

UBERENDURANCE SPORTS PROUDLY PRESENTS THE 4TH ANNUAL

# “Sloppy Cuckoo”

Trail 13.1M & 6.55M, Philadelphia, PA

Sunday, September 22nd 2013 9:00 A.M, Limit 500 Runners

Supports Friends of Pennypack Park in memory of Walter Grund

*"No need to run in Lederhosen to enjoy the German atmosphere at the post race party"*

The cuckoo bird is known for laying its eggs in the nests of other birds. He doesn't even bother breeding its eggs. Is it just lazy, or is its own place too sloppy to raise little cuckoos? Well, we are somewhat imitating that behavior, by putting our trail race within the city limits of Philadelphia. Certainly a place, where one may think a trail race does not belong.

The Sloppy Cuckoo is completely run off public roads within the gorgeous Pennypack Park. This year we offer a 6.55 Mile option, which serves as a perfect opportunity for road runners or new runners to explore the world of trail running.

Even so the course is considered not too technical, there will be rocks, roots, trees to climb over, creek crossings, horse poop, sand & if it rains the week before the race, certainly some mud. So leave your pink Nikes at home, don't be a girlie-man. You will be supported by 5 aid stations for the half, (2 for the 6.55, carry a bottle) , including the Oktoberfest aid station (unusual carbs and snacks served by the St. Pauli girls). Post race food will be provided by 2 professional chefs (Thekla Grund, former owner of the Old Brauhaus & Linda Weiss, reason #67 why Oprah's weight is yo-yoing, I did not make this up). "Uberhans" might be there also to entertain you with his accordion. If you are too slow to win an age group award, dress up. We will reward the best /funniest outfits (must be somewhat cuckoo) or find one of the **hidden cuckoo eggs** along the course to win cool prizes.

**REGISTRATION/ENTRY** Pine Road Entry at Pennypack Park, Pine Road, Philadelphia, PA 19111. Reg. opens at 7:30 a.m., Race starts: 9:00 AM. Fee is \$45 for the 13.1 (\$35 for the 6.55M) postmarked by 9/2, \$50 (\$40 for the 6.55M) afterwards incl. day of race , \$45 (\$35 for the 6.55M) once shirts are gone. **Use this app or register online at [www.uberendurancesports.com](http://www.uberendurancesports.com)**

**YOU GET:** Tech. shirt with no advertising, finisher award (cuckoo whistle from Germany), post race refreshments & German food prepared by 2 professional chefs, terrific course with no traffic , 5 super motivated (2 for the 6.55) aid stations, plenty of toilets, free parking right at start/finish area

**AWARDS:** M & F 1<sup>st</sup> & 2nd overall and Top M & F Masters (40 & over) . (Winner get's cuckoo clock, 2<sup>nd</sup> and Masters win Kukulino desk clock) plus the following age groups will receive a German weather house:

Top 5 M & F : 29 & under, 30-39, 40-49, Top 4 M 50-59, Top 3 F 50-59, Top 2 M & F 60+ (will add 70+)

**DIRECTIONS :** To get directions use [www.googlemaps.com](http://www.googlemaps.com) and enter: 8750 Pine Road, Philadelphia

**Check Payable to & mailed (with waiver) to or register online at [www.uberendurancesports.com](http://www.uberendurancesports.com)**

Uberendurancesports, c/o Sloppy Cuckoo, 2137 Old Lancaster Pike, Reinholds PA 17569.

**Race director:** Stephan Weiss, [stephanweiss@comcast.net](mailto:stephanweiss@comcast.net), 717-484-1127 [www.uberendurancesports.com](http://www.uberendurancesports.com)

Insurance Provided by Road Runner Clubs of America (R.R.C.A.)

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First name \_\_\_\_\_ Last name \_\_\_\_\_ Distance(circle): 13.1 6.55

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Race day age: \_\_\_\_\_ (must be 14 or older) Date of birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Shirt Size: S M L XL Sex: M F

Phone: (\_\_\_\_) \_\_\_\_\_ Email: \_\_\_\_\_@\_\_\_\_\_.

**WAIVER:** I know that running a trail race is a potentially hazardous activity. I should not enter and 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 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, getting lost, wildlife & insect attacks and 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 Uberendurancesports LLC, all municipalities in which the event is held, the race director, course officials, all other organizations directly or indirectly associated with the race, any and all sponsors including their agents, employees, assigns or anyone acting for on their behalf, or anyone else associated in any way with the race, from any or all claims or liability for death, personal injury or property damage of any kind of nature what so ever arising out of, or in the course of, my participation in this event(s). This waiver extends to all claims of every kind or nature what so ever, foreseen or unforeseen, known or unknown. By entering this race, I am granting permission to Uberenduranceports LLC to use any pictures or likenesses of me secured at the event in any way they see fit without review, restriction or compensation. **BY SIGNING THIS, I ATTEST THAT I HAVE READ AND UNDERSTAND THIS WAIVER: If under the age of 18, parents signature is also required.**

Signature \_\_\_\_\_

date \_\_\_\_/\_\_\_\_/2013