Hello Runners;

Quick update about the upcoming Naked Nick this Sunday. 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. See map above for parking layout.

Weather:

Right now, it looks like it's gonna be quite cold on Sunday. Be prepared for the weather, dress in layers, and bring extra clothes to change into something dry post race. You can leave a drop back at the pavilion.

We will have a small heated tent at the finish, so you can have your post race meal out of the elements.

Start / Finish and Registration

are at the same location:

https://maps.app.goo.gl/Xue42EvPwb92nFCH6

Approx address: 1420 Palisades Drive, Leesport, PA

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. 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 , signal the timer that you are dropping. You will not be listed in the 25K on race day, but if you email me on Monday, I can add you to the results (but you will not be eligible for an agegroup award).

If you drop on the course, you have to notify an aid station volunteer 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=122790

50K: https://ultrasignup.com/entrants_event.aspx?did=122789

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, because all the cost for the race already occured.

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 18 min 22 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 stations 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 for the most part, but there will be some icy spots. We recommend running in trail shoes with an aggressive treat pattern.

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 area by the pavilion at the start finish (white benches). The gear drop is the mile 15.5 mark for the 50K runners. 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.

However, please be aware that Blue Marsh Lake is a training area for dogs, and you may encounter an off leash dog while running. Please be aware of that, and refrain from scolding the owner, unless it appears the dog is not under control.

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 Sunday
Stephan
www.uberendurancesports.com