

Dirty German Race Weekend

Hello Runners;

Thank you very much for supporting our race. Hopefully the weather will cooperate on Sunday and you all will have a positive experience.

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

New Start Times!!!!

New 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.

Number pickup:

You may pick up your number/swag on race day 6:30AM-8:20AM at 8750 Pine Road, Philadelphia, PA 19115 Pennypack Park Pavillion (approx address). We will have race day registration available for your friends who are still thinking about entering the race, but we highly recommend showing up early to register and swag will not be guaranteed.

Parking:

Parking in the park itself is limited and will be available only 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.

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 on 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 one. This bridge is around mile 3 at every loop, you will not cross traffic but run on the sidewalk to get to the other side.

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, we no longer have a 3.5 loop before you hit the main loop. Instead there will be a little extender loop at Mile 11 adding on extra mileage.

Bibs and splits:

The lower the bib # the shorter the distance you run. Example Bib 100 = 25K runner, Bib 433 = 50 Mile runner. The exact bib range will be determined later and we will post it at the pavillion were registration takes place. This is not really vital information, it is just for you to figure out, if the person that passed you at Mile 13 is in your race or runs a different distance.

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.

If you run the 50K or the 50M and decide during the race that it is not your day, you may cross the finish line and **tell the timer** that you are done and you will be listed in the 25K or 50K results.

Every runner has to stop at Aid 2 to get their bibs marked. 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 Sunday, but from experience there are only a couple sections that hold water. If the days leading up to the race will be sunny then the course should be mostly dry. I predict that the course will be in great shape on Sunday.

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.

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, bananas, potatoes and all kinds of chips and cookies. The Aid station at the start / finish will also have some hot items, 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 100s 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 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 2nd loop.**

Course/Crew map:

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

Pacer:

Pacers are allowed for 50 Mile runners 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 Saturday 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. 50 Mile runners must start the final loop by 3:45PM. We try to 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

Everytime 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 3 weeks prior to the race and free bib transfers till about 5 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 (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.

Runners who already sent us a stamped self-addressed envelope will be taken off the entry list today and will receive a refund check next week.

Good luck everybody

Cu Sunday

Stephan

Aka Uber

www.uberendurancesports.com