

# Boulder Field Ultra Race Weekend

## Hello Runners;

Thank you very much for supporting our race. Hopefully the weather will cooperate on race day and you all will have a positive experience. I think most of us are itching to race again.

This year will be unlike any other year due to the pandemic, so we are making some changes. So here is some additional information about the changes due to covid , the race in general and number pickup. It's a lot of information, please read it carefully.

## Covid safety measures and procedures:

- **We have limited the race to 250 people in compliance with PA DCNR**
- **We have limited the race to runners from PA and surrounding states**
- **Runners must wear masks :**
  - a) **at the registration table for package pickup**
  - b) **when in line for the toilets**
  - c) **at the start and first mile of the race**
  - d) **at the aid stations !!!! Remember , the volunteers will be exposed to 250 runners. Be mindful.**
  - e) **At the finish line and the gear tent by the finish**
  - f) **To get your post race food**
  - g) **Every time you can not maintain 6ft distance to another person**
- **Hand sanitizer dispensers will be available at all aid station, in the portable toilet area, finish line and post race food pavilion**
- **All volunteers will wear masks , all volunteers handling food will also wear gloves**
- **New procedure at aid stations:**
  - a) **Only 1 runner by the aid station tent, wait in line 6ft apart. Be patient, there might be a wait, we try to serve you as quickly as possible**
  - b) **No more self serve buffet style aid station. Tell the volunteer what you need and they will hand you an individual serving of whatever item you request (food items available will be displayed on table and there also will be a menu posted at the aid station with available items)**
  - c) **Same for liquids. There will be individual servings of Coke, Mountain Dew, Water and Gatorade. Volunteers will hand you 5oz cups of whatever liquid you request. If you need a refill for your hydration pack or water bottle , please unscrew the top yourself and let the volunteer fill it with a pitcher.**

- **No spectators and crew!!! In order to keep the entire event under 250 people, we ask you not to bring anybody along with you. If you made your own camping arrangements at the park, your family and friends are welcome to stay in the campground ( not the free tent camping site provided for runners and volunteers only), but we ask that they do not come to the start/finish of the race or stop by at any aid stations**
- **No Pacers allowed for the 18M or 50K**
- **1 Pacer allowed for 100K runners for the 2<sup>nd</sup> lap only.**
- **Due to the 3 waves for the 3 different distances there is plenty space to spread out at the start. Please maintain 6 ft distance to the next runner.**

### **Change of Race Distance:**

You can still email me to downgrade to the 50k or 18 Miler till Tuesday 9/8 noon!!! We will program the timing system and print the labels for the bibs Wednesday. No change of distance possible after (including race day), because this will make timing the event super difficult.

### **Start Times!!!!**

We have 3 different start times for the 3 different distances.

7:30AM Start 18M  
 7:00AM Start 50K  
 5:00AM Start 100K

You have to start with your wave according to your distance, **under no circumstance** can you start with a different wave.

### **Number pickup:**

Fri Sept 11th 4:00PM - 8:00PM & Sat Sept 12th 4:00AM - 7:00AM  
 At the pavilion next to Sand Spring Lake , Hickory Run State Park  
 approx. address: 3613 State Route 534, White Haven, PA 18661

<https://www.google.com/maps/@41.0293238,-75.6884966,18z>

**We highly recommend for the 100k runners to pick up your number on Friday, this will allow you to sleep a little longer on Sat, and you also can make yourself familiar with the start area, so you find it right away in the dark. However, if that is not an option for you, you can pick up your number on Sat.**

### **Parking:**

We have plenty parking right at the pavilion near the lake (Day use area). There is enough parking for everybody.

<https://www.google.com/maps/@41.0293238,-75.6884966,18z>

**Course marking:** The course will be marked with pink ribbon and flags. In addition every turn will be marked with white chalk arrows and big white signs. We also will mark all turns for the first 10 and the last 5 with reflective ribbon for the 100k runners who will need a headlamp. I also recommend, that you familiarizes yourself with the course map.

<http://www.uberendurancesports.com/BFcoursemap.jpg>

### **Bibs and splits:**

The course is a figure 8. There is a 13 mile lower loop and a 18 mile upper loop.

The finish line will be split in half. One section will be to finish the race and one section will be for 50K and 100k to continue on to enter the upper loop or start the next loop (100K only).

**All 100k runners are required to get their split recorded at the aid station at the finish line at Mile 31 and Mile 43!!!!!!!**

If you run the 50K or the 100K and decide during the race that it is not your day, do not cross the finish line , but run through the section that is marked next loop. You will not be listed in the results. **Notify the timer about dropping out. If you drop out at an aid station on the course you need to hand them your bib nr, so we can account for all runners. Do not just leave without letting us know, that you dropped out, so we don't look for you all day!!!**

**Every runner has to have his bib nr visible on the front. We use the ultrasignup app to time you, but we need to see your bib nr to do so.**

### **Condition for the trail on race day:**

I won't know for sure what the condition of the trail will be by Saturday, but from experience there are only a couple sections that hold water. If there is rain the forecast, some sections of the trail could be muddy. The course does have a bunch of rocky sections, keep that in mind when you choose your shoes. The muddiest section is usually mile 15 ( or 2 for the 18 miler).

### **Drop Bag:**

We have a drop bag tent at the start finish, which gives you access to your gear at mile 13, 31 & 44.

### **Hydration:**

Experienced Ultra-runner know, hydration and nutrition are a key component in ultra running. For first time ultra runners, please make sure you carry at least 16 oz of fluid with you at all times (**aid stations are about 4-5 miles apart**). We have Water, Gatorade, Coke and Mountain Dew on the course.

### **Aid:**

The Aid stations on the course will have snacks, pb and jelly sandwiches, potatoes and all kinds of chips and cookies. We also will **supply some gels by GU** as a backup, but we recommend bringing the gel you are used to, and use ours only to supplement. We also provide water, Gatorade, Coke and Mountain Dew. Please make sure you understand the special aid station procedures listed in the first section of this email. All volunteers at the aid station are experienced runners. Ask for help or advise if you are struggling. If you have a medical issue , inform the volunteers at aid station and we get our EMS staff to you asap.

### **Nothing drops policy:**

Every aid station has a trash-can. We ask all runners to dispose of any trash at the aid station. If you only take a cup of fluid, you must stop, drink it at the aid station and then put it in the trash can. You cannot leave the aid station with a cup or any trash in your hands. If you consumed a gel or similar on the course, bring the wrapper to the aid station to dispose of it. **Please do not drop trash on the ground anywhere on the course.** We want to keep the trail clean, so we can come back and do this again next year.

### **Crewing/Cheering:**

**We do not allow crew or spectators for the 2020 event!!!**

### **Course map:**

<http://www.uberendurancesports.com/BFcoursemap.jpg>

### **Pacer:**

Pacers are allowed for 100k runners only on their final lap only. Pacer may use aid stations. No sign in required for pacers. They are there for you, and are officially not part of the race. Pace at your own risk.

### **Headlamp:**

Sunrise is at 6:30 AM, so 100K runners will run in the dark for quite some time. You need to bring a head lamp. At mile 13 is the gear drop tent. You can store your lamp there with your gear in case you need it later again for mile 43 – 62. **It will be dark by 7:30PM!!!**

### **Post race “party”:**

Will take place at Start/Finish. We will hand out awards as you cross the finish line. This will be a long day, and we don't want for the runners to have to wait for hours for the award ceremony. Linda and Thekla are preparing hot food and baked goods. In the past we encouraged everyone to stay after the race and cheer for the runners. This year we kindly ask you to go back to your campsite or your car, once you finished your post race meal.

### **Alcohol:**

The park does not allow alcohol anywhere in the park. So please don't consume alcohol in the park or throw beer bottles in the trash cans, because this will also be an indication that beer was consumed, and the park may make us responsible.

### **Contact RD :**

I will be leaving on Thursday to get the race setup, so I won't be able to answer the phone anymore. You can email me at [stephanweiss@comcast.net](mailto:stephanweiss@comcast.net). If you have any question please contact me asap, because I will be super busy the 48 hours leading up the race.

### **Time limit**

16 hours for the 100K. 14 hours for the 50K. 100K runners have to finish the first loop in 7hours and 30 minutes, otherwise you will be pulled from the race. 2<sup>nd</sup> cutoff is at mile 44. You have to get there by 10hours and 50 minutes. There is no set cutoff after mile 44, but you must maintain a pace that will get you to the finish line by 9PM. We reserve the right to pull you if you fall off pace.

### **Free Tent Camping:**

We were able to secure free tent camping Friday night and Saturday night for all the runners. The location is marked on the course map , but we also have a sign out that weekend. No reservation required, just show up and pitch your tent. **Only park your car in front of Campsite F, do not park in front of other campsites**, you may use overflow parking when you enter the camping loop, then simply walk to site F if all parking spots in front of site F are taken.

If you don't want to drive from the campsite to registration or the start of the race, you can also walk from the campsite to the start of the race by following the gravel pass down the hill and crossing the disk golf field. (might be marked with pink ribbon already by Friday). Its about a 5 minute walk.

Campground: HICKORY RUN STATE PARK

Site: F ( this is different from the main campground, entry for organized group tenting sites is a couple 100 yards up the road on the other side of route 534)

Site Type: Rustic Organized Group Tenting Site

Loop: GAMEWIRE OGT

Arrival Date: Fri Sep 11th 3PM

Departure Date: Sun Sep 13th 3PM

If you bring some type of RV, you must make your own reservation at the main campground.

### **Start/Finish/Registration:**

Hickory Run State Park, Sand Spring Lake

approx. address: 3613 State Route 534, White Haven, PA 18661

A sign will be posted by Friday to show you the entry to the day use area.

### **Snakes in the Boulder Field ☺**

There are none. We have been there many times and the rangers told us there are no animals of any kind in the Boulder Field, because there is no food source.

### **Refunds**

Every time I send out a prerace email I get a couple emails about runners who can't be at the race and asking for a refund.

Unlike 90% of races, we do refunds up to about 4 weeks prior to the race and free bib transfers till about 6 days before the race. Because we have to order all the swag, supplies, insurance, EMS weeks in advance, all the cost already occurred..... By pre-registering you expect from the race that we have all your swag and everything needed to support you during the race in place. The fact that you cancel a few days (or 3 weeks) before the race does not change the cost for us, or the logistical efforts anymore. We had to be ready for you to run. So please, do not email or call me about refunds anymore.

### **Deferrals:**

However :- ) : If there is someone on our current waiting list who matches your gender/agegroup/shirtsize , and is willing to take your spot, we can remove you from the

race and create a credit for a future race good till 2022. Last day to inquire about deferrals is this Sunday 9/6. Please email me at [stephanweiss@comcast.net](mailto:stephanweiss@comcast.net). We finalize the field after 9/6, no more deferrals after!!!

Good luck everybody

Cu 9/12

Stephan

Aka Uber

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