

'DARK & DIRTY'

10k Nighttime Trail Run

Sat. Evening, April 29, 2017 - 8:15 PM (approx) - Reading, PA

"We Provide the Organization, You Provide the Illumination"

There are some popular products for which we have NO idea what is in it, or at least, how much of each item is in it, when do they add each item, is it heated/cooled/mixed first, etc. You can find out how to build a nuclear bomb on the internet! But try to find the formula for Coke there! Coke's full formula is only known to about 5 Coke executives & each submits to a cranial molecular memory "scrubbing" when they leave the firm. And NO ONE knows what's in Mixed Fruit Jelly; what fruits, how much of each, what color it should be, etc. And do they let the fruits "mix it up" before they put them in those packets or do they do that for us? Don't EVEN ASK what's in a Hot Dog. Just take solace that U.S.D.A. permits it to contain meat oddities like pig snouts, animal eyelids & bone, defined levels of rodent poop & sawdust, up to 10% water from Lord knows where and "mechanically separated poultry or meat"(a paste-like & batter-like poultry/meat product produced by forcing bones, with attached edible tissue, through a sieve or similar device under high pressure). YUM, YUM!! Get me to a Nathan's RIGHT NOW! The same "contents" mystery holds true for Colonel Sanders's recipe, Harvey Fierstein's voice box and Jim Morrison's tomb. It EVEN holds true for the Dark & Dirty! You'll never know what is "in it" until you are "in it". Yes, we know SOME things. Despite it using some of the cleanest & widest trails on Mt Penn, marked with glow sticks & reflective tape so you can find your way, it DOES contain rocks & roots, downed trees, lurking animals, etc. But how MANY rocks? 1? 2? 150,000? And will the downed trees trip you, clothesline you or prevent you from having children later in life? Will the deer, foxes & wild turkeys that lurk in the dark be armed and if so, will it be with automatics or more "rustic" devices like crossbows, Bowie knives, garrotes or pillows? Will the night be clear and star filled or foggier than your parents' memory of that KISS concert they went to in the 80's. What we CAN tell you is that the course will be VERY well marked, contain some of the most unique aide stations of any trail run around and may even have some items along the course that can win you a door prize. We also can also tell you that afterwards at the Reading Liederkrantz, you will enjoy hot & cold food, live music, a covered pavilion, a fire pit if you need to warm up, an outside bar where you can purchase German & domestic brew and just a wealth of things that come with every Pretzel City Sports race. It's a race loved by Type-A's & Type-XXL's alike. Grab your headlamp, flashlight or cell phone and come join us; don't "stay in the dark" as to why some 250-400 others return to this event each year. **LEGAL LINGO: YOU ARE RESPONSIBLE FOR YOUR HEALTH & WELFARE AT ALL TIMES.** Get lost? YOU WON'T! But if you do, we won't look for you; we'll be too busy naming a memorial star after you instead. Get hurt? We'll have EMS there but they don't have night goggles or a mob with torches. So, if banged up, get your butt to a place where our staff can drive you back. Must be 18 to enter (15-17 ok ONLY if a parent is present, kids below that MUST have someone run with them). Others that shouldn't enter are those that ever used the words "Kardashian" & "Entertainer" in the same sentence and anyone who prepared or ordered Tofu Turkey for Thanksgiving. SICKO!!

AWARDS:

M/ F 1st & 2nd overall (no repeats) plus

0-29: 5M/5F 30-39: 4M/5F 40-49: 5M/5F 50-59: 5M/5F 60-67: 4M/3F 68+: 2M, 2F

Johnny Schultz Memorial Award for the oldest finisher by the time we go to the awards ceremony

REGISTRATION/ENTRY: Reading Liederkrantz German Club, 143 Spook Lane, Reading. Reg. opens at 7:00 P.M.; we race at 8:15 PM or as soon after that as it gets pitch dark. Fee is \$34 w/shirt if postmarked by Wed, April 12, 2017. Afterwards, \$39 while shirts last (inc. day of race), \$32 when gone. **WARNING:** High tech wicking shirts only promised thru 4/12. Afterwards, you may end up with a standard T. Due to their much higher cost, we order VERY few extra tech shirts, other than those ordered for prereg entries. So, enter BEFORE raceday if you want the best chance of getting the size shirt you want or any shirt at all. We race in rain, fog, threat of darkness (DUH!!) and election recounts. The No's: no entry limit, no refunds, no mailed shirts or awards; no paying by credit card for "day of" entry, no smoking at race site, no beer brought onto site, no wheelchairs permitted without off-road tires & no whining! **NOTE TO**

WALKERS: If you cannot run at least half the race, even if that pace is quite slow, we ask you not to enter. Making our volunteers man their post for an extra 30-60 minutes for just 1 or 2 people is not fair to them.

WHAT YOU GET: Short sleeve tech shirt with a memorable design but no ads, glow jewelry, two water stops (one with alternate refreshments), indoor johns, covered pavilion, hot & cold grub for racers, wheel measured course, music, a German BeerGarten with a chance to buy fine beers/ales at almost Outlet prices, results on pretzelcitysports.com in 1-2 days and the right to say you did something that boring, wimpy people you know (your Mom, for instance) say is "stupid & dangerous" and surely not representative of how brilliant you are.

DIRECTIONS FROM : PHILLY: IMPORTANT: DON'T USE MAPQUEST DIRECTIONS FROM PHILLY! Instead, take Rt. 422 West from King of Prussia. Just before Reading, past Arby's & Burger King and next to Target, bear RIGHT onto Bus. Rt422, "Mt. Penn"; NOT the left lane to "Reading" ** Go 3 miles; till road splits right at CVS. 300 yds later, JUST PAST FRANCESCA'S on your right, go right onto Glen Rd (sign missing, turn just before bridge). At end of Glen, turn right & then right again in 50 yds. Liederkrantz is 75 yds ahead on right, right next to Stokesay Castle

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"

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

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

ON-LINE REGISTRATION AVAILABLE ON WWW.PRETZELCITYSPORTS.COM
(optional, a nominal processing fee applies, closes on Wed of race week at midnight)

NO MAP EXISTS OF THE COURSE, SO PLEASE DON'T ASK! YOU CAN'T READ IT ANYWAY WHILE RUNNING, SINCE IT'S DARK, YOU MORON!

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

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 day or night, www.pretzelcitysports.com

WRITE CLEARER THAN YOU'LL SEE ** DARK AND DIRTY APP MAY BE COPIED ** SIGN WAIVER ON BACK

Last Name _____ First Name _____

Street Address _____

City _____ State _____ Zip _____ Sex: M F Race Day Age _____

Date of Birth ___/___/___ Tech Shirt Size: XS S M L XL 2X (cotton shirts may replace tech shirts for late entries)

Email _____ Already get Run Update eNewsletters? ___ Yes ___ No

Tel:(_____) _____ AM? ___ PM? ___ BOTH? ___

WAIVER: I know that running a trail race, in light or in darkness, 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__