

Presenting Eastern PA's favorite place to horse around on the trails; the 15th Annual

EVANSBURG CHALLENGE

10 Mile Trail Race & 2M FunHike

Sunday, Oct 28th, 2012 10:00 A.M.

Evansburg State Park, Collegeville, PA

A Point Scoring Run in the Mid-Atlantic USA Track & Field Off-Road Series

NEW FOR 2012-Proceeds Benefit the Family Services of Montgomery Co

Pennsylvania's state park system is one of the best of the nation. Throughout its parks, it has lakes big enough to simultaneously house the Lockness Monster, Moby Dick, the Titanic and the lost city of Atlantis, while STILL leaving enough room to water ski. It has cabins that put the Waldorf Astoria to shame, vistas where you can practically see into the next continent, swimming pools, beaches, athletic facilities, boat rentals, rock climbing, Frisbee golf, museums, general stores, you name it! Sadly, Evansburg State Park has none of these! Not a single one! Its lone pavilion is barely big enough to house Lindsay Lohan's legal team; its parking is, at most, 1/4 the size of a Wal-Mart before they Super-size it, it has an estimated two bathrooms in the whole park (3, if you count the woods) and a single two lane road that lets you both in and out. What it DOES have, however, are some of the prettiest trails in the East, close proximity to the Philadelphia metropolitan area, some of the best and most unusual mud you'll find any place that is ringed by 4-6 horse stables, water crossings that, in late October, will wake you up faster than a \$5 positive pregnancy test and one GEM of a 10 mile trail race called the Evansburg Challenge. Now in its 15th year, the Evansburg Challenge is one of the most popular trail runs in Eastern PA. It is also one of the most runnable ones too! It has enough technical aspects to keep the Type A's happy and yet is easy enough for those that always wanted to try a trail run but thought it was tougher to get through than a box set of "Kate Plus 8", Seasons 1 thru 3! It has dips and rises (but no mountains to climb), both wide and jumpable water crossings, fairly wide and easy trails, gorgeous late Fall colors, 3 water stops, a place at 4.5 miles where spectators can see you or you can bail if you're having a bad day, awesome shirts, lots of awards, decent post race grub and just a TON of things that make it as popular as it is. Not as fit or foolish? Do our simultaneous 2 mile fun hike to help raise funds for our charity, 1 mile of trail and 1 mile of road. Whether you're a "Gonzo" or a "Give It a Try-er", it's time to see why, for 15 years, people have veered off the Germantown Pike to run a little bit of heaven right in the middle of Montgomery County. **WARNING: YOU RACE AT YOUR OWN RISK & are SOLEY responsible for yourself at all times.** If you trip over a "stump" and get a 'bump', limp to the next aide station, cause we don't have a mule train out there to get you out. And if you get lost or eventually float into the Delaware Bay, be sure that you'll be missed; not "looked for", just "missed". This race is no "walk in the park" (no, that's our simultaneous 2 miler), so entry for the race is closed to those under 16 (any age can do the walk but be aware that part of it is on undeveloped but well established trail), anyone who thinks "You Tube" is a personalized type of athletic sock and anyone who thinks that there's anything "professional" about the Philadelphia Phillies' relief pitchers this year!

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 9th, 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. **NOTE: MANY OF OUR REGISTRATION FOLKS ALSO HELP AT REMOTE SPOTS ON THE COURSE. TO GET THEM TO THESE SPOTS ON TIME, IT'S CRUCIAL THAT RUNNERS BE REGISTERED BY 9:45!! PLAN TO PROBABLY PARK AT A REMOTE LOCATION IF GETTING THERE AFTER 9:30.**

IMPORTANT WARNING: Entries not reaching 4.5 Miles in 1 hr, 10 minutes will be asked to abandon the race. Going past this point is probably a little more physically demanding than you can handle 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 risk the problems that occur when someone tries to exceed their reasonable level of fitness.

Other Reasons to Enter: 3 water stops on run, results posted www.pretzelcitysports.com in 1-2 days after race (NOT 1-2 minutes afterwards or 1-2 hours) instant results posted at race, some mile markers, digital clock at race finish, modern bathrooms, decent post race food, a very well marked trail, a fair amount of nearby parking, AND it benefits a great cause!

Awards: 1st & 2nd Overall Male and Female Plus:
16-29: 5M, 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 WONDERFUL STAFF AT EVANSBURG STATE PARK FOR THEIR HELP!!

COURSE DESIGN AND TRAIL MARKING BY PRETZEL CITY SPORTS

Online reg available at www.pretzelcitysports.com until midnight, Wed, of race week.
(nominal service fee applies)

*Any added donation made that assists our recipient charity is **VERY MUCH APPRECIATED!!***

Send Waiver & Check Payable to: "Family Services of Montgomery Co." and mail both to them at Family Services of Montgomery Co., 3125 Ridge Pike, Eagleville, PA 19403 Race Questions? Contact Joe Cruice, 267-614-3753 or reenie_cruice@yahoo.com. Course Questions? Call Pretzel City Sports (610) 779-2668, rhornpcs@aol.com . Online reg available at www.pretzelcitysports.com until midnight, Wed, of race week.

Last Name _____ First Name _____
Address, _____
City _____ State _____ Zip _____ Race (circle one) 10M 2M FunHike
Sex: M F Race Day Age _____ Date of Birth ____/____/____ Shirt Size (circle one): S M L XL
Telephone(_____) _____ AM? PM?
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 Family Services of Montgomery Co., 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 ____/____/12
(signature of parent or guardian if under 18)
Race Entry Enclosed \$ _____
Optional Donation Enclosed \$ _____
Total Enclosed \$ _____