

Delaware Trail Fest

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 on the trails and in the park.

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

Start Times!!!!

We have 2 different start times for the 4 different divisions, this will help stretch out the field right away.

7:30 Start 12 Hour Lone Wolf & 4 person relay team (only 1 runner out of 4)

8:00 Start 12KM & 24KM

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 , simply email me at stephanweiss@comcast.net, no distance changes after or on raceday!!!**

Number pickup:

You may pick up your number/swag **on race day only from 6:30AM-7:45AM** at the pavilion near the bath house. **Please note, for relay teams, one member can pick up all bibs for the entire team.**

Lums Pond State Park, Area 1, Buck Jersey Rd, Bear, DE 19701

[Parking/Registration/Start/Finish](#)



Parking (Important):

Park will open for us by 5:30am. There is plenty of parking right by the Start/Finish/Registration area, however the park charges a fee to enter the park. \$4 per car for DE plates and \$8 for out of state plates. **We will cover this fee for you, a ranger will count the nr of cars entering the park and bill us accordingly. We kindly ask to carpool when possible and have **your crew/fans arrive in the same car** with you to minimize the cost for the race.**

Please do not park there the day before to sleep in your car. The rangers will ask you to leave, and they will reprimand us!!!

Google Area Map:

[Parking/Registration/Start/Finish](#)

Course marking:

The course will be marked with pink ribbon. In addition every turn will be marked with signs. **I also recommend that you familiarize yourself with the course map. The official distance per loop is 7.35 Miles.**

[Course Map](#)

Special Rules for different divisions:

12KM: Easy, put on your bib and run the course once.

24KM: Run the loop twice, cross the finish after the first loop to get a split time.

12 Hour Lone Wolf: Run as many loops as you can/want. You can take breaks after each loop (please notify the timer, if your break is longer than 60 minutes, avoid getting close to the finish line during your break to avoid a false chip read). **Once you decide you are done for the day, notify the timer, and collect your finisher award.**

Between 6:00PM and 6:29PM, you are only allowed back on the course for a final lap, if your average lap times indicate that you can finish your last lap in time by 7:30PM.

If you finish a lap after 7:30PM, it will not count!!!

Must wear a headlamp, if your expected finish is after 6PM!!!

You can not start a final lap after 6:30PM

12 Hour 4 person relay: Each team will receive a total of 5 bib nrs. One is the main bib (attached with the supplied bib belt). You have to hand that belt with bib to the next team member, once a runner finishes a loop. The other 4 bibs , one per runner (please check label, it has the names of each team member on it) are to also get the individual split of each team member.

Between 6:00PM and 6:29PM, a team member is only allowed back on the course for a final lap, if that runner's average lap times indicate that he/she can finish the last lap in time by 7:30PM.

Any lap finished after 7:30PM will not count!!!

Must wear a headlamp, if the expected last finish is after 6PM!!!

You can not start a final lap after 6:30PM

Special rules for relay team only:

- **Main team bib must be handed off after each lap, 2nd individual bib remains with the runner.**
- **No runner can run back to back laps. Team bib must be handed off after each lap.**
- **At no point can a runner have 2 more finished laps than any other team member**
- **You don't have to keep the same order, as long as the 2 conditions above are met.**

Example: Lap 1: Runner 1
Lap 2: Runner 2
Lap 3: Runner 3
Lap 4: Runner 4
Lap 5: Runner 3
Lap 6: Runner 2
Lap 7: Runner 4
Lap 8: Runner 1

Milestone distances:

If your goal is to run a Marathon or 50K, there will be a sign with a turnaround point on the course.

For the marathon distance you need to finish 3 loops, then go back out on the course run to the marathon turnaround sign and back. Notify the timer , that you completed the 26.2.

For the 50K, you need to finish 4 loops, and run to the 50K turnaround sign and back to the finish and notify the timer.

There is no out and back option for the 50M or 100K milestone.

To reach the 50M milestone, you need to finish 7 loops (=51.45M).

To reach the 100K milestone, you need to finish 9 loops (= 66.15M)

Trail condition on race day:

I won't know for sure what the condition of the trail will be by Saturday, especially with the storm coming in on Monday.

The days leading up to the race appear to be sunny, so 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.

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 (12 hour runners) , you can change into a different pair after each lap.

It is often foggy at Lums Pond in the morning, and the course features a lot of wooden bridges, which will be wet in the morning, so please be careful.

Aid:

Aid Station 1 is located at mile 3.5, which is the entry to the campground. **There is very limited parking there, so it's not recommended for your crew to go there.** If they must, they can not park on the road or the grass. Must park at the small gravel parking lot on the left, just before the entry booth.

<https://maps.app.goo.gl/AFAPrCVP75Ra3aMJ7>

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.

Aid 2 is located by the start/finish.

Gear Drop/Crew/Fans:

12 Hour Lone Wolf runners can set up a camp chair or canopy **trailside 50 yards after the start finish** to leave their gear or for their crew to hang out. (see pic above)

12 Hour 4 person relay team runners can set up a camp **trailside 50 yards before the start finish** to leave their gear or for their resting team members to hang out. (see pic above)
This way, you can see when a team member is about to finish the loop and get ready for the transition.

You can also leave a bag at the pavilion, which will give you access to it after every loop.

Please make sure you have no valuables in your bag, especially if you don't have a crew member to look after it.

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.**

Pacers

We do not allow pacers.

Post race and Awards:

10:00AM 12KM Award Ceremony

11:00AM 24KM Award Ceremony

7:30PM 12 Hour Lone Wolf & Relay Award Ceremony

Will take place at Start/Finish. Times for the award ceremony, especially for the 12 hour division are estimated, might start earlier once everybody finishes.

Aid station at the start/finish also serves as the post race food station. Many hot items to choose from. **Please note, we can only serve food to registered runners.**

Contact RD :

I will be leaving on Thursday afternoon to get the race setup, so I won't be able to answer the phone anymore. You can email me at stephanweiss@comcast.net. I recommend doing it by Thursday morning, because that is the last time I will be able to check my email on a regular basis before the race.

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, do not email or call me about refunds.

Good luck everybody

Cu Saturday

Stephan

Aka Uber

www.uberendurancesports.com