

# Pennypack Trail Fest 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. We are excited about the new course and running during the height of fall foliage. Here is some additional information about the race and number pickup.

## DNS (did not start):

If you know already, that you can't participate, I recommend withdrawing from the race (log into ultrasignup and go into your registration history). If you do not withdraw, ultrasignup will list you in the results as a DNS. You can also transfer your entry till Tuesday 11:59PM, instruction below.

## Transfer Bib:

To transfer your bib to another runner by Tuesday 11:59PM, simply click on the edit order link in your confirmation email or ultrasignup registration history. Click the transfer button, this will remove you from the race and allow your replacement to register for free. Once again, deadline is Tuesday 11:59PM. After, all the bibs are printed, and the timing system is programmed, and no more changes are possible.

## Can your friend still register on raceday?

Yes, absolutely. We have open spots. They can register at the start/finish. We recommend getting there about 45 min before the start. Cash only please. There might be limited availability for certain hoodie sizes.

## 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 60K  
8:00 Start 40K  
8:30 Start 20K

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 10/22 at 11:59pm (click on edit order link in your confirmation email or ultrasignup registration history), no distance changes after or on race day!!!**

## Number pickup:

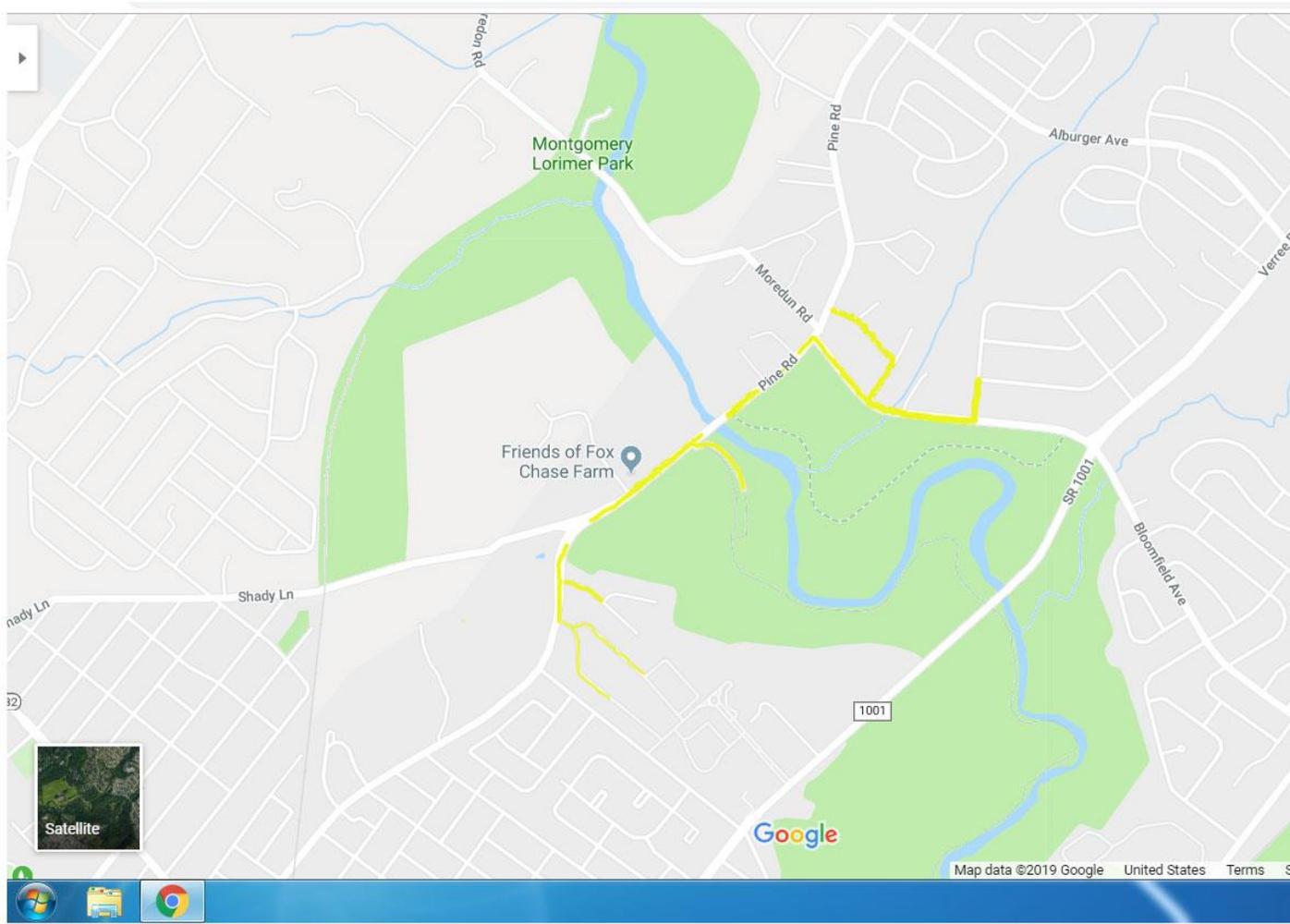
You may pick up your number/swag **on race day only** 6:30AM-8:20AM at 8750 Pine Road, Philadelphia, PA 19115 Pennypack Park Pavillion (approx address).

## Parking:

Parking inside the park itself is limited and will be available **for runners who are signed up for the 20K only**. We do this, so the parking lot is not blocked for the public the entire day, because the 20K runners will be done

much earlier. There is plenty parking **along Pine road and Bloomfield Ave**. We kindly ask you to respect this arrangement.

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. 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 never cross a public road, you just cross the bridge using the sidewalk.**

## Bibs and splits:

The finish line will be split in half. One section will be to finish the race and one section will be for 60K or 40K to run through before they head out on their next loop.

**If you decide to stop, you have to notify the finish line** that you are done (or if you happen to quit at an aid station, let them record your bib), so we don't start looking for you on the course, while you are already sitting at home watching TV ;-)

## Finishline

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

## 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 will be 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. **This time a year, rocks hidden under leafs are the biggest challenge.**

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 20K 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 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.

Please note, there is no Aid at the start/finish, but 1.2 miles after the finish (for those doing the 40K and the 60K)

### **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 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, do not walk away from the aid station with a cup or a gel wrapper in hand.**

### **Crewing/Cheering:**

There is plenty space for your crew and your fans at the start/finish as well as aid station 1 & 4 (Mile 1.2 and 10) at Verree Rd. There is a parking lot by the bridge crossing Pennypack Creek, you can walk to the aidstation from there.

**There is hardly any parking at aid 2 & 3 ( Mile 4 & 8) at Krewstown Rd. We kindly ask your crew/fans not to go there till their runner is on the 3rd loop.**

### **Pacer:**

Pacers and dogs are not allowed for this race.

### **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.

We will put up some tables and benches in the pavilion as well. Stick around and cheer for the runners finishing after you.

### **Contact RD :**

I will be leaving on Thursday morning, so I won't be able to answer the phone anymore. You can email me at [stephanweiss@comcast.net](mailto: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**

All runners must be done by 6PM. 60K runners must start the final loop by 2:00 PM. 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.

## **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 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.

Good luck everybody

Cu next Saturday

Stephan

Aka Uber

[www.uberendurancesports.com](http://www.uberendurancesports.com)