

Hello Runners;

Quick update about the upcoming Blues Cruise next Sunday.

**Weather:** Long term weather forecasts are relatively unreliable, but as of 9/23 they predict a high of 75 and sunny. Furthermore, there is very little rain in the forecast, which means the course will be mostly mud free and dry.

**Start and Registration** are at same location:

<https://www.google.com/maps/place/Dry+Brooks+Day+Use+Center/@40.3873688,-76.0407706,17z/data=!4m5!3m4!1s0x0:0xf7ec166a2e7a7b56!8m2!3d40.3848216!4d-76.0410172>

It's at the pavilion at the day-use area (beach area). The approx. address is 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 7:30 AM, race day pickup only.

Bring your confirmation email and id on race-day. You can obtain your confirmation/receipt by logging into your ultra-signup account and review your history.

To check if we have your registration go to :

[http://ultrasignup.com/entrants\\_event.aspx?did=36689](http://ultrasignup.com/entrants_event.aspx?did=36689)

Make sure you are on this list and double check before you email the race director ☺

**Aid:** We have aid station every 3.5 - 5 miles with everything you might need. We do have GU gels (meant as a backup if you run out), but we recommend bringing some of your own, the one you trained with, if you heavily rely on them.

**Timelimit:** Our timelimit is 8 hours. We will be somewhat flexible with that. If you were on pace the entire race but struggled the last few miles, we will time you even if you come in a little after. However, if it is apparent from the beginning that you have to walk the entire thing and will not come close to 8 hours we will pull you. You have to maintain a 15.5 min / mile pace till Aid 6.

**Course condition:** The course will be dry without a lot of mud. Our course is very run-able, just a few rocky sections. You can run this course in any shoe you are comfortable with, even a road shoe. There is no creek crossing on the course anymore (storm destroyed a bridge one year, but it has been replaced since).

**Pacer:** Due to the increased field size, we no longer allow Pacers during the race. Make a friend with a similar pace during the race and run with them. Do you really need a fresh pacer observing your misery☺. The only exception we can make, if you really, really, really need a Pacer towards the end, they can join you for the last 4 miles, starting at Aid 7, there is plenty parking there.

**Gear drop:** If you would like to have us deliver a bag to Mile 18 (Aid 4), you can leave that bag with the gear drop truck, which will be parked near the registration pavilion. A volunteer will put your bib nr on the bag. No valuables in the bag, we do not take any responsibility for lost or stolen items. It might take till 2PM until they will be transported back to the start, so keep this in mind. Also do not forget to take it home, because we will not be able to mail you your favorite sweaty shirt back.

**Advice from other runners:**

I recommend joining our facebook group. Plenty Alumni do give you some advice in that group.

<https://www.facebook.com/groups/65364255002/>

**Refunds, Deferments, Transfers:**

Typically every time you send out a final race update you get a bunch of emails from runners with last minute requests do get a refund, transfer or deferment. They all have good reasons, but at this point we can no longer do any of these. The cost for the race (swag, awards, supplies, insurance....) occurred many weeks ago, the fact that someone lets us know a few days prior does not change the cost for us anymore. So please do not email the race director asking for a refund.

**First time Ultra runners:** This race is labeled suitable for first time ultra-runners, not because it is easy ( trust me, it's fair by trail running standards, but by no means easy) but because our aid-stations are closer to each other then most ultra's and staffed by ultra-runners, who can help you with any issue you might have. In my personal opinion, your first ultra should not be a 1 mile gravel loop around some pond that you run 31 times but an epic journey. Have an open mind to realize that this is totally different from road running, never think how far you still have to go to the finish but just focus on reaching the next aid-station and most importantly make friends on the course and have fun.

We see you on Sunday

Stephan & Mike

Pagoda Pacers A.C.

[www.bluescruiseultra.com](http://www.bluescruiseultra.com)