

1/2 Sauer 1/2 Kraut Update

Guten Tag (Good Day) Runners;

Race day is approaching fast, so here is some additional info for you. Please read the **entire** email and check www.uberendurancesports.com/races.html to make sure all your questions are answered, before you email or call me, because I will be busy till Saturday :-)

Construction at Frankford Avenue:

Frankford Avenue will be closed due to bridge construction. Please plan accordingly when driving to the German club or to the start of the race.

<https://www.google.com/maps/place/Frankford+Ave,+Philadelphia,+PA/@40.0457456,-75.027393,16z/data=!4m5!3m4!1s0x89c6b5d9c95c6d85:0x5d9736574637a706!8m2!3d40.0276535!4d-75.0613176!5m1!1e1>

Registration/ package pickup:

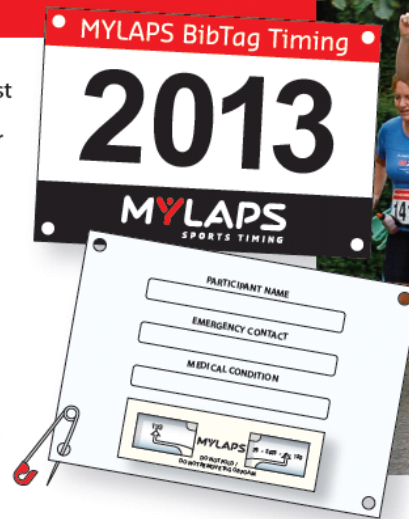
**Registration is at the German club at 9130 Academy Road, Philadelphia
Fri 4:00PM – 8PM and Saturday 5:45AM – 6:45AM**


Your friend can pick up your #, but will need a copy of your confirmation email to do so.

There is no package pickup at the Start /Finish !!!

Tips for guaranteed timing

- Wear the bib number visibly on the chest
- Do not fold or crumple your bib number or tag
- Use a pin for each corner of the bib number, do not pierce the tag
- Do not remove the foam spacer. The foam increases the detection rate of your tag



 The tags do not have to be collected after the race, you can keep the bib with the tag as a souvenir.

mylaps.com

If you received this confirmation email, then you are registered for this race. You may check your registration also by going to (click on ½ Marathon tab if you are signed up for the 13.1):

http://ultrasignup.com/entrants_event.aspx?did=51664

If you can't find your name on that list, log into ultrasignup and click on the registration history tab to retrieve you confirmation. I highly recommend bringing a printout of your registration confirmation to avoid any confusion during packet pickup.

Important:

- Do not go to the start without your number and chip, there is no pickup there**
- There is no expo**, no vendor telling you about the newest electrolyte drink that makes you a minute a mile faster, no food guru, selling you holistic energy bars, that make you a better person and most importantly no vendor selling shoes/shorts or other essentials, so make sure you packed everything you need for race day.

Why don't we have an expo?

Races charge vendors a large amount of money for an expo booth. For the vendor to recoup his cost he needs a lot of sales and traffic by runners. To guarantee that, races make it mandatory to pick your bib up the day before. This is a huge hassle and also cost

for the runner. We want to offer a low cost fun experience for our races, hence we forgo the expo.

Bus Shuttle:

Buses will start boarding at 5:45 right outside the German club to bring you to the start. **Runners with bib # only.** Always board the first bus. Do not wait to the last minute to get on the bus. Last bus will leave 7:00. If everybody shows up at 6:45, there will be no way we can start this race even close to on time. **Therefore I recommend everybody, who put down a race pace of 10min/per mile or faster should register and board by 6:10.**

Bus will bring you back to the German club after the race. Shuttle will go till 2:15PM.

Advantages of being there early:

- **First runners will get first dibs on which color shirt they want.**
- First in line at the porta potties
- First in line for the gear drop
- Check out the course, warm up properly

Starting at around 9:45 AM, shuttle will bring you back to the German club. Shuttle will pick up runners every 15-20 minutes.

Parking:

Option A)

Park at the German Club, pickup your number and hop onto the shuttle. Once parking is full, there is some off street parking, and as of now, we have permission to also use the some of the school parking lot across the street in between the baseball field and the school.

Cannstatter German Club:

<https://www.google.com/maps/place/9130+Academy+Rd,+Philadelphia,+PA+19114/@40.0547751,-75.0102493,17z/data=!3m1!4m5!3m4!1s0x89c6b483fb097497:0xe34dba7aede2b5c8!8m2!3d40.0547751!4d-75.0080553>

Overflow Parking:

<http://maps.google.com/maps?q=40.055582,-75.009531&num=1&t=h&z=18>

!!! Do not park at autozone or the mall, they have towed cars in the past !!!!!

Option B)

This might be a good option for runners who pick up their stuff up the day before, or for someone who has to leave right after the race.

Closest address to the start:
3098 Rhawn Street, Philadelphia, PA 19136

<http://maps.google.com/maps?q=40.047493,-75.035419&num=1&t=h&z=15>

There are about 100 spots at the start/finish. First come /first serve, will be coned off when filled, but you can also find a spot in the neighborhood there.

Especially, if you are running the half, you can park at the start /finish, still hop onto the shuttle to the club for the awards and food and then use the shuttle to get back (Last shuttle back to start/finish approximately 1:45PM

Gear drop:

Gear drop is right at the start/finish. This way you can bring a change of clothes to change after the race before you shuttle back to the post race party. Please bring a bag or backpack for your gear. Make sure there are no valuables in the bag. We will tape your bib # on the bag, but please also put a note with your name, race # and phone # inside the bag. We are not responsible for any lost items.

Start:

This is not a mega big city race. We probably end up with around 600 runners. However, since we are using a bike trail that is only 8- 10 feet wide, the staging area will be about 100 yards long.

Since the race is chip timed and age group awards are based on chip time, it won't matter if someone in your age group is lining up way ahead of you. If you are competing for the top 3 overall or masters win, line up in the first row, because these will be determined by gun time (first to cross the finish line wins).

Timing:

This race is chip timed. Marathoners do have the option to finish the ½ and get timed and compete for awards in the ½ if they decide to do so.

You can even decide during the race to downgrade. If you finish under 2:40 the timer most likely assumes you running the half , unless you look like a total stud. **If you finish, later than that, and you are downgrading from the full, simply tell the timer as you approach the finish line that you downgraded from the half.** Make sure he can see your bib# or call it out.

There will be a timing kiosk where you can check your time right after the race. Your friends and family also can check your time as soon as you cross the finish line online at

<http://www.novatimingsystems.com>

Toilets:

We have toilets on the course at Aid #3 (Mile 5.5 and 7.5) and Aid #4 (Mile 6) and of course at the start /finish.

BTW, did I mention there is no Bib pickup at the Start/Finish

Weather/Hydration/Course support:

Even if the weather looks pretty good, running in the 70ies and low 80ies is less than ideal. So proper hydration and smarter pacing (translation: slow down a little, run by perceived effort instead of min/mile) is important. I always recommend carrying at least 16 oz of fluids with you when running a summer race. We will have 600 gallons/Gatorade on the course. ½ has 7 aid stations full has 15. Oktoberfest Aid station also features pretzel and snacks.

We will have bike patrols (neon vest) with bottled water and electrolyte tablets on the course. So if you feel dehydrated, weak or dizzy, stop them to take care of you, or tell a fellow runner to notify the next aid station to send a biker your way.

We will have a EMS unit at the start/finish and a medic on a gator on the course.

Gels:

We have Gu Gel at Mile 7.5 and 20.5. Supplies are limited, so if you heavily rely on them bring your own.

Do not litter!!!!. Race takes place in a park. We can not send a sweeper vehicle through to clean up, everything has to be done by hand. Please do not throw your empty gel packets on the ground. There are trashcans at the aid stations.

How to follow the course:

Obviously a small race like ours does not have the budget to pay overtime for 50 police officers for traffic control, however, that won't be necessary because there isn't a single road crossing and the course is easy to follow.

Basically you follow the bike trail upstream for 6 miles, then you enter the Mount cuckoo area that loops around a little and get's you back on the bike trail around 7.5 and then you follow the bike trail downstream for a little more than 5.5 miles to the finish. Do the course twice if you run the marathon.

- there will be a lead bike
- there will be **white** arrows on the bike path showing you the right way

- there will be signs out there pointing you the right way
- mount cuckoo will also be marked pink ribbon on trees
- there will be guides at the crucial turns

I'm sure 1 or 2 people will get lost, because they were updating their facebook status during the run, but if you pay attention there should be absolutely no confusion where to go.

Timelimit: (read this very carefully if you are signed up for the full marathon)

There is a 6:30 time limit. Marathoners who usually struggle breaking 6 hours in cool conditions should consider downgrading to the half. We will assume, since temps will be rising throughout the day that the runners pace will slow on their second loop, therefore we **will close the second loop after 3:10 hours (clocktime, not chiptime!!!). No exception!!! Race director reserves the right to close the course earlier if weather conditions become dangerously hot and/or humid.** Weather forecast looks ok for now, so that might not be an issue, but I do not want anybody on the course running in high 80ies or even 90 degrees in the afternoon. You have to finish the half if you don't make it before the cutoff. Do not email me about the many races you have done in the summer heat the last couple decades and that you faced all kinds of adversity. We can not make a case by case decision that day. Once/if we close the second loop, that will be it for everybody. I know many of you run for many years and have done summer (ultra)craziness many times before. It's not you, who I'm worried about. It's the oblivious runner that I'm worried about. Try not to run the first loop way faster than you usually would, just to beat the cutoff, because you will pay for it later. No one will be allowed back on the course after 3:10 hours, **this is for your safety.** Once again, I know, many of you have run summer races even ultras in the summer many times, but I can not tell, who has the experience to run in these temps and who is way over his head here. And there is always somebody. Plus, we can not pull all the volunteers and medics from the course, even if it is just for that one runner, who is struggling to come back late in the afternoon. There is always another race, were you can achieve your goal. I personally missed my first BQ attempt on a hot day by 7 sec, so I know about a disappointing race.

Finish Line:

There will be bottled water, snacks and Linda's pastries at the finish line (yeah, dessert first). Your race package will contain 2 tickets. You can use one for your finisher beer and one for food or you can use both for beer if you ate too much cake. These tickets are valid at the German Cannstatter Club beergarden only.

There also will be a charity rock concert at the venue. Feel free to listen to them in the beer garden till 2PM, but if you want to stay there for the whole event, you can purchase a ticket at the door. Your bib will get you 50% off, only \$10 for 10 hours of music performed by the best female bands in the area.

2018 MUSIC FESTIVAL



JUNE 9TH
12^{PM}-11^{PM}

JOIN THE TRI-STATE AREA'S BEST FEMALE FRONTED
ORIGINAL, COVER & TRIBUTE BANDS AS THEY ROCK 4 A CAUSE!



THE LINE-UP

LAUREN MARSH
BEBE LE STRANGE
SPELLBOUND
MELISSA SCHILL
KICKBAX
BLACK CAT HABITAT
SHAYNA RYAN

SHARON LIA BAND
AFROBEAR
TERRETTA STORM
LISA COPPOLA
STEAMBOAT ANNIE
MARJO BONO/Dance Artist

THE CAUSE

A portion of the proceeds of this event will help the Sunshine Foundation to answer the dream of a chronically ill, seriously ill, physically challenged or abused child aged 3 to 18, whose family is unable to fulfill their requests due to the financial strain the child's illness may cause.

TICKETS ONLINE \$18/\$20 AT THE DOOR

WWW.LADIESWHOROCK4ACAUSE.ORG



Cannstatter's
9130 Academy Rd. Philly, PA 19114



Awards:

Award ceremony for the ½ is scheduled for around 11AM , the full for around 1PM. We will award the nicest **bavarian post-race outfit** before the award ceremony and there will be a **performance of the German Almrausch dance group** before the ceremony. This is always a fun time. We also will have a little on stage competition we call the Bavarian Triathlon, very entertaining.

Please note, while you are allowed to enjoy your beer and food in the beer garden, the awards ceremony will take place indoors (same location as your package pickup)

Day of Registration:

If a friend of yours wants to come along and run, they can still sign up on Friday or Saturday.

Refunds

Every time I send out the prerace instructions I get about a dozen request for last minute refunds or deferrals. Unlike most races we do refunds and transfers till about 3 weeks before the race. By now we ordered your medal, shirt, supplies....., even if you don't, run the cost for you already occurred, so we are no longer able to issue refunds.

See you Saturday morning
Stephan

Did you know there is no packet pickup at the start/finish ;-)