

A run with more "close calls" and "collisions" in it than nearby Rt. 422 at rush hour, the 18th Annual

EVANSBURG CHALLENGE

10 Mile & 7k Trail Races

Sun, Oct 18th, 2015 - 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

Certain things in life you absolutely should not try, if you are one of those people that have to be 100% sure that the end results will be GREAT! Skydiving comes to mind as one such thing. On rare occasions, that activity gives new meaning to the phrase "chute to kill." Similar bad things to try for those requiring an "always positive" result include operating a fireworks business from home, marrying a Kardashian, doing karaoke in public after having 3 drinks, and telling your sister or brother that you can't stand their spouse. However, if you have EVER wanted to try trail racing, you can be 100% sure that THIS event is one you will LOVE! The "Challenge" is a great race for trail newbies that want to get a little muddier than they are accustomed to, yet the course has enough unique features that trail vets won't fall asleep. The scenic 10 miler uses fairly flat and well-marked pony paths along (and thru) the Skippack Creek. You'll encounter mudholes, fall foliage, wooden bridges, 2 wide but shallow creeks, other minor water crossings if it rains near raceday, one steep muddy climb near the end and pony poo paddies the size of a Fiat. You'll be amazed at the sense of wild you get in a park that is, ironically, a scant half hour drive from the Wage Tax and Traffic Jam Capital of the World, aka Philly. Come on out and tour this MontCo gem that somehow makes you feel like you are in the middle of nowhere, despite being less than 2 miles from a brewpub! Because everyone knows that if you are ANY more than a 10 minute drive from a brewpub nowadays, you truly ARE in the middle of nowhere! And thirsty too! **New for 2015!** Not sure you can run 10 miles or not crazy about being knee deep in a creek during late October or want to be at the finish line when your loved one comes in from the 10 miler? Then try our new shorter race, which eliminates the steep hill and all but a 4 ft water crossing (even it only exists if it has rained recently). All runners will start at the same time and run the same first 7k. But you'll veer off to the finish line at 7k while others forge on thru the muck and mire making up the last 5.5+ miles. There are awards for both events plus walkers too are allowed in the 7k (but NOT in the 10 miler). Now, you can experience what your "more fit" running partner in the longer race is feeling too, but with less than half the aches, mud, brush burns, face plants, etc that they will endure. In a day when events come and go, there is a reason that we are in our 18th year; it's a GREAT race. **NOTE: YOU RACE AT YOUR OWN RISK and are SOLEY responsible for yourself at all times.** As easy as these trails are, some runners stub a toe or rankle an ankle every race; the falling leaves on the trail hide a root or a rock in the middle of it sometimes. If this happens to you, do not sit down on that spot and wait for an emergency camel train, Segway driver or St Bernard to come get you; we have none of those things! Instead, crawl, limp or hop your way 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, so entry is discouraged for those under 16 for the 10 miler and under 12 for the 7k. Others that should pass up this race are those who think they have time to remove their shoes at every water crossing or mudhole, those that pull something or bruise something while merely sneezing, and anyone who thinks that Pepsi is even better for you now that you can get it made with "real sugar."

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, Wed. October 14.

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 in 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 5 and includes a short sleeve T-shirt. \$30 after October 5, including raceday. Shirt guaranteed to those who register by October 5, 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 16 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 14. 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 Collegeville Exit (Rt. 29). Take Rt. 29 North into Collegeville 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 Collegeville 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	\$ _____