

Dirty German Race Weekend 2021

Hello Runners;

Thank you very much for supporting our race. After a one year hiatus, we are back, and we are excited to spend the day at Pennypack Park with you.

There will be a few restrictions and regulations by the Philadelphia Health department this year. We have to follow them in order to secure the permit.

The biggest change, no cooking allowed. So every item we give you, either at the finish or at the aid stations will be packaged in single serve portions.

We also have a Covid protocol listed below, please familiarize yourself with it. In a nutshell, you can run without a mask when you are not around other people, but need to wear it, where social distancing is not possible. Please note, I do not make the rules, we simply have to follow the guidance of the Philadelphia Health department to make sure we are allowed to come back next year again.

Hopefully the weather will cooperate on race day and you all will have a positive experience.

Here is some additional information about the race and number pickup.

Start Times!!!!

Again this year, we have 3 different start times for the 3 different distances. This will help stretch out the field right away. **Important!!! 50 Miler starts 15 min earlier than posted on the website.**

Also, due to restrictions by the Philadelphia Health department, we will utilize a wave start. We will send 10-20 runners per minute on the course. We will post the individual start time for each runner here :

<http://www.uberendurancesports.com/StarttimesDG.pdf>

by Wednesday evening.

7:15 Start 50M Wave 10-20 runners per minute

8:00 Start 50K Wave 20 runners per minute

9:00 Start 25K Wave 20 runners per minute

Bib nr and start times will depend on your ultrasignup rank/ previous results. Bib nrs will be sorted by ultrasignup rank first and alphabetically second.

Example, you are a mid-pack 50K runner with an ultrasignup rank, then your estimated start time may be 8:08AM.

What is an ultrasignup rank? If you ever signed up for a race on ultrasignup and finished it, ultrasignup calculates a ranking based on your finish time(s) and placement. You are not required to have an ultrasignup rank for this race, you simply start a little later than runners with a rank.

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

So, if your friend runs the 50K and you are registered for the 25K, you cannot run with your friend. However, if you are both registered for the same distance, but your friend/spouse/training partner has a slightly different start time, you may start together.

Also, the race is chip timed. If you happen to miss your start time window, simply cross the start line at your earliest convenience, tell the timer that you are late and your personal chip time will start, when you start the race.

You can switch to a lower distance till Tuesday 5/4 at midnight, but you can no longer switch to a longer distance (click on edit order link in your confirmation email or ultrasignup registration history), no distance changes after or on raceday!!!

Number pickup:

You may pick up your number/swag **on race day only** 6:30AM-8:50AM at 8750 Pine Road, Philadelphia, PA 19115 Pennypack Park Pavillion (approx address). The race is sold out, so there will be no race day registration.

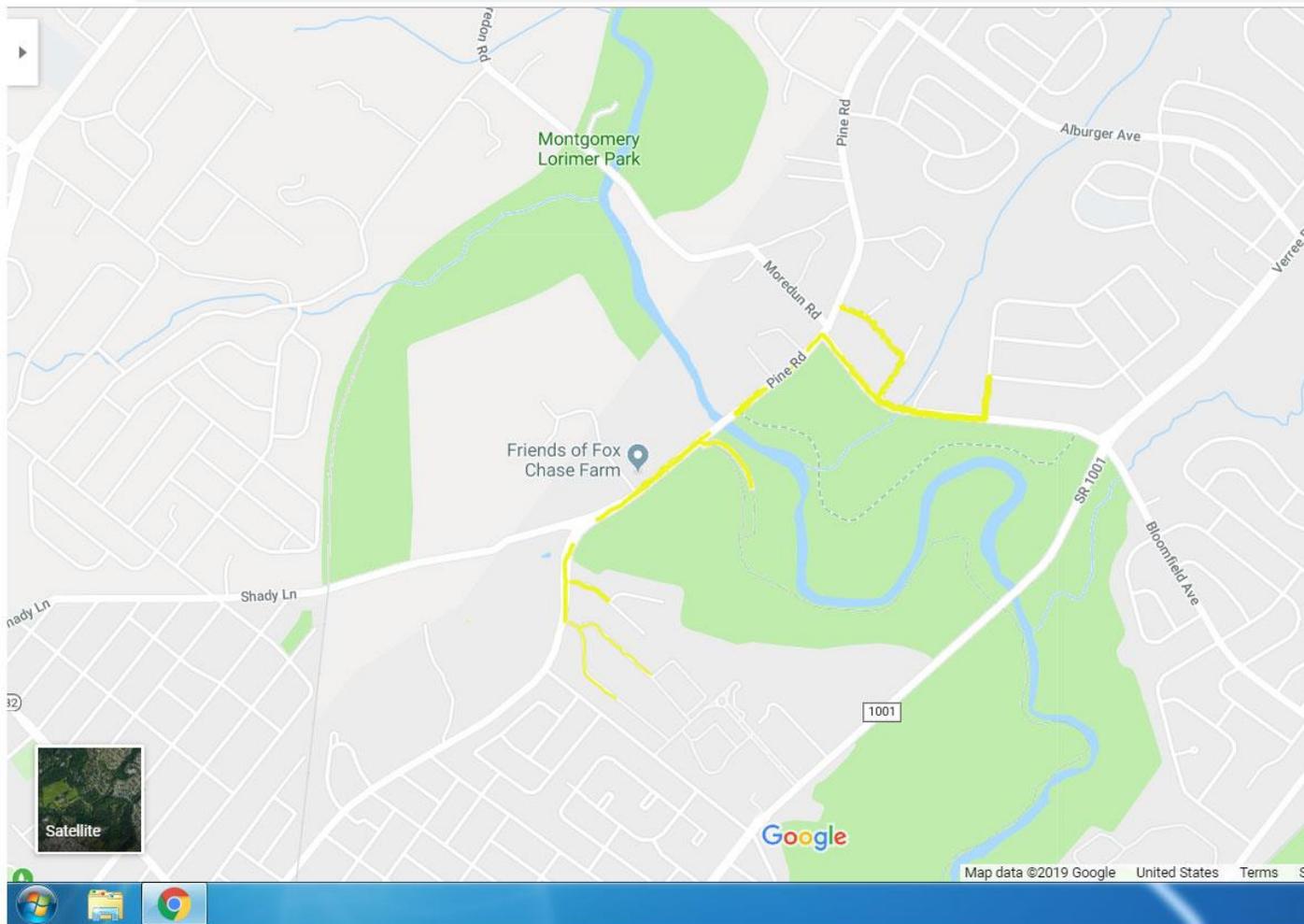
Parking:

Parking inside the park itself is limited and will be available **for runners who are signed up for the 25K only**. We do this, so the parking lot is not blocked for the public the entire day, because the 25k runners will be done much earlier. There is plenty parking **along Pine road and Bloomfield Ave**. We kindly ask you to respect this arrangement.

We also recommend to bring a camping chair, beach towel... to keep your stuff at the wide open meadow by the start finish, if you don't want to walk all the way back to the car to store your swag.

Please do not leave valuable items at your camping chair, and don't forget to take everything back home with you.

Because we have are sold out this year, parking will be a challenge, so we ask you to car pool when possible. There will be volunteers to help you with parking. Park tight, we do not want to waste any space. **Road side parking marked yellow on the map.**



Google Area Map:

<https://www.google.com/maps/place/Pennypack+Trail+Parking/@40.0901234,-75.0695419,17z/data=!4m13!1m7!3m6!1s0x89c6b229556ad0f1:0xbe76f157ab04104e!2sPine+Rd,+Philadelphia,+PA!3b1!8m2!3d40.0912807!4d-75.0676804!3m4!1s0x89c6b1671561781f:0xde982d937e6e0549!8m2!3d40.0886586!4d-75.0684274>

Course marking:

The course will be marked with pink ribbon and flags. In addition every turn will be marked with white chalk arrows. Since this is a public park, there is always the chance that someone means too well, and tears down ribbon to ‘clean’ the park. If you get to an intersection and it appears that course markers have been removed, **look for red square sign zip tied onto trees.** They are at all important intersections. They are not in your face, but if you take a moment to look for one, you will find it.

But we do have course marshals on mountain bikes, who will continuously ride the course to check the markings and refresh them as necessary.

The course is basically a figure 8. **You will encounter a bunch of bridges during the race; you will go under all of them but 2, but you will not cross a road ever, you just cross the bridge using the sidewalk. I also recommend, that you familiarizes yourself with the course map.**

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

or

roadmap:

<http://maps.google.com/maps?q=40.089432,-75.070825&num=1&t=m&z=15>

Important note about the 50Miler, there will be a little extender loop at Mile 13 of each loop adding on extra mileage. It's a bit over 1 Mile and you run it once per loop (for a total of 3 times, since you run the main loop 3 times) , every time you get to that spot (there will be a sign and course marshal).

Bibs and splits:

We have color coordinated bib nrs for the race. Yellow bibs = 25k, Green Bibs = 50K and red bibs = 50M

The finish line will be split in half. One section will be to finish the race and one section will be for 50K or 50M to run through before they head out on their next loop. This enables us to provide you with chip timed splits for every loop you run.

Finishline

N	F
E	I
X	N
T	I
	S
L	H
O	
O	O
P	N
	L
	Y

If you run the 50K or the 50M 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 to the section that is marked next loop. You will not be listed in the 50K and 50M results but we will have an overall finisher list that will give you credit for the distance you ran that day with your time. However be aware that some websites (especially ultrasignup will count you as a DNF if you stop after one or 2 loops during the race). You will receive a medal (since you finished at least 25K), but you will not receive the DG50 Finisher Hat, if you drop during the race. **Do not quit the race without notifying an aid station or the timer at the finish, otherwise we might be looking for you.**

Every runner has to have his bib nr visible on the front. We have a photo checkpoint at Aid 2 to take pics of the runners with their bibs. This ensures that everybody runs to the lower end of the course.

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 (especially the first 3 miles). If the days leading up to the race are sunny, then the course should be mostly dry. If it rains leading up to race day, I recommend a trail shoe with good grip, because there might be slippery spots.

In dry conditions, you can run this course with any shoe you feel comfortable with, but if your original choice does not work for you (ultra-runners), you may have a **drop bag** with an extra pair of shoes at the start/finish. **We have a gear drop area at the pavilion.**

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 (**good idea for 25K runners also, since aid stations are about 3-4 miles apart**). We have Water, Gatorade, Coke and Mountain Dew on the course. Aid stations are about 4 miles apart.

Aid:

The Aid stations on the course will have water, Gatorade, Coke, Mountain Dew, individually packed single serve snacks, bananas and hammer gels.

Because we are not allowed to cook this year and have a limited variety of items available at the aid stations, I recommend 50KM and 50M runners keep supplies/food specific to their needs at their drop bag at the pavilion by the start finish, which you can access after every lap.

We ask all the runners, if they consume a gel or a packed item on the course, to **take the empty gel packages or packaging material 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.

Gear Drop:

You can either drop a bag at the unsupervised back area at the pavilion, which will give you access to it after every loop. Or also welcome to pitch a tent, put up an umbrella or a 10x10 to serve as your personal space along the course around the pavilion (start/finish area).

Nothing drops policy:

Every aid station has a trash-can by the snack table and a second trash can about 100 yards down the course. We ask all runners to dispose of any trash at the aid station or the provided trashcan.

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 as well as aid station 2 and 4 (around mile 7 and 14 of every loop) to crew and cheer. Space at Aid station #1 and #3 is very limited. There is no parking there. **We kindly ask your crew/fans not to go at all!!!**

Course/Crew map:

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

Pacer:

Pacers are allowed for 50 Mile runners only on their final lap only. Pacer may use aid stations.

Post race party:

Due to the restrictions we are very limited this year.

- a) We will not hand out awards, these will be mailed to you
- b) Don Uberhans Bitterlich will still entertain you with his accordion
- c) We cannot cook for you this year, no brats, no sauerkraut, no cake ☹️, but we will have a prepackaged snack bag for you.
- d) You may stay a while at the meadow to cheer for other runners, but make sure you stay within your bubble of people and social distance.

Contact RD :

I will be leaving on Wednesday afternoon to get the race setup started on location, so I won't be able to answer social media or email promptly anymore. You can email me at stephanweiss@comcast.net. I recommend doing it asap, because once I'm running around in the woods to mark the course, I won't be able to answer your questions anymore ☺️.

Time limit

All runners have to be done by 8:00PM. 50 Mile runners must start the final loop by 3:45PM. We will support the last runner as much as possible to ensure a finish, however we will not allow a runner to run in the dark. The park closes at 9PM and we need time to tear down the finish line.

Covid Protocol:

Pre race:

- a) bring a mask and
- b) you can only participate if they are symptom free. (there will be a temperature check, you cannot participate if you have a fever)

Race day before the start:

- Temperature check before runner is allowed to pick up their bib nr
- Participants will be divided in 3 different waves by distance which will start 30-60 min apart. Each wave will be further divided into mini waves of 10-20 runners.
- Registration area is outdoors. There will be no payments processed on race day. (we are sold out)
- Staging area is a large meadow by the pavilion at Pine Rd area, which allows every runner enough room to stay 6 feet apart

- Due to the nature of long distance endurance events, most runners will run alone or with their running partner after the first mile, because the field will stretch over a 15 mile course. You may run without a mask after the 1st mile, if you can maintain 6ft of social distancing.

During the race:

- **Runners must wear masks :**
 - a) at the registration table for package pickup
 - b) when in line for the toilets
 - c) at the start and during the first mile of the race
 - d) at the aid stations !!!! Remember, the volunteers will be exposed to all runners.
 - e) At the finish line and the gear area by the finish
 - f) To get your post-race food
 - g) Every time you cannot maintain 6ft distance to another person

Hand sanitizer stations and handwashing stations:

- Hand sanitizer dispensers will be available at all water stations, in the portable toilet area & finish line.
- Hand sanitizer and hand washing station with warm water and soap at food pavilion.
- Handwashing stations at registration, portable toilet station

- All volunteers will wear masks

- (All volunteers handling the post-race food will also wear gloves , if allowed)

- New procedure at aid stations:

Water /Liquid Station. There will be individual servings of Coke, Mountain Dew, Water and Gatorade. Volunteers will hand runners 5oz cups of whatever liquid is requested. If a runner needs a refill for a hydration pack or water bottle, runner must unscrew the top and let the volunteer fill it. All snack items will be single serve packaged items.

Refunds

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

Unlike 90% of races, we do refunds up to about 4 weeks prior to the race and free bib transfers till about 7 days before the race. 4 weeks prior we have to pay for all the swag, supplies, insurance, EMS..... 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.

Avoid a DNS:

If you know, that cannot participate , but want to avoid to be listed as a DNS , simply withdraw from the race by Tuesday midnight. You can withdraw by either clicking on the edit order link in your confirmation email, or by logging into ultrasignup and selecting your ultrasignup registration history. This will not trigger a refund, it will simply remove you from the race to avoid the dreaded DNS.

Good luck everybody

Cu next Saturday

Stephan

Aka Uber

www.uberendurancesports.com