

Dirty German 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.

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.

7:30 Start 50M

8:00 Start 50K

8:30 Start 25K

You have to start with your wave according to your distance, **under no circumstance** can you start with a different wave. **You can switch to a lower distance till Tuesday 5/7 at noon (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-8:20AM at 8750 Pine Road, Philadelphia, PA 19115 Pennypack Park Pavillion (approx address). If a friend of yours is interested in running, we do offer day of registration on location during this time, cash only please. We ask you bring a copy of your registration confirmation email to pick up your bib. If you no longer have access to that email, log into ultrasignup, click on registration history, click on Dirty German and download your receipt.

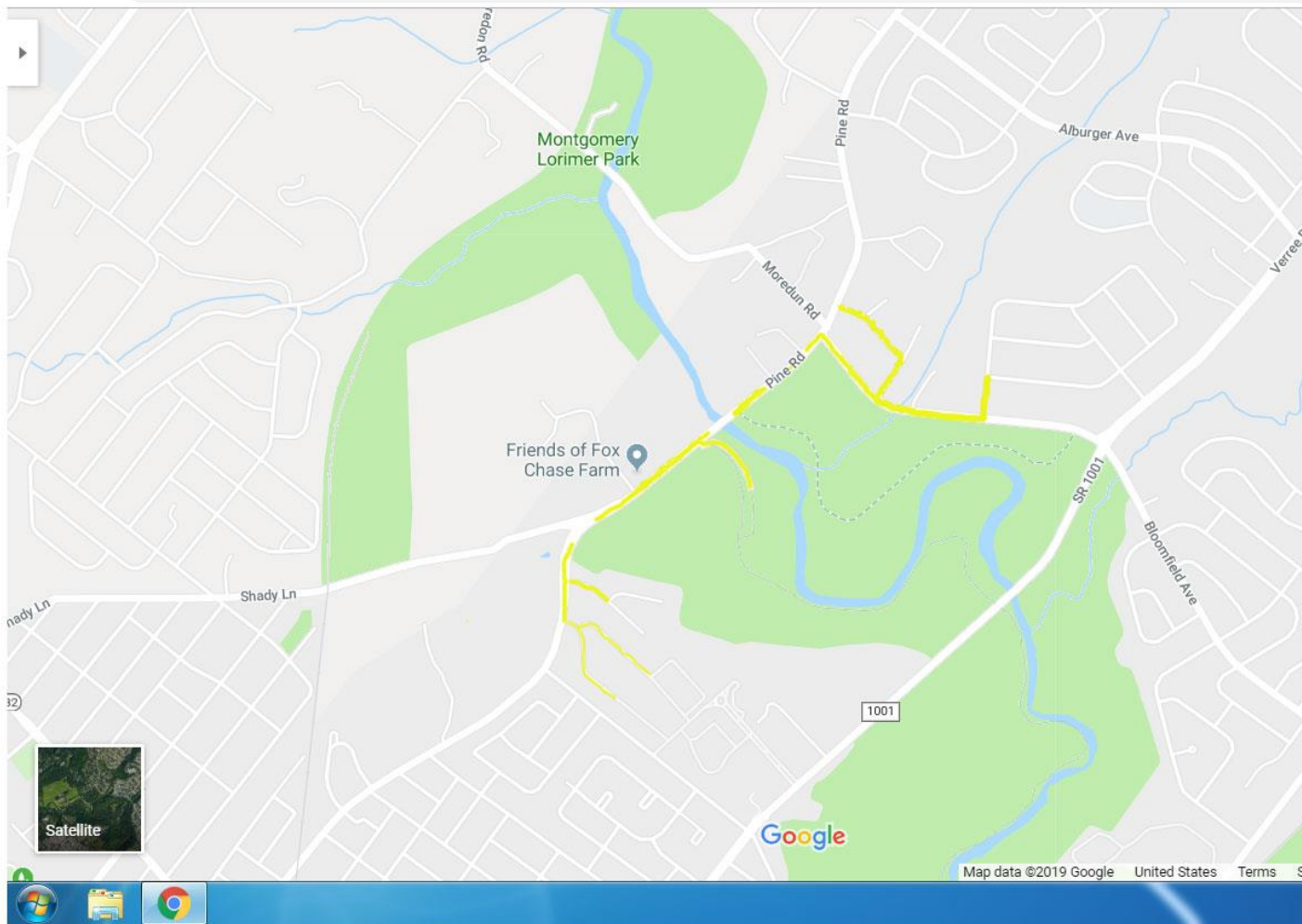
Can't make the race:

In order to avoid the dreaded DNS/DNF, if you know already that you won't be able to participate (if you have previously requested and received a refund, we removed you already) log into ultrasignup, click on your registration history tab and cancel your registration. This will not trigger a refund but will simply remove you from the field, so we don't list you as a DNS.

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.

Because we have over 800 runners this year, parking will be a challenge, 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=!4m3!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. 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, 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. Blue 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). **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. 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 snacks, pb and jelly sandwiches, potatoes and all kinds of chips and cookies and a hot item like grilled cheese. We also will **supply some gels** 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.

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 (Mile 17 (15.5 for the 50K) and Mile 34. You are 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. 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 as well as aid station 2 (around mile 7 of every loop) to crew and cheer. Parking/Space at the O-fest Aid station (#1 and #3) is very limited. **We kindly ask your crew/fans not to go there till their runner is on the 3rd loop.**

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:

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, Thekla and Walter are

preparing Bratwurst Sandwiches with Sauerkraut and potato salad. There will be home made cake and the usual snacks.

The pavilion does not have any benches, so we recommend bringing a folding chair or a blanket. Stick around and cheer for the runners finishing after you.

Contact RD :

I will be leaving on Thursday afternoon to get the race setup, so I won't be able to answer the phone anymore. You can email me at stephanweiss@comcast.net. I recommend doing it by Friday morning, because that is the last time I will be able to check my email before the race.

Time limit

There is no time limit for the 25K and 50K (well you have to be done by 8PM). 50 Mile runners must start the final loop by **3:30PM**.

Cutoffs on the 3rd loop:

Aid 1: 4:30PM

Aid 2: 5:30PM

Aid 3: 6:30PM

Aid 4: 7:30PM

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.

Refunds/Deferrals:

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 or deferrals up to about 4 weeks prior to the race and free bib transfers till about 7 days before the race. 3 weeks prior we have to order 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 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.

Good luck everybody

Cu Saturday

Stephan

Aka Uber

www.uberendurancesports.com