

Oktoberfest Race Weekend

Hello Runners;

Thank you very much for supporting our race. Hopefully the weather cooperates on Sunday, right now the forecast calls for temps in the 50ies and mostly sunny, not a bad forecast.

Downgrade Distance:

If you are signed up for the ½, but rather run the 10k you have to notify me by Wednesday midnight (stephanweiss@comcast.net), there is no fee or refunds for the switch. We cannot switch you on race day.

Start times:

9:00AM ½ Marathon

9:15AM 10K

You have to start with your distance, you cannot start your race early or late.

Consider a donation:

We appreciate all the donations we have received from our runners so far. UES will match every single donation that was made during online registration. If you would like to add to that please visit:

<http://www.unitingagainstlungcancer.org/>

Number pickup:

You may pick your number and t-shirt on race day **7:30-8:45 at approx. 8750 Pine Road**, Philadelphia, PA Pennypack Park. (Approx. address) at the pavilion in the park.

If you have a friend who didn't sign up yet, we still can get them in on Sunday.

No expo. If you forgot your shoes and your sunglasses you are out of luck unless you wear a 12 ½ so you can borrow mine. We do not have an expo at all. We do laid back small races that are fun and **challenging**. No Major Nutter high-fiving you ;-).

For folks who are new to UES races. We have no intention of looking fancy or high profile. No expo, no Nike ads, no Rock bands, no goodie bag with 15 different advertising flyers. Instead we focus on a well-organized race, which is fun and challenging. Our races are well supported, affordable and easy to get to. Simply pull up, park your car, grab your bib, run then eat. As easy as 1-2-3.

Double Check your Bib#:

Please double check your info here:

http://ultrasignup.com/entrants_event.aspx?did=37082

If you are not on that list, we highly recommend to bring the confirmation email and ID. If you can't find your confirmation email go to www.ultrasignup.com, log in, and pick registration history under the account tab.

Map to Start/Registration:

<http://maps.google.com/maps?q=40.090023,-75.069687&sll=40.091304,-75.067692&sspn=0.008717,0.013711&num=1&vpsrc=0&t=m&z=16>

Approx address 8750 Pine Rd, Philadelphia, PA

This map shows the exact location of the park entry, I cannot be held responsible how your gps/phone uses the address provided, please read the map. If you use public transportation I recommend the R8 to Foxchase. It's a 1 mile walk from the train station to the race.

Parking:

Parking in the park is limited to about 70 spots. There is plenty free parking along Pine road and Bloomfield Avenue. Traffic guides will show you a spot.

Course marking:

The course will be marked with white arrows on the grounds and directional signs (always facing you). Please note that the course this year is different from past years due to a bridge construction in the park.

Course Elevation:

Our course is not considered easy and fast but fun, some of the hills are steep, but they are all short. Most hills are between the start and mile 3 as well as mile 10 – 13. The midsection features only 3 short hills with longer stretches of flat bike trail in between. From past experience fast runners should be able to finish within 3-5 minutes of their usual ½ time.

Toilets on Course:

We have toilets at the start/finish and Mile 6.5.

Aid:

We will have a total of 7 aid station (for the 13.1, 2 for the 10K). Starting at Mile 2 we will serve Gatorade in addition to water. Gels will be available at Mile 7 (limited supply, bring your own , if you rely on them heavily).

Post race party:

Will take place at Start/Finish. We will do the awards around 12:00PM. At this time we will also award the best Bavarian outfit and give out prizes for the runners who found the hidden cuckoo eggs. Linda, Thekla and Walter are preparing Sausage Sandwiches with Sauerkraut and German potato salad. There will be homemade 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.

We are not allowed to serve beer and since this is a public park you are not allowed to drink alcohol in the park. If you would like to enjoy a good brew after the run visit our friends at the www.hopangel.com , just a mile from the race on the corner of Pine, Rhawn and Oxford Ave. They have 12 microbrews on tap at all times and the RD and volunteers will sample them after the race. Join us to celebrate a good run.

Contact RD :

I will be leaving on Friday 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.

At this point it is no longer possible to process refunds or deferrals. If you can't participate, you may transfer your bib to a friend of yours. This must be done by Wednesday midnight by emailing the RD at stephanweiss@comcast.net with the name and the email address of the replacement runner. No unofficial bib transfers.

Time limit

There is a 3 ½ hour time. There are a lot of volunteers on the course waiting for the last person to come through and the medical unit cannot leave until everyone came it. If you fall way behind pace, you will be pulled at an aid station and given a ride back to the finish. I kindly ask you to respect this arrangement.

Good luck everybody
Cu Sunday
Stephan

www.uberendurancesports.com