

THE PAGODA PACERS A. C. PROUDLY PRESENTS THE FRIENDLIEST 50K IN THE US, THE 9TH ANNUAL

“BLUES CRUISE 50K”

One of the top racecourses on the East Coast!!!

2013 RRCA 50K Regional Championship

31 MILE TRAIL RUN READING, PA

SUNDAY, Oct 6th 2013 8:30 A.M. LIMIT 400 Runners

"If you start feeling great during an ultra, don't worry; you will get over it"

Gene Thibeault

For about \$100+, you get the entry into a big city marathon, a cheap shirt and, if you are lucky, a gel at mile 22. While running the event, you will meet 24 spectators who tell you that you are almost there (usually around mile 12). You will pass 37 "balloon holding and singing walkers" around mile 5 (they must have lined themselves up with the 6min per mile pace group). You will see a couple guys dressed as Spiderman and one guy wearing a pink tutu might pass you around mile 22. After seeing 54 uninterrupted city blocks with few or no spectators, you catch a break and you get to see some Rock band. At mile 15, your legs start hurting from the constant pounding of the asphalt, and at mile 20 you start thinking that if I keep this pace up, there might be a banana left at the finisher's area!!

The Blues Cruise 50K offers a somewhat different experience. You will be running on a beautiful course, consisting of 95% single track around Blue Marsh Lake. You will witness great views and wildlife, and you will experience the friendly and laid back atmosphere of a trail ultra marathon. During your race, 7-8 fully stocked aid stations and plenty of volunteers from the local ultra running club, the Pagoda Pacers, will support you. The Blues Brothers and a nun might motivate you. Jimmy Buffet might offer you a margarita and Heidi the German waitress might offer you some refreshing carbs. Our course is suitable to introduce newcomers to the world of ultra trail running, but appeals to experienced trail runners as well. It is not easy, but very doable for the properly trained. **2013 features the new course, you will run one giant 31 Mile loop around the lake, in 2013 we will run it counterclockwise. Doesn't get any better.**

REGISTRATION/ENTRY: Blue Marsh Lake, Day Use Area, Lake View Pavilion, Leesport, PA. Reg. opens at 7:30 a.m., we race at 8:30 (approx.). Fee is \$65 includes embroidered tech Hat (and finisher-hoodie), if postmarked by Sep 9th, 2013. Afterwards \$80 with jacket, \$60 once hoodies are gone. **For more in-depth info on our event, go to www.bluescruiseultra.com**

YOU GET: Awesome finisher hoodie, tech hat, toilets, food by 2 pro. Chefs at the finish line, Well marked course, 7-8 super stocked aid stations, free race photo (for download).

AWARDS: M & F 1st & 2nd and Top M & F Masters (40 & over) plus:

Open (18-39): 5M, 5F Master (40-49): 5M, 5F Grand Master (50-59): 5M, 5F Senior (60+): 1 for every 3 entries

DIRECTIONS : For googlemaps and mapquest use: Palisades Drive, Leesport, PA 19533. On Palisades Drive look for brown sign for Day Use Area.

Check Payable to & mailed (with waiver) to: Pagoda Pacers Athletic Club, 2137 Old Lancaster Pike, Reinholds PA 17569.

Race directors: Stephan Weiss, stephanweiss@comcast.net, 717-484-1127 or Mike Yoder ratrunner45@gmail.com

www.bluescruiseultra.com

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

First name _____ Last name _____

Address _____ City _____

State _____ Zip _____ Race day age: _____ Date of birth ____/____/____ Hoodie Size: S M L XL

Sex: M F Phone: (____) _____ A.M. or P.M. (circle one or both)

Email: _____ @ _____ **app may be duplicated ---sign waiver**

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 Pagoda Pacers Athletic Club, 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 the Pagoda Pacers 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 :**

Signature _____

date ____/____/2013