

“UGLY MUDDER”

13K TRAIL RUN, READING, PA

SUN, FEB 18, 2018**11 A.M.**NO ENTRY LIMIT

There are certain “absolutes” in life; rules NEVER to be violated if we want a perfect society. On every table in every restaurant everywhere, the ketchup label should say “Heinz”. Next to it, the mustard must be “French’s”. Rosie O’Donnell should never have a talk show again. Or, even TALK again. Silvester Stallone should never take his shirt off again in another “Rocky” movie. Twitter should never permit another Donald Trump “tweet”. No one should ever spend money restoring a “Yugo”. No Congressman should every be allowed to serve more than 2 terms (so they’ll spend the 2nd term actually getting something DONE instead of spending all of their time trying to get re-elected). And no one should ever start a group that ends in “Lives Matter” unless they include EVERY life in that title; because EVERY life DOES! Another “absolute” is that there are certain trails on the hill overlooking Reading that are so “ugly” that they should NEVER be used in a trail race. Yet, because we will never achieve a “perfect society”, some of these absolutes will inevitably be ignored. And, yes, we here Pretzel City have been ignorantly ignoring one absolute for the last 15 years by stringing together miles & miles of these “ugly” trails to create the Ugly Mudder Trail Run. Heck, we’ve even added more of them in ‘18 so that the race moved from 6.5 miles in the past to 13K. The trails that make up the Ugly Mudder are the ones too rocky, overgrown, undulating, muddy or littered to be used in most of our other races. They are best used by “yaks” and “smugglers”, not trained athletes with pristine ankles and unscrapped knees. And yet, Pretzel City decided 15 years ago that it would be fun to see how “jocks”, at breakneck speed, would navigate this assortment of hills, downed logs, debris, rocks & roots, discarded condoms & underclothing, deer dung and urban relics. Still, it isn’t ALL a torture test; it has a great post race party with a free breakfast and music, funny signs on trail to ease your pain, unusual aide stations with equally unusual beverages, cold volunteers that will treat YOU even “colder”, great course markings & other niceties that has made this, on several occasions, one of the 5 largest rustic trail runs in the entire country & the largest East of the Mississippi. In fact, annually, 99.9% of its participants live to run another day so how hard can it be? Come join the 300-600 people each year that REFUSE to let ankle deep snow, sub-zero temps and a few rocks & roots turn them into candyasses, wimps, girlymen or, worst of all, “road runners”. **LEGAL B.S: You RUN AT YOUR OWN RISK & you alone are responsible for your welfare at all times while racing!!** You won’t get a scratch in this race if you learn to pick up your feet (or if it snows and covers the rocks). But if you get a BAD scratch, crawl to an aide station so we can pick you up in a warm car. You also won’t get lost unless you are geographically clueless, but if you do, ask someone how to get to Stokesay Castle and then call Uber; the finish is right next door. Since this is a mid-level challenge, you must be 1) 18 or older (16 & 17 yr olds OK with a parent present-younger entries can contact the Director for permission) 2) not a person that thinks that a handicap ramp qualifies as a “hill” and 3) not someone that gags when you see snot frozen to someone’s mustache, beard or pigtails. Because you’ll probably see that, before the day is out!

REGISTRATION/ENTRY: Reading Liederkrantz German Singing & Sports Club, 140 Spook Lane (off of Hill Rd), Reading, PA (same place as most PCS events). Reg. opens at 9:45 a.m., race at 11. Fee is \$34 w/ long sleeve tech shirt if postmarked by Fri, Feb 2. Afterwards, \$39 while shirts last (inc. day of race), \$33 when gone. FEW extra shirts are printed than those ordered by prereg entries! If you fail to pre-enter, the only "picture" you may have of an "Ugly Mudder" may be the picture of you in your Prom outfit. Even if you register in the post-reg period but before raceday, you’re almost surely get a shirt of your preferred size (on-line reg on the pretzelcitysports.com site will close at Midnight of the Wed before the race). We race in & on rain, ice, snow, bitter cold and frozen snot, so the chance of postponement is SUPER-slight! If we DO have suspect conditions, check www.pretzelcitysports.com's home page or call 610-779-2668 after 6 AM raceday ONLY if roads are pretty much impassable that day (not just a little “sub-par”). **If postponed, an email will be sent to all runners on our eblast list too, the minute we make a decision but if we only have your work email, you’re screwed. If postponed, it will be held on the following Sunday; same time, same place, better weather.** No refunds, no mailed shirts or awards; no whiners, no crybabies & no one that thinks that snow half way to your butt crack (as in years past) constitutes un-runnable conditions. 'Cause we proved that it can be run in, just REALLY, REALLY slowly! Also, bring extra shoes for going inside! **ATM on site; usually works.**

YOU GET: Long sleeve tech shirt with a memorable design, hot breakfast, indoor reg. & toilets, post-race munchies, WELL marked course, 2 water stops, live music, finish place posted immediately & results on www.pretzelcitysports.com on the first

business day after the race, unique aide stations & other surprises not yet finalized. Breakfast tickets can be bought at registration for your peeps! Suds/chilled Jaegermeister/strange Germanic meats available for purchase.

TONS OF AWARDS:

M & F 1st and 2nd Overall + Top M & F Masters (40 & over) +:

16-29: 5M, 5F 30-39: 5M, 5F 40-49: 5M, 5F 50-59: 5M, 5F 60-67: 4M, 3F 68+: 2M, 2F

Top Clydesdale: 1M, 1F Open Clydes 39 & under: 2M, 2F Master Clydes 40 and over: 2M, 2F Clyde Weight Minimums: 210 for men, 160 for women. **NOTE: YOU CAN ONLY REQUEST TO ENTER CLYDESDALE ON RACE DAY; WE'LL MARK IT ON YOUR BIB ONCE YOU DO. WE DON'T ALLOW IT IN ADVANCE SINCE WHO KNOWS HOW MUCH YOU'LL LOSE THRU THAT "AFTER THE HOLIDAYS" DIET!**

DIRECTIONS FROM : PHILLY: IMPORTANT: DO NOT USE MAPQUEST DIRECTIONS FROM PHILLY! Instead, take Rt. 422 West from King of Prussia. Just before Reading, at the new **TARGET/LOWES/GIANT** on your right, bear right onto Bus. Rt. 422, marked "Mt. Penn"; **DON'T** follow sign to Reading **** Go 3 miles until road splits at A CVS. 300 yds later, JUST PAST a Restaurant on your right, take right onto Glen Rd (COMES ON YOU QUICK, sign missing, ROAD RIGHT BEFORE BRIDGE).** At end of Glen, turn right and then take your next right just 50 yards ahead. Or follow the signs to Stokesay, the Liederkrantz driveway is right next to it.

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

ALLENTOWN: Take Rt. 222 S, 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"

BALTIMORE: Rt 83 North to Rt 30 East at York to Rt 222N at Lancaster. Follow Lancaster directions above.

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

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

Registration on www.pretzelcitysports.com not required but always encouraged!

(small service fee applies, closes at midnight on Wed the week of the race)

Check Payable to & mailed (with waiver) to: Pretzel City Sports, 112 W. 36th St., Reading, PA 19606. Ugly Head: Ron Horn, rhornpcs@aol.com, www.pretzelcitysports.com or 610-779-2668 (but not during Survivor, Amazing Race, Tosh.0 or any Eagles game (inc. post-game commentary)). Normal Office Hours: M-F 8 am till 4 pm. Often here other hours too.

While the course is "UGLY", your printing should be anything but!***Ugly Mudder App May be duplicated***Sign waiver

First name _____ Last name _____
Address _____
City _____ State _____ Zip _____ Sex: M F Race day age: _____ Date of birth ____/____/____
(must be 18 or more)
Long Sleeve Tech Shirt Size: S M L XL 2X Phone: (____) _____ A.M. or P.M. ? (circle one or both)
(circle one)
Email: _____@_____ Already Get Run UpdateEmails? ____ Yes ____ No
(if checked regularly)

WAIVER: I know that running a trail race 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 & 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____