

# DOUBLE TROUBLE

## 15K & 30K TRAIL RUN(S)

**Sunday, July 10, 2016 \*\* 9:00 AM \*\* Morgantown, PA**

**NEW START/FINISH-NEXT TO PLAYGROUND-FRENCH CREEK STATE PARK**

**Point scoring race in the USA T & F Mid Atlantic Off Road Series**

People LOVE to have “choices”. Women fought for years for the “right to choose”, we all want to “choose” the person that we spend the rest of our lives with rather than have it “arranged for us by Dad for 2 yaks, 6 yards of gingham & a Sony Walkman” and those in the LGBT community can now “choose” to marry so they too can be as miserable as most of the rest of us. However, too many “choices” can make one’s head burst like a piñata & reduce our decision-making to the speed of a “blue hair” driving with their parking brake on. There’s 793 TV channels now, many that can’t even be accessed thru a TV itself. And 184 people are still running for the Republican Presidential nomination. In addition to their chocolate and/or peanut “insides” M & M’s thin candy shell can now be found wrapped around pretzels, malted milk, peanut butter, almonds, sardines and sugar-cured placenta. And a Taproom less than a mile from here has over 150 beer types on hand; thank GOD it is within walking distance!!! The Double Trouble eases one’s mind due to you only having 3 simple choices to make concerning it; do 1 loop of it and finish in the 15k, do 2 loops of it and finish in the 30k or be a TOTAL WUSSY and not enter it at all. THAT’S IT!!! The DT uses a beautiful 15k loop past 2 lakes, with everyone starting together. Runners decide in midrace whether to do 1 loop or 2. Trained for the 30k but its 112 degrees in the shade that day, finish in the 15k instead. Stayed home for once the night before a race and soberly discover that you are really running strong after 15k, do another loop. There’s a full set of awards in both! You’ll declare a distance beforehand but you are no more committed to that decision than Bernie Sanders is committed to wearing a necktie to state dinners, if elected. Afterwards, relax in the shade, eat hot /cold food, hose off in the Pretzel City official “shower” and watch others suffer as they finish or decide to go on. We also have modern potties, a playground at the start/finish, parking galore, boat rentals & a pool nearby, picnic tables & LOTS of things that make this a wonderful run for you & a great place for your peeps to hang till you finish or die; whichever occurs first. This race draws 300-400 people annually for a great workout, a beautiful setting and a chance to run an 85% shaded trail; one of the FEW instances where it is bearable to do a long run at the peak of the summer. **LEGAL LINGO: YOU RACE AT YOUR OWN RISK & ARE SOLEY RESPONSIBLE FOR YOUR WELFARE WHILE RACING!** This course is easier than a Wheel of Fortune puzzle after you’ve bought all the vowels; you will NOT get lost! But if you do, be aware that we will only look for you if you promise to give us foot massages after we find you. Get dinged? Then, get your butt to a place where we have volunteers IN CARS! This race is a shade tuff due to its length and date, so entry is forbidden for 1) runners under 18 (younger ones OK for the 15k ONLY & a parent MUST be present too; not run, just present) 2) anyone who has ever attended a “gamer” convention and 3) anyone who thinks that “free range chicken” is poultry you buy that comes with a stove as a “no-cost giveaway”.

**Check Payable to & Mailed to (with waiver): Pretzel City Sports, 112 W. 36<sup>th</sup> St., Reading, PA 19606**  
**Head Case: Ron Horn, rhornpcs@aol.com , 610-779-2668, www.pretzelcitysports.com**

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Last Name \_\_\_\_\_ First Name \_\_\_\_\_

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

Sex: M F Race Day Age \_\_\_\_\_ Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Shirt Type \_\_\_\_M cut \_\_\_\_ F Cut Size: XS S M L XL XX

Email \_\_\_\_\_ Already on Pretzel City Email List? \_\_\_\_ Yes \_\_\_\_ No

Tel:(\_\_\_\_) \_\_\_\_\_ AM, PM or Both \_\_\_\_\_???

**Print Clearer than a Moonlit Sky! -- Sign back of entry – DT App may be copied**

**Entry:** Race starts at 9 A.M.; reg. opens at 7:45. \$34 if postmarked by June 22, inc. a short sleeved tech shirt in either a male or female cut, \$39 after cutoff & day of race while shirts last; \$32 when they're gone. FEW "EXTRA" SHIRTS PRINTED over our pre-reg needs so if you want one, pre-enter even if the pre-reg price break has passed!! Post race entries that enter before raceday get first dibs at the remaining shirts. Rain or shine, no refunds or mailed shirts/awards. **IMPORTANT: You MUST finish the first lap in 2 hrs or less to be allowed to do another lap' otherwise, you MUST finish in the 15k. ANOTHER CHANGE: You're ONLY eligible for an award in 1 race. If you finish in the 15k & then want to do another lap, DO IT! Just do NOT go thru the chute a 2<sup>nd</sup> time. Or you want to be counted in the 30k, do NOT go thru the chute after the 1<sup>st</sup> lap.**

**Extras:** Finishing award to all finishers (some mailed if # of finishers higher than projected), modern johns that will smell OK for the first 5 minutes, hot & cold post race grub, instant results, results on pretzelcitysports.com the next day, WELL marked course if no one screws with it, tons of parking, 3 water stops per loop (some with munchies; may still wish to carry water if super-hot), EMS on site, a course that is accessible at several spots in mid race by car, bike or off-road hoverboard. Call park at (610) 582-9680 to camp. Playground, fishing, mountain biking, canoeing, grills/tables, playground, frisbee golf, boat launch, snack bar near start.

**Awards:** M & F 1st & 2nd in each race plus:  
15K: 18-29: 4M, 4F 30-39: 4M, 4F 40-49: 4M, 4F 50-59: 4M, 3F 60-67: 3M, 3F, 68+: 3M, 2F  
30K: 18-29: 3M, 3F 30-39: 3M, 3F 40-49: 3M, 3F 50-59: 3M, 2F 60-67: 3M, 1F 68+: 2M, 1F

**Directions: From Reading:** Take Rt. 422 East of Reading about 6 miles. Take Rt. 82 South to 2nd light in Birdsboro; left on Rt. 724 East. About 1 mile; go right onto Rt. 345 South. Park is 5 miles ahead on right. Enter park; go to south side of Hopewell Lake (next to pool by lake, follow signs).

**From Phila:** Take Rt. 422 West to Rt 100 South in Pottstown, Take Rt 100S to first exit, Rt 724 West. Go about 6 miles toward Birdsboro until you reach Rt. 345 South. Take left on Rt 345 (can't go right). Park is 5 miles ahead on right. Enter park; go to south side of Hopewell Lake (next to pool by lake, follow signs).

**Alt. Way from West:** Take PA Turnpike Morgantown exit, go east on Rt 23 until 345 North, take 345N to 1st Park road. Enter & go to T, go right, then go right again to back of lake next to pool.

**Alt. Way from East:** PA turnpike to Downingtown exit, go Rt 100 North to Rt 23 West, take 23 W until 345 North, take 345 N until 1st Park road. Enter, go to T, go right, then right again to back of lake next to pool.

**ANOTHER alt way from West:** Take Downingtown exit, Rt 100 N to Rt 401 W (or N) toward Elverson. Rt 401W eventually crosses Rt 345N, which is the road that French Creek Park is on. Turn right, cross Rt 23, go about 4 miles North to Park. Enter, go to T, go right, then right again to back of lake next to pool.

**WHY, in the age of GPS and Tom Tom's, do we STILL have to give you directions??**

**optional on-line reg via credit card available on [www.pretzelcitysports.com](http://www.pretzelcitysports.com)**  
(closes midnight, the Wed before the race, nominal service charge applies)

**INSURED BY THE ROAD RUNNERS CLUB OF AMERICA**

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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, winter 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 Pretzel City Sports, French Creek State Park, PA Dept of Conservation & Natural Resources, 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. Also, By entering this race, I am granting permission to Pretzel City Sports 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 & UNDERSTAND THIS WAIVER:

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_/20\_\_\_\_