

DOUBLE TROUBLE

15K & 30K TRAIL RUN(S)

Sun, July 23, 2017 ** 9:00 AM

French Creek State Park, south of Birdsboro, PA

New for 2017: Clydesdale and Master Clyde awards.

Most of the time, if you are “seeing double”, it is NOT a positive. For example, if you fall off your Mt Bike and you see 2 rock where there once was 1, stop buying your helmets at WalMart; you have a concussion! If you start driving home and you see two white lines down the middle of a country road, pull over IMMEDIATELY, you menace; you’re drunk! And if you happen to marry an identical twin, hopefully she’ll have a exclusive mole on the back of her neck so you don’t come home, walk in the door, sneak up on what you THINK is “her” and grab the butt of her sister instead. Now that is NOT to say that “seeing double” is always bad. For example, take the Double Trouble Trail Run. Yes, it is a “single” course of 15k that goes past 2 lakes, thru beautiful woods and past wildlife, campers, scenic views, hikers, etc. All people start this loop at the same time. But here, if you WANT to “see double”, just do the lap the 2nd time and good things will happen, such as maybe medaling in our 30k. As long as you finish the 1st lap in 2 hr or less, YOU decide in midrace whether to do 1 loop or 2. Trained for the 30k but you could fry an egg on the sidewalk (why you refuse to use a pan like everyone else is anyone’s guess), finish in the 15k instead. Entered the 15k but changed to a new exciting diet/supplement/’roid the week before the race and have “energy galore like never before”; take a shot at 2 loops. 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 Congress is committed to a well-thought-out Affordable Health Insurance Plan. Afterwards, relax by the lake 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 250-400 people annually for a great workout, a beautiful setting and a chance to do a long or longer run that is 85% shaded; one of the FEW locations where it is bearable to do a long run at the peak of the summer. **LEGAL B.S: YOU RACE AT YOUR OWN RISK & ARE SOLELY RESPONSIBLE FOR YOUR WELFARE WHILE RACING!** This course is easier to follow than Tom Cruise’s logic for being a Scientologist. And you WON’T get lost. But if you DO get scraped, crawl 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) people who think that Def Leopard is a big cat that is hard of hearing and 3) anyone who can actually tell you what Lady GaGa’s real name is-GET A LIFE!! **NOTE TO WALKERS: We NORMALLY do not permit walkers in our events due to the strain that the extended finishing time puts on our volunteers. However, since this is a 2 lap course, walkers MAY enter to do the 15k.**

Entry: Race starts at 9 A.M.; reg. opens at 7:45. \$34 if postmarked by July 10, inc. a short sleeved breathable 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. Also, 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 2nd time.**

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
Open Clydes (39 & und): 2M, 2F Master Clydes (40+): 2M, 2F Top Clyde Regardless of Age: 1M, 1F

Clydesdale Qualifying Weight: Men: your weight (in lbs.) divided by your height (in inches) must be at least 2.75 lbs./inch. Women: same formula but your "min" is 2.20 lbs./inch. This method stops the "buff but big's" from taking these awards from the more challenged "fluffies". May have scale on site to both confirm eligibility & embarrass

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.

For GPS & Tom Tom, use address of 843 Park Rd, Elverson, PA 19520

optional on-line reg via credit card available on www.pretzelcitysports.com

(closes midnight, the Wed before the race, nominal service charge applies)

INSURED BY THE ROAD RUNNERS CLUB OF AMERICA

Check Payable to & Mailed to (with waiver): Pretzel City Sports, 112 W. 36th St., Reading, PA 19606

Head Case: Ron Horn, rhornpcs@aol.com, 610-779-2668, www.pretzelcitysports.com

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 _____ ??? Clydesdale?? ____ Yes ____ No

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____

Print Clearer than a Baby's Butt! -- Sign above waiver -- Dbl Trbl App may be copied