

The Pagoda Pacers A.C, Reading, PA's Annual Salute to "Sweating, Swatting & Swearing";
The Always Challenging but Rarely Sane

CHARLIE HORSE

HALF MARATHON TRAIL RACE

Sunday May 30, 2010 10 A.M. Plowville, Pa.
(Between Reading & Morgantown)
Portion of Proceeds & All Donations Benefit Special Olympics

“Wicking T-Shirts ONLY FOR PRE-REGISTERED”

Regular t-shirts for those entering after May 14, including "day of", until gone

There are many reasons for why you should make THIS race, the one race that you do not miss: 1) This race benefits The Berks Co. Special Olympics; 2) This is a point to point race which will require you to get to the finish, rather than making it an option to NOT finish. 3) To quote from RUNNER'S WORLD, "Consider running at least one charity race a year. Running for those in need may be just the motivation you need to get out the door, to train and get you to the finish on race day. This year, make THIS race; YOUR race. This course is isolated and has 13.1 miles (give or take) of running through shallow water, across rocks, roots, downed trees, bugs, snakes, hills and maybe even mud, thru a gun club (DUCK!) and connecting to 7 miles of the Horseshoe trail; ending at the Sleepy Hollow A.C. This may start in a park setting and seem peaceful, but this "trip over trouble" is not a "walk in the park" course (which may be why we do not allow "walkers"). This will be challenging and a fun day. You will also have included in your fun filled day, a backcountry road section with a few more hills. You are racing and running at YOUR OWN RISK. You are solely responsible for your well being at all times. If you would get lost, injured, or possibly romanced along this course, it will be your responsibility to find your way to the finish area, hopefully, before the pool and bar closes. Since this will be a gut wrenching race, and gut wrenching responsibility, we cannot allow for runners under the age of 18 years old. If you are unable to follow trail markings easy enough for a second grader, then please consider coming and cheering your family on throughout the race. All others please come and have a great fun filled challenging day at the park. Hot & Cold picnic for all entries, pool & showers at finish (Sleepy Hollow may charge to use the pool; not sure)

AWARDS: Overall Male 1st and 2nd Overall Female 1st and 2nd Overall Master (40+) 1st M + 1st F plus:
18-29 (5M 4F) 30-39 (5M 4F) 40-49 (5M 4F) 50-59 (5M 3F) 60-69 (4M 2F) 70+ (1M 1F)

ENTRY: Race starts at 10:00 a.m.; registration at Sleepy Hollow A.C. 482 Westley Road, Mohnton, Pa. 19540, from **8 a.m. to 9:15** a.m.; buses will transport runners for the start only immediately after registration closes (9:15). Busing to the start is highly suggested; you may choose to drive there on your own, but THERE WILL BE NO RIDES PROVIDED BACK TO THE START AFTER THE RACE!!!! The only way you will get back, is running it backwards or if you have your own ride back. The entry Fee is **\$32** if postmarked before May 14, 2010. Included in this entry fee will be a technical wicking t-shirt, and a hot/warm meal. Extra beverages provided for purchase at the finish line. Cost is **\$35** after the cutoff date to include day of race while shirts last. \$28 after shirts are gone (**limited** supply of extra shirts-regular T's only). There will be no refunds, or mailing of shirts or awards. Race will have an approx starting time of 10:00 A.M. "Race day" reg will be available. You are encouraged to arrive EARLY or make sure that you have pre-registered.

PLEASE, SO THAT WE HAVE ADEQUATE BUSING, FOOD & SHIRTS, PREREGISTER!!!!!!

On-line registration on www.pretzelcitysports.com not required but always encouraged
(Nominimal processing fee applies)

OTHER REASONS TO COME: HOT/COLD PICNIC LUNCH FOR ALL ENTRIES!!!!: burgers, hot dogs, munchies and some drinks. Maybe even something healthy to eat Plus, **FINISHER AWARDS FOR ALL** in addition to age group awards, a great **WICKING T-SHIRT** to all pre-registered; regular T for post and day of entries while they last. Showers available (no hot water), picnic area, refreshment stand for non runners who may be hungry from watching, a

pool that runners may swim in, a playground for all rug rats that come to route on mom & dads, as well as sisters and brothers, plus for some there are spirited beverages available from Sleepy Hollow A.C. (21+). **No alcohol** can be brought onto the premises. Medical assistance available if needed and a crew will sweep the course after the last runner. There will be 3-4 water stops on the course. No dogs or walkers allowed on course or at facility. **NEW START LOCATION than one used in initial years; LESS CONGESTED!** DJ & bargain clothes seller (bring cash) also tentatively expected.

DIRECTIONS: NOTE; Former Sleepy Hollow Road has changed and now and is Westley Road. Same road and location as before, just a new name. Look for a small street sign for Westley Road, or look for the Sleepy Hollow sign along route 10, or the Charlie Horse race sign at the intersection to turn.

FROM READING, POTTSTOWN, AND PHILADELPHIA: Get to Routes. 422 and I 176 whichever way works for you (check your map). From 422 and I 176 go southbound and travel 2.7 miles to exit 7, formerly exit 2 (Green Hills). At the light, turn left onto Rt.10 south. Travel 3.1 miles to Westley Road on the right. Go 1.2 miles on Westley Rd. and look for Sleepy Hollow on the left.

FROM TURNPIKE: Take the Morgantown exit (exit 22/298). After toll, take immediate exit(#1) towards Beckersville (Route 10 N). Follow Rt.10 about 6 miles. After passing Plowville Church on your right, you'll go down a long hill. Westley Rd. will be on the left at the bottom of the hill. Take a hard left, go 1.2 miles and look for Sleepy Hollow on your left.

FROM RT.23: Take Route 10 N out of Morgantown. Go about 7 miles on route 10 and follow same directions as above directions.

FROM LANCASTER RT. 222: Go north to the Adamstown and Knauers interchange. Exit there to the stop sign. Turn right at the stop sign and travel east on Rt. 568 towards Knauers and Green Hills for about 7.5 miles to Rt. 10(go straight at the intersection in Knauers at the light. Go about 2 miles, bear left at the (Y) in the road at Alleghenyville, at 3.1 miles until Green Hills at 7.5 miles. At the Rt. 10 stop sign, turn right, go south on Rt. 10 for about 1.3 miles, turn right on Westley Road. Once on Westley Road, follow about 1.2 miles to sleepy Hollow on the left.

TO INSURE ALL AWARDS ARE TABULATED AS ACCURATELY AS POSSIBLE, PLEASE REVIEW YOUR INFORMATION BELOW TO BE SURE THAT EVERYTHING IS CORRECT, ESPECIALLY AGE AND GENDER!!!!!!

SEND YOUR WAIVER & CHECK PAYABLE TO: PAGODA PACERS A.C. C/o GREG DELAND 3 LAUREL WOODS DRIVE, SHILLINGTON, PA.19607 QUESTIONS??? CALL RACE DIRECTOR--GREG DELAND AT 610-796-2156, or EMAIL- GREGDELAND714@CS.COM, or VISIT WWW.PAGODAPACERS.COM. INSURANCE PROVIDED BY R.R.C.A.

Last Name _____ First Name _____

Street Address _____

City _____ State _____ Zip _____ Gender: M F

Telephone _____ a.m. _____ or p.m. _____ Single entry (\$32) \$ _____

Race Day Age _____ Date of Birth ____/____/____ After May 14, 2010 (\$35) \$ _____
(Must be at least 18)

Wicking shirt size (circle one): S M L XL XXL
Pagoda Pacer? Yes No
Optional Donation to
Special Olympics Berks Co \$ _____
Total Enclosed \$ _____

Email Address: _____

Already Receiving Run Update Emails on a Weekly Basis? ____ Yes ____ No

FOR ALL YOU LEGAL PEOPLE: I know that running a trail and on roads may be hazardous activity. I should not enter this race or run unless I am medically able and properly trained. I also know that there will be traffic, hazards, debris and poor footing on the course. I assume the risk for running on it. I also assume all other risks associated with running or attending the race to include but not limited to falls, contact with other participants, the effects of the weather, the conditions of roads and trails, and of course getting lost. Knowing these facts and in consideration of your accepting my entry fee, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge, Sleepy Hollow A.C., Eshelman Transportation, The PA Dept. of Conservation & Natural Resources, Rustic Park, the Pagoda Pacers A.C and all other organizations directly or indirectly associated in any way with this race, from any or all claims or liability for death, personal injury or property damage of any kind or nature whatsoever arising out of, or in the course of, my participation in this event. This waiver extends to all claims of every type or nature whatsoever, foreseen or unforeseen, known or unknown. By entering this race, I am granting permission to the Pagoda Pacers and all other parties involved with the race to use any pictures or likenesses of me secured at the event in any way they see fit without review, restriction or compensation. I HAVE READ AND UNDERSTAND THIS WAIVER.

SIGNATURE _____ Date _____