

Philadelphia Trail 13.1 & 26.2 Race Weekend
Wissahickon Park, Houston Playground , 900 Grakyn Lane, Philadelphia
April 23rd, 2023 8:00AM

Hello Runners;

Thank you very much for supporting our race. Hopefully the weather will cooperate on race day and you all have a great time. We are excited about the new course and running at Wissahickon Park in the spring with the park in full bloom.

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

Reminder – Start Time Change for the Half Marathon to 8:00AM (13.1):

Just in case you missed our previous posts on facebook , ultrasignup or our website. **We have moved the start of the Half Marathon from 9:00am to 8:00am.**

The Marathon also starts at 8:00am as previously posted. If by any chance, you can't make it by 8:00am, you can still start at 9:00am. Simply pick up your bib at the snack table and walk over to the start/finish and ask any staff member to make a note of your bib nr and your start time. Age group awards are based on the order of finish, not your net time , please keep this in mind if you start late.

Bib # Pickup on raceday on location only:

Approx address: Houston Playground, 900 Grakyn Lane, Philadelphia (which is also the start/finish for the race)

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 midnight. 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. 4 weeks prior we have to pay for 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 a few 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 or deferral requests per email, messenger or phone anymore.

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!!!!

8:00am Start 26.2

8:00am Start 13.1

Number pickup:

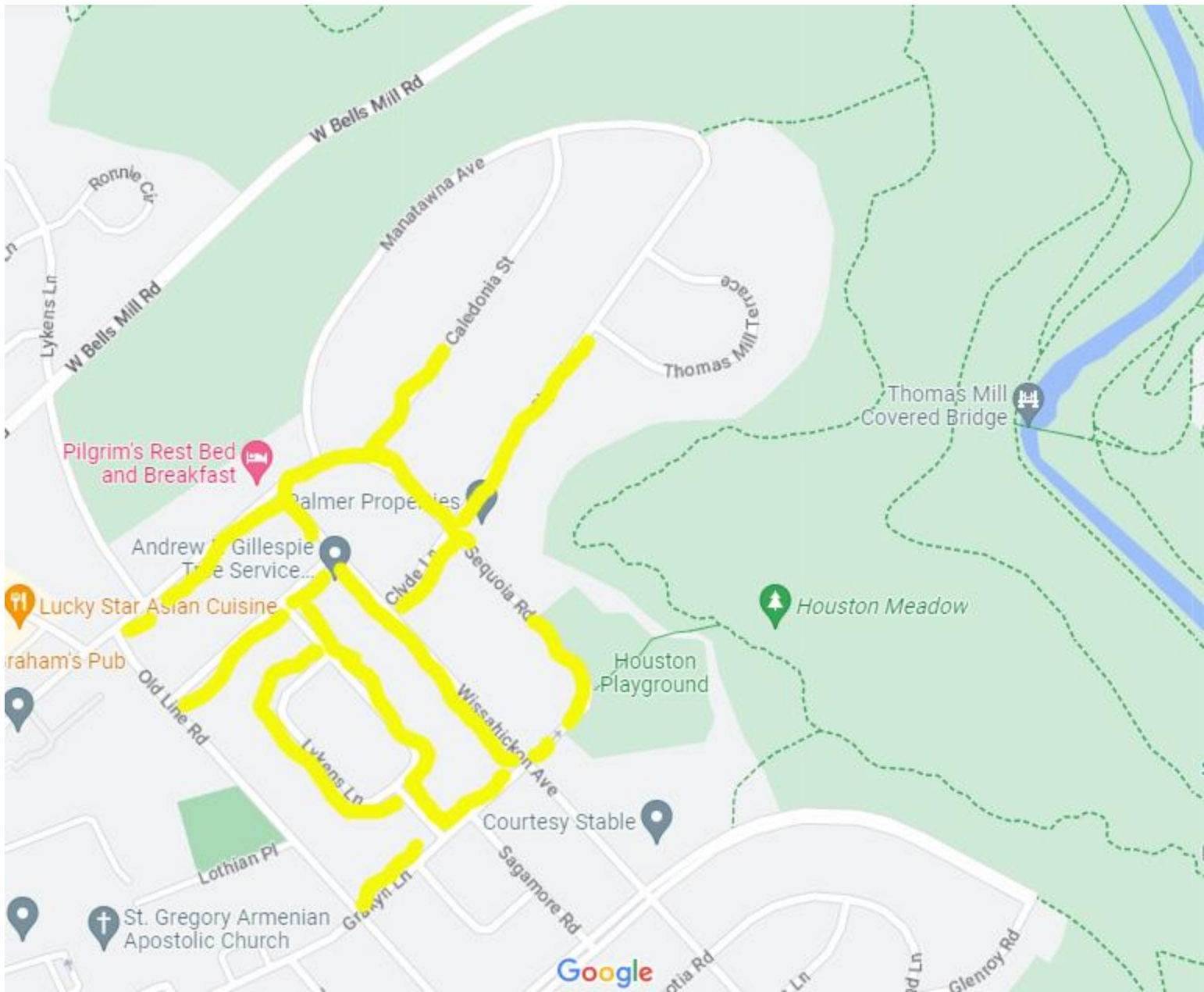
You may pick up your number/swag **on race day only** 6:45AM-7:45AM at Houston Playground, 900 Grakyn Lane, Philadelphia

Parking:

Houston Playground does not have a dedicated parking lot, but there is plenty of road side parking in the area.

There will be volunteers to help you with parking. **Road side parking marked yellow on the map.**

Please note Grakyn Lane is a one way street.



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.

Change of distance:

If you decide to downgrade from the 26.2 to the 13.1, you must email me at stephanweiss@comcast.net by Wednesday 11:59PM. We program the timing system

Thursday morning. By Thursday noon, all bibs # will be assigned and no changes are possible anymore. **You can not change your distance on raceday!!!**

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 are sunny then the course should be mostly dry. Our course features a

mix of flatter smooth trails (Mile 6-11), but also many sections with hills and rocky trails. I recommend using a trail shoe for this race. It's not a brutal course, but running at the Wiss is definitely more challenging than Pennypack Park.

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 3 miles apart.

Aid:

Stations are located at Mile: 3 – 5 – 8 – 11.5 - 16 - 18 – 21 – 24.5

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, potatoes and all kinds of chips and cookies and a hot item like grilled cheese. We do not **supply gels. If you bring your own**, 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. Same is true for the cups. Drink the water, Gatorade at the aidstation, then dispose in the trashcan. Do not walk away from the aidstation with a cup in your hand.

Trail Etiquette:

It is much harder to pass on trails then 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. 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:

We do not have a gear drop for this race, because the course will not lead marathon runners back to the start/finish at the half way point. You should be able to park close enough to the start finish to change into fresh clothes before you get back to grab some food post race.

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.**

Did I mention, that we moved the start of the 13.1 to 8:00AM?

Crewing/Cheering:

There is plenty space for your fans at the start/finish as well as aid station Mile 3/16 (at Green Valley Inn). **There is no parking at any of the other aid stations, 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 Don Bitterlich will entertain you with his accordion till 11AM (RD will DJ after ☺).

There are benches and picknick tables near the finish. Stick around and cheer for the runners finishing after you.

Contact RD :

I will be leaving on Thursday morning to start setting up, 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.

Extra ¼ zips performance tops available for purchase.

We have a few extra available for purchase. These are very high quality, vacuum packed custom made ¼ zip performance tops. We will sell them below cost at \$15 for 1 or \$20 for 2. Please bring extra cash, if you interested. You can purchase them post race at the snack table.

Good luck everybody

Cu next Sunday

Stephan

Aka Uber

www.uberendurancesports.com