

A chance to “pony up” some money for a good cause in the horse riding capital on eastern PA; the 20th Annual

# EVANSBURG CHALLENGE

## 10 Mile & 7k Trail Races

Sun., October 15, 2017 - 10 A.M. Evansburg State Park near Collegeville, PA

Park Address: 851 May Hall Rd, Collegeville, PA 19426

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

**Proceeds Benefit Family Services of Montgomery County**

Among other things, the Philly region is known for things that are somewhat twisted (soft pretzels, garlic knots, most local elections), messy (cheesesteaks, Schuylkill Expressway traffic, Bill Cosby’s legal issues) and things that stink (the Phillies, the refineries, the city wage tax, the city beverage tax, the Eagles locker room after a game in Aug). Ironically, the Evansburg Challenge, some 30 miles N.W. of Philly, has all of these same components!!! Its course twists and turns thru great fall scenery, many of its entries are somewhat twisted too and even a few ankles will probably get twisted before the day is out. Those same trails can get pretty messy too! Just a few years ago, after a really wet week leading up to the race, some 30-40 runners reported actually having to stop to search for shoes that got sucked off by the mud; some on their hands and knees. As for “stink,” the trails that make up this run are used 365 days/year by the multiple stables that border the park and, unless the laws change by then, Trigger ain’t wearing no Depends!!! If you think that your sneaks smell bad BEFORE the event, just WAIT until you’ve finished! Be smart; bring a second pair for the ride home. Or wear something that’s “on its last legs,” just like YOU! Seriously, the park is beautiful and almost “bowling alley flat” and it’s one of the best locations for a person that wants to try trail running without increasing their life insurance. Still, with two late fall creek crossings (ankle deep) and single track trails thru bogs and pony piles, it’s also great for masochists who don’t feel a race is hard enough unless they go home with some new scars. Visit one of the few places within 10 miles of the Collegeville exit of Rt 422 on which they have NOT built a mall, office building or subdivision. A place that deer, raccoons, wild turkeys, squirrels and even coyotes call home; saw one while marking the course in 2016! **WARNING: YOU RACE AT YOUR OWN RISK and are SOLEY responsible for yourself at all times.** We’ll sweep the course but can’t fit your body into our backpack so, if hurt or dead, please limp to the next aide station so we can return you to the start just before you start threatening legal action. Due to the extra time it takes, no “walkers” may do the 10 miler; JUST the 7k. Also, entries below 15 yrs old in the 10 miler are discouraged. We DO NOT look for lost runners so keep that in mind when you kick around the idea of entering someone fairly young, ESPECIALLY if you do not plan to run with them. Others discouraged from entering are those that pull something every time they sneeze, people that have any hope of finishing with clean or dry shoes, and people who expect us to take a “pooper scooper” to the 10 miles of trail before raceday!

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](mailto:kkonnick@fsmontco.org). Course Questions? Call Pretzel City Sports 610-779-2668, [rhornpcs@aol.com](mailto:rhornpcs@aol.com).

Online registration available at [www.pretzelcitysports.com](http://www.pretzelcitysports.com) until midnight, Wednesday, October 11.

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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 3 and includes a short sleeve T-shirt. \$30 after October 3, including raceday. Shirt guaranteed to those who register by October 3. Available to late entries, including “day of” 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. Suggest that one 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](http://www.pretzelcitysports.com) until midnight on Wednesday, October 11. 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](http://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<sup>nd</sup> 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<sup>nd</sup> 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 the organization’s programs for children, seniors and families in Montgomery County, please call 610-630-2111 or visit [fsmontco.org](http://fsmontco.org).

**Directions to Park located at 851 May Hall Rd, Collegeville, PA:**

**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**

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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 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 \_\_\_\_/\_\_\_\_/\_\_\_\_  
(signature of parent or guardian if under 18)

Race Entry Enclosed \$ \_\_\_\_\_  
Optional Donation Enclosed \$ \_\_\_\_\_  
Total Enclosed \$ \_\_\_\_\_