

A chance to "horse around" in the pony poo capital of the world; the 19th Annual

EVANSBURG CHALLENGE

10 Mile & 7k Trail Races

Sun., October 16, 2016 - 10 A.M. Evansburg State Park near Collegeville, PA

10 Miler is a Point Scoring Run in the Mid-Atlantic USA Track & Field Off-Road Series

Proceeds Benefit Family Services of Montgomery Co

Too often, trail runs seem to fall into two VERY SEPARATE categories. Many are REALLY TUFF trail runs (spelled that way so you know it is REALLY tuff!). These races charge HIGH fees, have "ultimate," "warrior" or "adventure" in their name (or all 3), traverse multiple counties, send you up climbs that a seasoned Sherpa would avoid, run you through crocodile infested waters (except around here, where the crocs are replaced by minnows or an errant carp) and even provide snakebite kits at bib pickup (true story!). At the other end of the spectrum is the "5k trail race" that is, in fact, not even trail! Such 5k's are mostly held on surfaces that are so flat and pristine that you could push your 2-year-old in a baby jogger for the whole race and their teeth would not look like a West Virginia moonshiner's at the end. The winner of it often runs a sub-17 and the biggest injury one might get is being hit by a person on their WalMart "Huffy" going the other way. The Evansburg Challenge does NOT fit into either of these categories; it is exactly what a trail run should be! Our longer distance is long and technical enough to justify you making the drive from afar and even our shorter race has all the neat things that trail runs are supposed to have; downed logs, muddy spots, water to cross, deer with Uzis, etc. Both races are MORE than enough for the "trail addicts" out there but are also easy enough that newbies will not be in "over their head" (unless they take a bad "line" in the creek crossing). Both courses use fairly flat and well-marked pony paths along (and through) the Skippack Creek. You'll encounter mudholes, fall foliage, wooden bridges, 2 wide but shallow creeks (10 miler only), other minor water crossings if it rains near raceday, one muddy climb near the end (10 miler only but BOTH races MAY end up with an added hill in 2016) and pony poo paddies the size of manhole covers throughout! And you get ALL of this and a fall-colored rustic course seemingly in the middle of nowhere, while you are less than 2 miles from a WAWA! Our 10-mile course is one of the easier and prettiest long trail runs in the region and our shorter course is one of the FEW short trail runs that actually SEEMS like a trail run! **America-Land of Opportunity:** Unlike more totalitarian countries, we Americans relish the right to make our own choices. And here, you get that right! Both events will start at the same time and use the same first 7k. You'll indicate a projected distance you'll run. But you are NOT bound to that projection; finish in the 7k when you pass that spot or go on instead and do 10M. One caveat: **walkers are ONLY allowed in the 7k.** Come see what a BEAUTIFUL park still exists a short drive from some of the worst traffic jams in the world! **NOTE: YOU RACE AT YOUR OWN RISK and are SOLEY responsible for yourself at all times.** As easy as this race is, falling leaves on the trail do hide a root or a rock that may "grab your foot." If you get a boo-boo, don't sit down there and wait for our RescueHoverBoard to arrive. Instead, limp or crawl to the next aide station or road crossing so we can get to you via fossil fuel. And, although this isn't a hard race, it's still challenging enough, so entry is discouraged (but allowed) for those under 15 (for 10 miler) and those under 12 (for 7k). Others that should pass up this race are those who think that they'll finish spotless (fool!), those who could get lost in a phone booth (remember what those are?) and anyone who needs floaties on their arms to tackle our creek crossings.

Send waiver and check payable to: "Family Services of Montgomery Co." and mail both to Family Services of Montgomery Co., 3125 Ridge Pike, Eagleville, PA 19403. Race Questions? Contact Karen Konnick at 610-630-2111 ext. 227 or kkonnick@fsmontco.org. Course Questions? Call Pretzel City Sports 610-779-2668, rhornpcs@aol.com. Online reg available at www.pretzelcitysports.com until midnight, Wednesday, October 12.

Last Name _____ First Name _____

Address _____

City _____ State _____ Zip _____ Sex: M F

Race Day Age _____ Date of Birth ____/____/____ Shirt size (circle one): S M L XL

Telephone (____) _____ AM? PM? 10M or 7K

(Circle one. Non-binding. Can change mind midrace.)

Email _____ Already Getting Pretzel City Sports emails? ____ Yes ____ No

SIGN BACK OF APP

EVANSBURG APP MAY BE DUPLICATED

Entry: Race starts at 10 A.M. Registration in the Park Pavilion from 8:45 to 9:45 a.m. (follow signs to reg.). Fee is \$25 if postmarked by October 4 and includes a short sleeve T-shirt. \$30 after October 4, including raceday. Shirt guaranteed to those who register by October 4, available to late entries while they last. Very limited number of extra shirts will be printed so register early! No mailing of shirts or awards. No refunds. Race goes on rain or shine. May delay race start for lightning. Should be at least 15 years old to enter 10 miler and 12 years old to enter 7k. **NOTE: MANY OF OUR REGISTRATION VOLUNTEERS 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 PARK AT A REMOTE LOCATION IF GETTING THERE AFTER 9:30.**

Online registration available at www.pretzelcitysports.com until midnight on Wednesday, October 12. Nominal service fee applies.

WARNING: Any 10M entry not reaching the 7k point in 1 hr, 10 minutes MUST finish in the 7k, regardless of the event they entered. Going past this spot is probably a bit more demanding than you can handle plus we'll begin taking down the course past the 7k mark at 1 hr, 10 minutes into the race to insure the safety of all. We'd rather everyone finish healthy than risk the problems that occur when someone tries to exceed their level of fitness.

Other Reasons to Enter: 3 water stops on 10M course, 1 on 7k. Results posted at www.pretzelcitysports.com next business day after race, instant results posted at race, some mile markers, digital clock at race finish, modern bathrooms, post-race food, a well-marked trail, a fair amount of nearby parking, AND it benefits a great cause!

Awards:

10 Miler:	1st & 2 nd Overall Male and Female Plus:				
16-29: 4M, 4F	30-39: 4M, 4F	40-49: 4M, 4F	50-59: 4M, 3F	60+: 4M, 2F	
7K:	1st & 2 nd Overall Male and Female Plus:				
16-29: 3M, 3F	30-39: 3M, 3F	40-49: 3M, 3F	50-59: 3M, 3F	60+: 3M, 3F	

Benefits: Proceeds benefit Family Services of Montgomery County. Please consider making an additional donation or becoming an event sponsor. To learn more about our programs for children, seniors and families in Montgomery County, please call 610-630-2111 or visit fsmontco.org.

Directions:

FROM SOUTH, EAST & WEST: Take Rt. 422 to the Colledgeville Exit (Rt. 29). Take Rt. 29 North into Colledgeville until it intersects with Ridge Pike (bus Rt. 422) at light at McDonalds. * Turn and cross the bridge toward the right and then 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 Colledgeville until it intersects with Ridge Pike (bus Rt. 422) at the light at McDonalds. Follow directions above after *.

COURSE DESIGN AND TRAIL MARKING BY PRETZEL CITY SPORTS

WAIVER: I know that running a trail run is a potentially hazardous activity. I should not enter or 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, 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 ____/____/____	Race Entry Enclosed	\$ _____
(signature of parent or guardian if under 18)		Optional Donation Enclosed	\$ _____
		Total Enclosed	\$ _____