

Boulder Field Ultra Race Weekend

Hello Runners;

Race day is around the corner, and preparations are in full swing. I hope you are as excited about the race as we are. It's a beautiful area, great trails and if the weather holds up, it should be a great day. Thank you very much for supporting our race.

Change of Race Distance:

You can still email me to downgrade to the 50k or 18 Miler till Wednesday 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 8th 4:00PM - 8:00PM & Sat Sept 9th 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

There will be signs on the road guiding you from the park entry at RT 534 to the start/finish/registration area.

<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.

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. It will be dark for the first 90 min of the 100K, and you might also need a light if you expect to finish after 8PM. I also recommend, that you familiarizes yourself with the course map. The 18 miler utilizes the northern loop of the course only (last 18 miles of the 50K course)

<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 section of the finish line that is sectioned off for the finish 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. There is some rain in the forecast, so 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 Mile 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, bananas, 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 ask all the runners **to take the empty gel packages with them** and throw them in the trash at the aid stations. I don't want to have to pick 100ds of packs up the next day. We want to keep the trail clean, so we can come back and do this again next year.

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 grab 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. **Please do not drop trash on the ground anywhere on the course.**

Crewing/Cheering:

There is plenty space for your crew and your fans at the start finish. **Aid 1 (mile 5) and 2 (mile 10) and 6 (mile 26) are not accessible for crews/spectators.**

Course/Crew 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. Stick around and cheer for the runners finishing after you.

Alcohol:

The park does not allow alcohol anywhere in the park. I will not enforce it, but the Rangers may. In the past I personally have avoided red cups, since they are kind of a giveaway (hand-held trail runner bottles work better ☺) . Any beer bottles / cans in the trash are also an indication that beer was consumed, so take that back home with you please.

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. 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 7:30, otherwise you will be pulled from the race. 2nd cutoff is at mile 44. You have to get there by 10:50 race time.

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 G, do not park in front of other campsites**, you may use the overflow parking site when you enter the camping loop. You can walk from the campsite to the start of the race by following the gravel pass down the hill and crossing the disk golf field.

Bears: Store your food in your car and lock the door!!! Hickory Run State Park is known to have occasional visits from bears, who come into the campgrounds and go through coolers. So to make sure you and your fellow runners have a pleasant night before the race, be mindful and don't leave any food out.

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

Campground: HICKORY RUN STATE PARK
Site: G (**different site this year, same loop**)
Site Type: Rustic Organized Group Tenting Site
Loop: GAMEWIRE OGT
Arrival Date: Fri Sep 9 3PM
Departure Date: Sun Sep 11 3PM

Hickory Run State Park, Sand Spring Lake
approx. address: 3613 State Route 534, White Haven, PA 18661

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 or deferrals anymore.

P.S.: We still have open spots, and will have onsite registration available Fri and Sat.

Good luck everybody
Cu Sat
Stephan
Aka Uber
www.uberendurancesports.com