

# EVANSBURG CHALLENGE

## 10 Mile Trail Race

**Sunday, Oct 30th, 2011 10:00 A.M.**

**Evansburg State Park, Collegeville, PA**

**Park Repairs are Done! Original Course is Back!**

**New for 2011: Now is a Point Scoring Race in USA T & F Off-Road Series**

**“Compeer: People sharing Friendship with Those who Have a Mental Illness”**

Certain things in life seem to be irreplaceable, at first blush, but are not. Runners with at least a few specs of gray in their hair will remember when they changed Darrins' in Bewitched between seasons, without a word of explanation. And there were at least 2-3 Curlys in the 3 Stooges, even if you don't count Shemp (or, as many refer to him as; "Curly-lite"). 43 men were, at one time, members of the 5-man Temptations, the Yankees won without Ruth & Gehrig, the entire high priced Jersey Shore cast will be replaced by a totally new & much cheaper cast after season 5 (look for many of them to return to TV in future episodes of Celebrity Rehab) and a top fall show will be One and a Half Men + Ashton Kutcher. Yep, just about EVERYTHING can be replaced; despite Charlie Sheen's bluff! In 2010, the Evansburg Challenge was faced with park repairs that actually made a full 50% of its normal course no longer accessible, including the 2 late-fall water crossings & the only real hill on the entire course. And, yes, the course used that year had some pretty new sections of pine trees and less hills. But, just like when you insert a Shemp, Ashton or a Snookie wannabe into an already known classic, the final product JUST wasn't the same. Well, we're THRILLED to say that the park repairs are DONE, all sections are ACCESSIBLE and all is right again in the Universe! In 2011, you'll again have to contend with bone chilling water crossings, dozens of minor creek hurdles, about 50% more uphill (it's STILL flatter than 90% of the region's trail races) and the world's most unique mud, molded by 30+ years of use by the many stables that abut the park. The Challenge is a GREAT race for those that have always wanted to try a race where one's skill to stay upright is almost as critical as one's speed. Yet, it has the type of challenges along the way that make it interesting enough for the real ringers to do it as well. This is a FUN race because if you're willing to throw caution to the wind, you can FLY in this race without running the risk of breaking your neck; NOT possible in most trail runs! And at no time are you any further away than 2 miles from the start so if we have to drag your body out of the woods, you'll probably still have some skin on it by the time we get you out. It's time to see why so many people keep coming back to Evansburg each fall for a fun day and a beautiful run thru fall foliage. So, whether you're a "Gonzo" or a "Give It a Try" er, come join us for the 14th running of what has become one of the most popular trail runs in Eastern PA! **WARNING: YOU RACE AT YOUR OWN RISK & are SOLELY responsible for yourself at all times.** If you trip over a "nubby" and skin your knee almost terminally, crawl to the next aide station cause we don't do mid-trail "house calls"! And if you get lost or washed away, look at it as a life-lesson in "self-reliance". Because WE sure as heck aren't going to look for you! This race is no "walk in the park" (actually, those are called "hikes") so entry is closed to those under 16, those who like to retain a new shoe "smell" in their footwear and anyone who thinks that Sally Starr is a celestial body named Sally!

**Entry:** Race starts at 10 A.M.; registration in Park at Pavilion from 8:45 a.m. to 9:45 (follow signs to reg.). Fee is \$25 for the race or FunHike if postmarked by Oct 12, includes a long sleeve T-shirt; \$30 after cutoff inc. day of race while shirts last; \$25 after they're gone. (VERY limited number of extra shirts will be printed so if you don't want to be shut out of a shirt, pre-enter even if it's after the cutoff date!). No mailing of shirts or awards; no refunds. Race goes on rain or shine; (may delay race start if "lightening"). Must be at least 16 years old to enter the trail run. Optional online registration available up to midnight, Wed, Oct 26, 2011 at [www.active.com](http://www.active.com); small service charge applies. **NOTE: MANY OF OUR REGISTRATION FOLKS ALSO HELP AT REMOTE SPOTS ON COURSE. TO GET THEM TO THESE SPOTS ON TIME, IT'S CRUCIAL THAT RUNNERS BE REGISTERED BY 9:45!!**

**IMPORTANT WARNING:** Anyone not reaching the 4.5M mark in 1 hr and 10 minutes will be asked to abandon the race. Going on past this point is probably a little more physically demanding than those people are ready for and we will

begin taking down the course beyond the 4.5M mark at 1 hr, 10 minutes into the race to insure the safety of all. We would rather that everyone finish healthy & happy than run the risk of the problems that sometimes occur when someone tries something that exceeds their level of fitness.

**Other Reasons to Enter:** 3 water stops on trail run, lots of post race food, full results posted on two web sites, [www.pretzelcitysports.com](http://www.pretzelcitysports.com) & [www.compeer-subphilly.org](http://www.compeer-subphilly.org), in 1-2 days after race (NOT 1-2 minutes afterwards or 1-2 hours! Well, maybe, in 4-5 hrs but probably not!) instant results posted at race, some mile markers, digital clock at race finish, modern bathrooms, well marked trail, a fair amount of nearby parking, benefits a great cause!

**Awards:** 1st & 2<sup>nd</sup> Overall Male and Female Plus:  
16-29: 6M, 4F; 30-39: 5M, 4F; 40-49: 5M, 4F; 50-59: 5M, 3F 60+: 4M, 2F

**Directions:** FROM SOUTH, EAST & WEST: Take Rt. 422 until the Collegeville Exit (Rt. 29) Take Rt. 29 North into Collegeville until it intersects with Ridge Pike (bus Rt. 422) at light at McDonalds. \* Turn & cross the bridge toward the Collegeville Inn and make the IMMEDIATE 45 degree left onto Germantown Pike. Go about 1.5 miles to park entrance on your left. Enter the park. At the first stop sign, take a left and an IMMEDIATE right. Follow the signs from there. FROM THE NORTH: Take Rt. 29 South into Collegeville until it intersects with Ridge Pike (bus Rt. 422) at the light at McDonalds. Follow directions above after \*.

**OUR THANKS TO THE EVANSBURG STATE PARK STAFF FOR THEIR HELP  
COURSE DESIGN AND TRAIL MARKING BY PRETZEL CITY SPORTS**

**Optional Online Registration Available On [www.active.com](http://www.active.com)  
(closes at midnight on the Wed right before the race\*\*\*small service charge applies)**

*Compeer is a non-profit organization that assists adults in mental health recovery. Compeer does so by recruiting & training "mentor" volunteer friends who, in turn, provide their assigned "Compeer friend" with guidance, friendship & activities in which they jointly participate.*

*Any added donation made that assists us in helping this greatly underserved segment of our community is  
**VERY MUCH APPRECIATED!!***

Send Waiver & Check Payable to: "Compeer of Suburban Phila.", 3125 W. Ridge Pike, Suite D, Eagleville, PA 19403. Race Questions? Compeer (610) 631-1009 8-5 or leave message). Course Questions? Call Ron Horn @ Pretzel City Sports (610) 779-2668 or email "[rhornpcs@aol.com](mailto:rhornpcs@aol.com)". Online reg available at [www.active.com](http://www.active.com) until midnight, Wed, of race week.

Last Name \_\_\_\_\_ First Name \_\_\_\_\_  
Address, \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Race (circle one) 10M or FunHike  
Sex: M F Race Day Age \_\_\_\_\_ Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Shirt Size (circle one): S M L XL  
Telephone\_(\_\_\_\_\_)\_\_\_\_\_ AM? PM? **CHECK HERE** \_\_\_\_ **TO GET COMPEER NEWSLETTER**  
Email \_\_\_\_\_ Already Getting Pretzel City Sports emails? \_\_\_\_ Yes \_\_\_\_ No

WAIVER: I know that running a trail run is a potentially hazardous activity. I should not enter or run unless I am medically able & properly trained. I also know that there will be traffic, hazards, debris, and poor footing on the course and assume the risk for running on it. I also assume any or all other risks associated with running or attending the race including but not limited to falls, contact with other participants, the affects of the weather, the conditions of the roads and getting lost, all such risks being known and appreciated by me. 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 Compeer of Suburban Philadelphia, Resources For Human Development Inc., Evansburg State Park, Pretzel City Sports, all owners of the properties on which the race is run or held, all municipalities in which the event is held, the race committee, volunteers, all other organizations directly or indirectly associated with the race, any or all sponsors including their agents, employees, assigns or anyone acting on their behalf, or anyone else 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 kind or nature whatsoever; foreseen or unforeseen, known or unknown. By entering this race, I am granting permission to all parties affiliated 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 \_\_\_\_/\_\_\_\_/11  
(signature of parent or guardian if under 18)  
Race Entry Enclosed \$ \_\_\_\_\_  
Additional Donation Enclosed \$ \_\_\_\_\_  
Total Enclosed \$ \_\_\_\_\_

**SIGN APP APP MAY BE DUPLICATED**