

Hello Runners;

Quick update about the upcoming Naked Nick this Saturday. First of all, thank you for supporting this race, we are expecting over 400 runners this weekend. If you have a friend who missed registering online, we will have day of registration.

Distances:

Because we offer 2 different distances, timing this event is somewhat complicated, therefore I ask, that if you want to **switch to a different distance, please do this before Wednesday 11:59PM EST**. Simply email me at stephanweiss@comcast.net.

It is really difficult to switch you on raceday!!!!

Also important. If you already know, that you cannot run the race, I encourage you to withdraw from the race, otherwise the results and ultrasignup will list you as a DNF. To withdraw, log into your ultrasignup account, pick your registration history and remove yourself from the race, at least 48 hours prior to the race.

Parking:

The rangers only allow parking in designated parking spots. Do not park on the side of the road or grass, rangers will issue tickets. There will be overflow parking at the Dry Brooks Boat Launch.

Weather: Chances are, you will get wet on Saturday. Please keep in mind that even so the forecasted high is 50 degrees, it will be much colder in the morning. There is a high chance of hypothermia if you don't dress accordingly. Dress in layers, and wear a waterproof jacket.

Start / Finish and Registration are at the same location:

<https://www.google.com/maps/dir/1420+Palisades+Dr,+Leesport,+PA+19533/40.3877105,-76.0385193/@40.3888911,-76.0398049,16z/data=!3m1!4b1!4m9!4m8!1m5!1m1!1s0x89c675ac7dc88299:0xc476fd966c07e8c9!2m2!1d-76.0320661!2d40.3901873!1m0!3e0>

It's at the pavilion at the day-use area (Beach area, **Hill Side Pavilion**). Please note, if you have done our races at Blue Marsh before, **this is a different pavilion!!! Same entry into the park, but you make the first possible left, 2nd pavilion on the bottom of the road.** The approx. address is **1420 Palisades Drive, Leesport PA**. Once you are nearby the park, you will notice brown signs pointing you to the different areas of the Lake. You want to look for day use area,

but we also put out a race sign. Registration will start at 7:00 AM, race day pickup only.

Start Times:

8:00 AM.

If you signed up for the 50K but drop at 15.5 , **do not cross the finish line** , but enter the passage next to the finish line and notify the timer that you dropped. You will not be listed in the 25K. If you drop on the course, you have to notify an aid station worker to record your bib nr, so we do not look for you. Unfortunately we have to be strict about these rules because we do not have a chip timing system (to keep cost down) and need to keep things organized so our volunteers timing the race can do a proper job.

Please check the official entry list :

25K:

https://ultrasignup.com/entrants_event.aspx?did=68687

50K:

https://ultrasignup.com/entrants_event.aspx?did=68688

If you are not listed make sure you bring a copy of your confirmation email, or a copy of your receipt. To get your receipt, log into ultra signup, pick registration history and click on Naked Nick.

Transfers, Deferrals, Refunds:

We offered all of these leading up to the race, I cannot longer defer or refund you at this point.

Timelimit:

You have to be done by 5 PM

Checkpoints:

Mile 15.5 12:15PM!!!! You will slow down a lot on the second loop, therefore we believe if you can't run 15.5 Miles in 4 hours and 15 min, we believe you won't be able to run the 50K within the time limit. These are hard cutoffs. There is absolutely no negotiating.

You have 4 hours and 45 min to finish the second loop, which equals 13 min 12 second per mile. This is very doable on this course, since it features plenty runnable stretches. We reserve the right to pull you if you fall behind pace at any time.

Aid: We have aid station every 3-4 Miles with everything you might need, but we do only have a few gels, so bring some of your own, if you rely on them, otherwise enjoy our specialty food items at the aid stations.

Course condition: The course is snow free right now, but we will get some rain the next few days. We hope that it dries out enough by race day to make sure this will not turn into a mud fest. Typically it drains well, but they predict rain on Fri. Our course is very run-able, just a few rocky sections. Every shoe that you feel comfortable with running should be fine. Maybe a shoe with an aggressive tread pattern might work best if it is a little slippery. There is a small creek crossing on the course, but you can hop on a few rocks to avoid getting your feet wet.

Pacer: We do not allow Pacers.

Alcohol:

Blue Marsh does not allow alcohol, so please refrain from drinking beer in public.

Gear Drop for the 50K runners:

There is a designated gear drop tent next to the pavilion at the start finish. The gear drop is the mile 15.5 mark for the 50Krunners. You do not need to run through the finish line to start your second loop.

The gear drop area will also be an aid station, so simply get your gear or aid, and start the final stretch of the race.

Dogs:

The park does allow dogs, so if your crew, fans, family wants to bring the dog, they have to keep them on the leash at all times. **We do not allow dogs on the course.**

Trash on the course:

We have a **nothing drops on the ground policy**. We want to be respectful of the trails and the park. We also don't want to burden the sweeper crew with picking up trash for 15plus miles.

Please leave your trash at the aid stations.

Cu Saturday

Stephan

www.uberendurancesports.com

