

'Ghouls & Fools'

10K (more or less) Nighttime Trail Run

Sat. Night, Sept 29, 2018 - 7:30 PM (EST) - Reading, PA

"We Provide the Organization - You Provide the Illumination"

If there's a "wise old chestnut" that makes our blood boil, it's "there are no stupid questions". If you have ever had kids, were married or dealt with any government body, you know what a total crock of horse-hooey that is. "Daddy, can I keep this hand grenade that I found down by the river?" Stupid question!! "Dad, why can't I sleep over at my boyfriend's house tonight? After all, I'm almost 15!" Stupid question! "Honey, does this dress make me look fat?" Stupid question, especially if you were fat BEFORE you put it on and a question one should NEVER answer with anything other than a "NO" if you know what's good for you! "Sir, do you realize why I pulled you over?" Normally stupid but sometimes it IS a TOTAL mystery. And I was once asked at a race, in these exact words, "How long is your 10 mile course?" STUPID QUESTION!! There are a ton of stupid questions asked each year about our Ghouls and Fools Nighttime Trail Run as well. "Do people really run in the dark?" Why would we call it a nighttime trail run if they ran in the light?? "Are there branches & rocks on the ground??" It's a TRAIL run, bozo, not a powerwalk thru the Mall. "How do people see?" Recently, someone came up with this wonderful new invention called "light". People wear them on their heads, belts, chests or carry one. "Do people get hurt doing this?" Actually, NOT a stupid question. But we have less bumps & dings at this race than almost any we host, since it uses some of our easiest and cleanest trails. And with our course change this year, it will be even EASIER & SAFER!! Plus, people tend to run it a little more cautiously here than most of our other races. "Won't I get lost??" It's so well marked with reflecting tape & glow sticks that even your directionally challenged mother could follow it. "Will I have fun??" Another stupid question; OF COURSE!!! We DESIGNED it to be fun, with 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 have Clydesdale awards for those that have stolen too much of their kids' Halloween candy in the past. Yet, at the same time, it is a very COMPETITIVE race that 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 a month away and we have awards for the best attire!! **NOTE: YOU ALONE ARE RESPONSIBLE FOR YOUR WELFARE DURING THIS RACE.** We have less "dings" in this race than your new car does after 3 months. But if you do get dinged, get to a "lit" aide station (where, ironically, some of our staff may already be lit) so we can find you! Since this race requires a certain degree of semi-maturity, we discourage those under 16 from doing this race (14 & 15 year olds OK to race ONLY IF a parent attends, entries below 14 MUST have someone run with them). Other not especially welcome are those that spend more than 50% of their TV-watching time on the Bravo, Hallmark or E channels and anyone who attends a movie dressed like one of the movie's characters; GET A LIFE, you Star War & Star Trek geeks!

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 2.35 lbs./inch. This method stops the "tall but buff" from taking these awards from the more challenged "softies" like me. 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 Sept. 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 6:30 P.M.; we race at 7:30 PM or as soon as it's dark enough after that projected time. Fee is \$34 w/ soft-style upscale T-shirt if postmarked by Thurs, Sept 20, 2018. Afterwards, \$39 while shirts last (inc. day of race), \$33 when gone. **WARNING: SOFT - STYLE T-SHIRTS COST 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 shirt!. 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 LIEDERKRANZ; THEIR RULES! FRIENDLY** dogs permitted but leave "Killer" home. And clean up after them!!

WHAT YOU GET: Short sleeve soft-style 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. 1/10th 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.)

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)

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 ___ Female T-Shirt Size: XS S M L XL 2X

(XS only available if we can get them, if not, will be switch to a S)

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

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

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