

UBERENDURANCESPORTS PROUDLY PRESENTS THE 5TH ANNUAL

“Sloppy Cuckoo”

Trail 13.1M , 10k & 5k

Pennypack Park, Philadelphia, PA

New in 2014 Cuckoo Triple

(Run a ½ marathon, 10k & 5k on same day)

Sunday, September 28th 2014 8:00 A.M

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"



PENNYPACK PARK, PHILADELPHIA PA UBERENDURANCESPORTS.COM SEPTEMBER 28, 2014

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 also offer a Uber10K 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 new white Nikes at home. 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). This is our 5 year anniversary, we have put on more than 30 trail runs over the years, so we know how to setup a great trail course. "Uberhans" might be there also to entertain you with his accordion. Not fast enough 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 6:45 a.m., Race starts: 8:00 AM (11 AM for the 10K). Fee is \$45 for the 13.1 (\$35 for the 6.55M) postmarked by 9/1, \$50 (\$40 for the 6.55M) afterwards incl. day of race. More info and **online registration at 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, new 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. Insurance Provided by Road Runner Clubs of America.

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

Top 5 (Top 3 for 10K) M & F : 20 - 29, 30-39, 40-49, Top 4 M 50-59, Top 3 F 50-59, Winner M & F 60+ & under 19

DIRECTIONS: To get directions use www.googlemaps.com and enter: 8750 Pine Road, Philadelphia Uberendurancesports, c/o Sloppy Cuckoo, 2137 Old Lancaster Pike, Reinholds PA 17569.

Race director: Stephan Weiss, stephanweiss@comcast.net, www.uberendurancesports.com