It is really difficult to switch you on raceday!!!!**

**Start Finish and Registration** are at the same location:

<https://www.google.com/maps/place/Dry+Brooks+Day+Use+Center/@40.3824828,-76.050605,15z/data=!4m2!3m1!1s0x0:0xf7ec166a2e7a7b56>

it's at the pavilion at the day-use area (Beach area, Lake View Pavilion). The approx. address is 1420 Palisades Drive, Leesport PA. Once you are nearby the park, you will notice brown signs pointing you to the different areas of the Lake. You want to look for day use area, but we also put out a race sign. Registration will start at 7:00 AM, race day pickup only.

**Start Times:**

8:00

If you drop at 20 Miles (40 Mile runners) , **do not cross the finish line** , but enter the passage next to the finish line and notify the timer that you dropped. You will not be listed in the 20 Miler results. If you drop on the course, you have to notify an aid station worker to record your bib nr, so we do not look for you. Unfortunately we have to be strict about these rules because we do not have a chip timing system (to keep cost down) and need to keep things organized so our volunteers timing the race can do a proper job.

**Please check the official entry list :**

**20 Miler:**

[https://ultrasignup.com/entrants\\_event.aspx?did=68691](https://ultrasignup.com/entrants_event.aspx?did=68691)

**40 Miler:**

[https://ultrasignup.com/entrants\\_event.aspx?did=68690](https://ultrasignup.com/entrants_event.aspx?did=68690)

If you are not listed make sure you bring a copy of your confirmation email, or a copy of your receipt. To get your receipt, log into ultrasignup, pick registration history and click on Naked Bavarian.

**Transfers, Deferrals, Refunds:**

We offered all of these leading up to the race, but now the entry list is final, bibs are printed and timing system is programmed. I cannot make any more changes, please do not email me to change anything as I'm no longer able to accommodate you.

**Timelimit:**

**You have to be done by 6 PM. This is different from what was previously posted on the website. Last year everybody made it by 6PM. If you need the extra hour, we will offer a 7:00AM Start. Please note if you start early, you are not eligible for age group awards. Please email me with your name at [stephanweiss@comcast.net](mailto:stephanweiss@comcast.net), if you like to start early!!!!**

**Checkpoints:**

Mile 20 12:45PM!!!! You will slow down a lot on the second loop, therefore we believe if you can't run 20 Miles in 4:45 hours, we believe you won't be able to run 40 within the time limit. These are hard cutoffs. There is absolutely no negotiating.

Mile 30 3:15PM

Mile 33.5 4:15PM

Mile 36.5 5:15PM

**Results:**

Your result will be posted within 5 minutes of your finish. Simply visit <http://www.uberendurancesports.com/results.html> to view live results.

**Aid:** We have aid station every 3-4 Miles with everything you might need, but we do only have a few gels in case you are in need of a pick me up ☺, so bring some of your own, if you rely on them, otherwise enjoy our specialty food items at the aid stations.

**Course condition:** The course is snow free right now, but we will get some rain the next few days. We hope that it dries out enough by race day to make sure this will not turn into a mud fest. Typically it drains well. Our course is very run-able, just a few rocky sections. Every shoe that you feel comfortable with running should be fine. Maybe a shoe with an aggressive tread pattern might work best if it is a little slippery.

**Pacer:** We do not allow Pacers.

**Alcohol:**

Blue Marsh does not allow alcohol, so please refrain from drinking beer in public and do not put your empty bottles in the trash, take it home with you because we got in trouble for that before.

**Gear Drop for the 40 milers:**

There is a designated gear drop tent about 50 ft in front of the finish line. The gear drop is the mile 20 mark for the 40 Mile runners. You do not need to run through the finish line to start your second loop.

The gear drop area will also be an aid station, so simply get your gear or aid, and start the final stretch of the race.

**Dogs:**

The park does allow dogs, so if your crew, fans, family wants to bring the dog, they have to keep them on the leash at all times. We do not allow dogs on the course.

**Trash on the course:**

We have a **nothing drops on the ground policy**. We want to be respectful of the trails and the park. We also don't want to burden the sweeper crew with picking up trash for 20plus miles.

Please leave your trash at the aidstations.

**Parking:**

**Please do not park on grass or gravel. Use designated parking spots. Rangers will issue tickets. You might forward this info to friends and family as well, if they are planning to watch you.**

Cu Saturday

Stephan

[www.uberendurancesports.com](http://www.uberendurancesports.com)