

# 'Ghouls & Fools'

## 10K (more or less) Nighttime Trail Run

Sat. Night, Oct 28, 2017 - 7:00 PM (EST) - Reading, PA

*"We Provide the Organization - You Provide the Illumination"*

Despite claims by psychics, soothsayers, etc, no one knows the future. The garage band down the street; the next Led Zeppelin or the next MIS-lead Zeppelin? When the Zombie Apocalypse comes, will they suck our brains out thru our ears or co-exist peacefully amongst us, turning out to be really talented yet surprisingly affordable gardeners, country music fans & fellow members of Oprah's Book Club. Will Donald Trump morph into our best President ever? Or will he become our LAST President ever? KABOOM!! The real message here is that we never REALLY know what is in store for us until it occurs! Take, for instance, the Ghouls and Fools Nighttime 10k. Will those eyes in the dark ahead of you be those of a race volunteer or those of the rarely seen coyotes that live just off the course. Will that sound behind you be a heavy breathing runner or the hissing sound made when a deer farts? Will you be aghast when you see the trail below you or better off if your light goes out so you see nothing!!! HERE is what we DO know about the future "Ghouls". You WILL have fun! You WILL NOT get hurt (probably)! It DOES use some of the easiest and cleanest trail overlooking Reading, PA! There WILL be on-course surprises such as unique aide stations w/witches brew, volunteers in costume, Halloween items along the course that earn you door prizes, a cash bar at the end and other silly stuff. We've EVEN added some Clydesdale awards this year for those that like Candy Corn too much! The Ghouls, one of the most popular nighttime trail runs in America, is run **in the pitch dark** thru the woods using only the light you provide from your headlamp, cell phone, flashlight, or flame thrower. Even the cleanest rustic trails in PA are littered with rocks & roots, downed trees, rough footing, fallen runners and used birth control supplies, yet, fear not!! It's so well marked with reflecting tape & glow sticks that even your directionally challenged spouse could follow it. The event draws some very talented runners. But it ALSO draws people that measure their 10k time with a sun dial. Come see what happens in the woods after dark because it's FRIGHTENLY FUN! And dress crazy; Halloween's JUST around the corner & we have awards for the best attire!! **NOTE: YOU ALONE ARE RESPONSIBLE FOR YOUR WELFARE DURING THIS RACE.** We have less boo-boos in this race than a Yogi Bear episode. But if you do get dinged, get to a lit aide station so we can find you! Since this race requires a certain degree of semi-maturity, we discourage those under 18 from doing this race (16 & 17 year olds OK to race ONLY IF a parent attends, entries below 16 MUST have someone run with them). Other not especially welcome are those that give out tofu tootsie rolls for Halloween, people dressed as Dallas Cowboys & and anyone who looking surprisingly like Freddie Krueger, DESPITE not wearing a mask!

**Check Payable to & Mailed to (with waiver): Pretzel City Sports, 112 W. 36TH ST., READING, PA 19606  
Biggest Fool: Ron Horn, rhornpcs@aol.com , 610-779-2668 day or night, www.pretzelcitysports.com**

**OPTIONAL ONLINE REGISTRATION AVAILABLE ON WWW.PRETZELCITYSPORTS.COM  
(a nominal processing fee applies, closes on midnight, the Wed before the event)**

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**PRINT LIKE YOU ARE NOT ALWAYS IN THE DARK \* SIGN GHOULS WAIVER ON BACK \* NO ENTRY LIMIT**

Last Name \_\_\_\_\_ First Name \_\_\_\_\_  
Street Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Sex: M F Race Day Age \_\_\_\_\_  
Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Shirt "Cut" \_\_\_\_\_ Mens Reg \_\_\_\_\_ Female V-neck \_\_\_\_\_ Tech Shirt Size: XS S M L XL 2X  
(tech shirts only guaranteed to entries by price change date)  
Email \_\_\_\_\_ Already get Run Update eNewsletters? \_\_\_\_\_ Yes \_\_\_\_\_ No  
Tel:(\_\_\_\_\_) \_\_\_\_\_ AM? \_\_\_\_\_ PM? \_\_\_\_\_ BOTH? \_\_\_\_\_

**AWARDS:** M/ F 1st & 2nd overall (no repeats) and best M and Female costume plus  
0-29: 4M/4F 30-39: 4M/4F 40-49: 4M/4F 50-59: 4M/4F 60-67: 4M/3F (60+ only for F) 68+: 2M  
Open Clydes (39 & und): 2M, 2F Master Clydes (40+): 2M, 2F Top Clyde Regardless of Age: 1M, 1F

**Clydesdale Qualifying Weight:** Men: 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 "tall but buff" from taking these awards from the more challenged "fluffies". May have scale on site to both confirm eligibility & embarrass. NOTE: There is no way to pre-declare your intentions to enter as a Clydesdale. Besides, who knows what you'll weigh by Oct. Instead, **LET US KNOW THAT DAY TO CODE YOU AS A CLYDESDALE ON YOUR BIB!! AND MAKE SURE WE DO! NO POST-RACE CODING WILL BE DONE.**

**REGISTRATION/ENTRY:** Reading Liederkrantz German Singing & Sports Club, 143 Spook Lane, Reading, PA. Reg. opens at 6 P.M.; we race at 7 PM or as soon as it's dark enough after 7. Fee is \$34 w/ wicking hi-tech shirt if postmarked by Wed, Oct 11, 2017. Afterwards, \$39 while tech shirts last (inc. day of race), \$33 when gone.

**WARNING:** HI-TECH WICKING SHIRTS COST SUBSTANTIALLY MORE THAN REGULAR SHIRTS.

BECAUSE OF THIS EXTRA COST, **FEW** extra shirts are printed than those ordered by prereg entries so enter before the race date if possible to increase your chances of getting a tech shirt!. Some standard shirts may be available for post reg runners that night. No entry limit! We race in rain, snow or threat of darkness (DUH!!) No refunds, no mailed shirts or awards; no smoking at race site please, **NO OUTSIDE BEER ALLOWED AT LIEDERKRANTZ; THEIR RULES!** FRIENDLY dogs now permitted but leave "Killer" home. And clean up after them!! AND yourself!

**WHAT YOU GET:** Hi-Tech wicking short sleeve shirt with a unique & memorable design (no ads on it), 2 water stops (1 with alternative beverages), indoor johns, covered pavilion, refreshments for racers, wheel measured course, entertainment, some special award categories, a German BeerGarten with fine beers and ales for purchase, results on www.pretzelcitysports.com in 24-48 hrs and the right to say you did something that boring, uptight people that you know (your Boss, your Mother-In-Law, etc) say is "idiotic" or "juvenile" or "not in keeping with someone of your stature and upbringing". Yeah!! Right!! **Also, bring your own glow jewelry, we have discontinued giving it out because too much of it ends up falling off on trail. Plus, you have better taste in jewelry than we do anyway!**

**GPS/MAPQUEST INPUT:** 143 Spook Lane, Reading, PA 19606 or "Spook Lane & Hill Rd" or "Hill Rd & Glen Rd"

**DIRECTIONS FROM : PHILLY: IMPORTANT: DO NOT USE MAPQUEST DIRECTIONS FROM PHILLY!**

Instead, take Rt. 422W from King of Prussia. Just before Reading, 1 block past Arby's & Burger King, bear right onto Bus. Rt. 422, marked "Mt. Penn"; DON'T follow sign to Reading **\*\* Go 3 miles until road splits at CVS. 1/10<sup>th</sup> Mile later, JUST PAST Francesca's Restaurant, take right onto Glen Rd (sign missing, turn just before bridge). At end of Glen, turn right & then take your next right just 50 yards ahead. Look for sign to Stokesay, Liederkrantz is next door.**

**YORK/LANCASTER:** Rt. 222 N to Reading. Follow new bypass to Rt. 422 East. Exit at Mt Penn. Take a left, go 3 lights to Bus. Rt. 422. Take a left, follow the Philly directions above after the asterisk \*\*.

**ALLENTOWN:** Rt. 222 S onto new Reading bypass, merge onto Rt. 422 East (Reading/Pottstown). Go around Reading and exit at Mt Penn. Go left, go 3 lights to Bus. 422W. Take left, follow Philly directions after asterisks \*\*.

**LEBANON:** Take Rt. 422 East. Just past Berkshire mall, bear right onto Rt. 422E. Continue on bypass past Reading to Mt Penn exit. Take left, go 3 lights to Bus.422W. Go left, follow Philly directions above after asterisks \*\*.

**COAL REGION:** Take Rt 61 South onto Rt 222 Bypass, follow same directions above listed in "Allentown"

Insurance Provided by Road Runner Clubs of America (R.R.C.A.)

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WAIVER: I know that running a trail race, at all times, is a potentially hazardous activity. I should not enter and 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, getting lost, wildlife and insect attacks and 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, all municipalities in which the event is held, the race director, course officials, all other organizations directly or indirectly associated with the race, any and all sponsors including their agents, employees, assigns or anyone acting for on their behalf, or anyone else associated in any way with the race, from any or all claims or liability for death, personal injury or property damage of any kind of nature what so ever arising out of, or in the course of, my participation in this event(s). This waiver extends to all claims of every kind or nature what so ever, foreseen or unforeseen, known or unknown. 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. BY SIGNING THIS, I ATTEST THAT I HAVE READ AND UNDERSTAND THIS WAIVER:

Signature \_\_\_\_\_ Date \_\_\_\_\_, 20\_\_\_\_

Parent must sign if under 18