

Philadelphia Trail 13.1 & 26.2 Race Weekend
Pennypack Park, Pine Road, Philadelphia
Oct 16th, 2021

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 at Pennypack Park in the fall with all the changing colors.

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

Final Reminder – Location Change:

Just in case you missed our previous email or posts on facebook , ultrasignup or our website. Due to hurricane Ida, we were forced

to relocate the race to Pennypack Park.

Approx address: 8750 Pine Road, Pennypack

We spent a lot of time at Pennypack Park to get the course ready for the race. You will still encounter a few trees laying across the trail, but you can simply step over them.

However most fallen trees have been removed and the course is in great shape. I really love the layout of the course. It's a figure eight 13.1 mile loop (26.2 run it twice) featuring a little bit of everything. We got some nice smooth trails along the creek, some more technical rocky trails, and 3 really twisty short up and down sections that are super fun. You will enjoy it.

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. I recommend you remove yourself before Wednesday at noon. Ultrasignup turns off the ability to remove yourself about 3 days prior to race day.

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 understand we can no longer accommodate your refund requests per email, messenger or phone anymore.

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. If you need assistance with that process please email me at stephanweiss@comcast.net

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.

Start Times!!!!

8:00 Start 26.2

9:00 Start 13.1

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 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** 7:00AM-8:40AM at 8750 Pine Road, Philadelphia, PA 19115 Pennypack Park Pavillion (approx address).

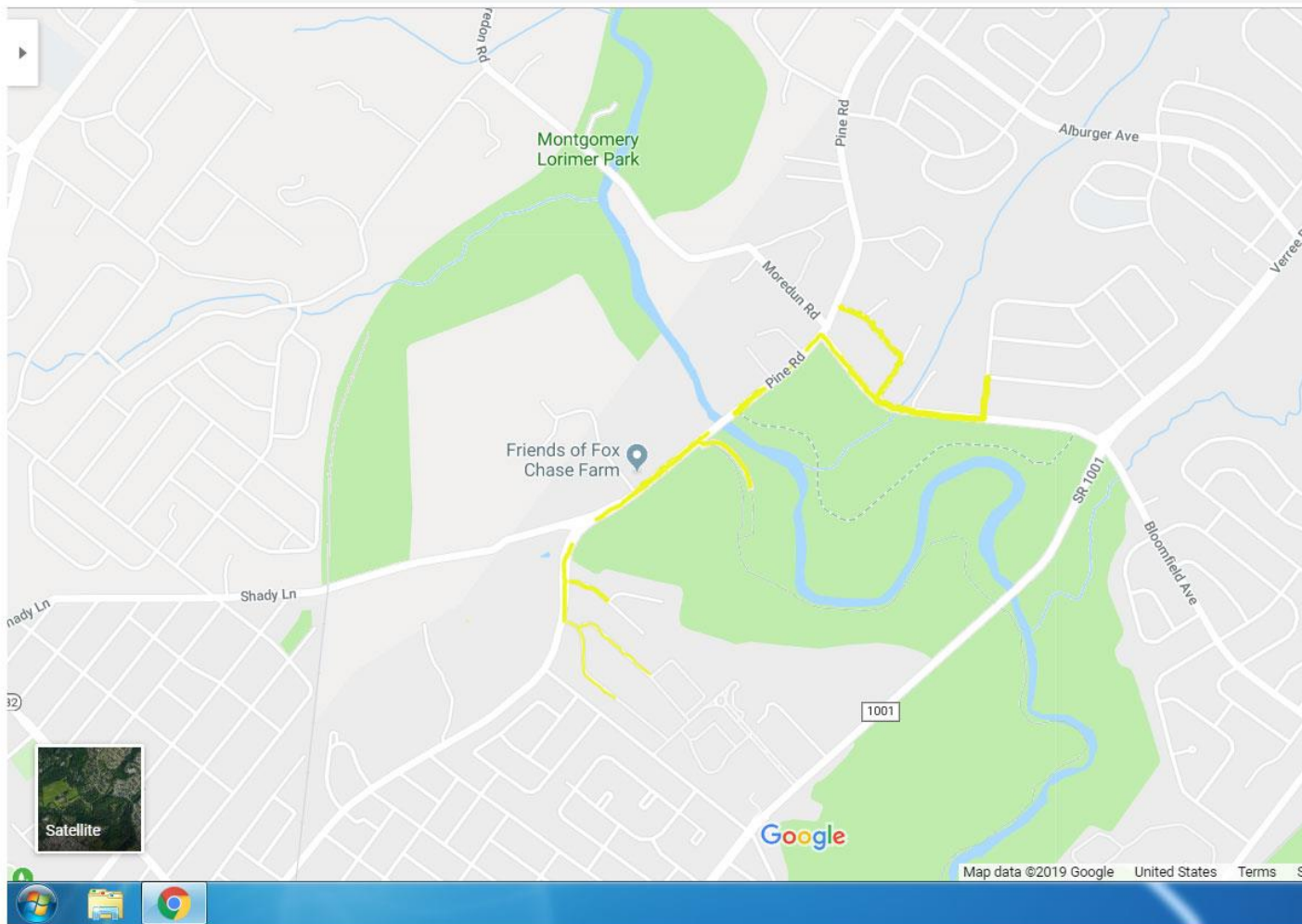
Covid 19:

This is a small event. 500 runners, starting at 2 different times. Registration/Bib pickup is also outdoors (pavilion). Therefore we do not ask for proof of vaccination or a negative test. All the staff members you interact with are fully vaccinated.

Parking:

Parking inside the park itself is limited however there is plenty parking **along Pine road and Bloomfield Ave.**

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 on the ground, and we also put large signs at easy to miss turns. 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 1, 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 26.2 M 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. 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. **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 (26.2 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:

Hydration and nutrition are a key component in long distance trail running. For first time trail runners, please make sure you **carry at least 16 oz of fluid** with you at all times (**aid stations are about 3 miles apart**). We have Water, Gatorade, Coke and Mountain Dew on the course. Aid stations are about 4 miles apart.

Aid:

Stations are located at Mile: 4 – 5 – 7 – 9.5 - 11 - 14.5 – 17 – 18 – 20 - 22.5 - 24

The close proximity of the aid stations makes this trail race really beginner friendly. Ask for advice if you struggle, the volunteers will know how to get you going.

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 1.4 miles after the finish

Trail Etiquette:

It is much harder to pass on trails than it is in a road race. Therefore we kindly ask to either not use earbuds at all, or at the very least have the volume low enough so you can hear other runners approaching from behind. The trails will be busy in the early miles, but also in the final miles of the 13.1/26.2, because faster marathoners will start to pass slower half marathoners. Approaching runners will usually call out: **on your left** to announce they wish to pass. If you hear the announcement, please move over to the right and give them enough space to pass you. A little courtesy goes a long way.

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 Mile 11 and 14.5 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 Mile 4 & 9.5 at Krewstown Rd. We kindly ask your crew/fans not to go there at all.

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 and Thekla and preparing post race food and Scott Samuels will entertain you with his guitar.

We will put up some tables and benches in and around 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. 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 4PM. 26.2M runners must start the final loop by 12:00 PM.

Good luck everybody

Cu next Saturday

Stephan

Aka Uber

www.uberendurancesports.com