

Experience one of the oldest trail runs in Eastern Pennsylvania!

The 22nd Annual

EVANSBURG CHALLENGE

10 Mile & 7k Trail Races

Date: Sunday, October 20, 2019, Time: 10am

Evansburg State Park

Park Address: 851 May Hall Rd, Collegeville, PA 19426

10-Miler is a Point-Scoring Run in the Mid-Atlantic USA Track & Field Off-Road Series

Proceeds Benefit Family Services of Montgomery County

We all experience small but very satisfying “discoveries” in our lives. Now, these “finds” may not equal a “cure for cancer” or “the end of world hunger” or “inventing a cell phone battery that will last more than three (3) hours of use, despite claims of 5 times that battery life”. Yet, they still bring a tremendous smile to our face and a satisfaction that “we chose to seek & we conquered”, such as that time you found the great chili dog restaurant in the sketchy part of town, the one that knows exactly how to fry their onions. Or the time you dropped something down between the cushions on the couch and, after searching down there up to your elbow, came out a full \$1.37 richer than you were. Or the time you checked what you thought was an empty bag of M&M’s and found out that there was one stuck down in the corner that all others had missed. And it was a green one! Yes, these little triumphs make our rather mundane lives a little more satisfying. But there is ANOTHER gem waiting to be discovered by you and so many others: Evansburg State Park. The park, located just outside of Collegeville, has all the attributes of “the middle of nowhere” despite being smack in the middle of highly developed Montgomery County. It has beautiful trails running along scenic waterways, abundant wildlife, colorful autumn trees, historic buildings along its trails and even two calf-deep water crossings done in October temperatures. Yet, it is a mere two miles from a Wawa, a McDonald’s and a microbrewery. The Evansburg Challenge has some of the most unique mud in the U.S.; mud so powerful that you may never get it out of your running shoes again. In all seriousness, our trails are BEAUTIFUL and this is one of the most popular trail runs around for that reason. It’s also great for trail “first-timers” since it has enough tough stuff for the “Type A” crowd but is also one of the flattest and least technical trail runs in PA. Even better for beginners, you can bail at 7k that day and still be eligible for an award, since both races use the same finish line that you pass at 7k. You can FLY on this course; you just can’t push a baby jogger on it and have your kid still have teeth afterwards. With fallen trees, hidden roots and mud that smells strangely like a Calvary fort but is capable of curing extreme acne, you’ll remember this race almost as much as eating your first raw oyster or the first time you got “shot down” when asking someone to dance at a teen function. **WARNING: YOU RACE AT YOUR OWN RISK and are SOLELY responsible for yourself at all times.** Someone will “sweep” the course but they are there to return the trail marks to the finish, not your carcass. So, if hurt or dead, please crawl to the next aide station so we can retrieve you using fossil fuel. Due to the extra time it takes, walkers are ONLY allowed in the 7k. Also, entries below 15 years old in the 10 miler are discouraged. We DON’T look for lost runners so keep that in mind when you think about entering someone fairly young, ESPECIALLY if you’re not running with them. Others discouraged from entering include anyone who gets lost walking from the toilet to the shower in their own homes and any Dallas Cowboy fans, ‘cause they’re Dallas Cowboy fans!

Send both race waiver and check payable to: “Family Services of Montgomery County” to:

Family Services of Montgomery County, 3125 Ridge Pike, Eagleville, PA 19403

Race Questions? Contact Tim O’Connell at 610-630-2111 ext. 224 or toconnell@fsmontco.org

Course Questions? Call Pretzel City Sports 610-779-2668 or rhornpcs@aol.com

Online registration is available at www.pretzelcitysports.com until October 16, 2019 at 11:59pm.

Last Name _____ First Name _____

Address _____

City _____ State _____ Zip _____ Sex: M ___ F ___

Age on Race Day _____ Date of Birth (Format: xx/xx/xxxx) ___/___/___ Shirt size (circle one): S M L XL

Telephone (_____) _____ Best Time to Contact: AM ___ PM ___ 10M ___ or 7K ___
(Non-binding. Can change mind mid-race.)

Email _____ Already Receiving Pretzel City Sports emails? Yes ___ No ___

SIGN BACK OF APPLICATION OR REGISTRANTS WILL NOT BE PERMITTED TO RACE. EVANSBURG APP MAY BE DUPLICATED.

Entry: Race starts at 10am. Registration will take place in the Park Pavilion from 8:45-9:45am. (follow signs to registration). Fee is \$28 if postmarked by October 5 and includes a short sleeve T-shirt. The cost increases to \$33 after October 5, including Race Day. A t-shirt is guaranteed to those who register by October 5. Available to late entries, including "day of" entries, while they last. Very limited number of extra shirts will be printed so register early! No mailing of shirts or awards. No refunds. Race occurs rain or shine. May delay race start for lightning. Suggest that one be at least 15 years old to enter 10 miler and 12 years old to enter 7k. **NOTE: MANY OF OUR REGISTRATION VOLUNTEERS ALSO HELP AT REMOTE SPOTS ON THE COURSE. TO GET THEM TO THESE SPOTS ON TIME, IT'S CRUCIAL THAT RUNNERS BE REGISTERED BY 9:45am! PLAN TO PARK AT A REMOTE LOCATION IF GETTING THERE AFTER 9:30am.**

Online registration available at www.pretzelcitysports.com until October 16, 2019 at 11:59pm. Nominal service fee applies.

WARNING: Any 10M entry not reaching the 7k point in 1 hour, 10 minutes MUST finish in the 7k, regardless of the event they entered. Going past this spot is probably a bit more demanding than you can handle plus we'll begin taking down the course past the 7k mark at 1 hour, 10 minutes into the race to ensure the safety of all. We'd rather everyone finish healthy than risk the problems that occur when someone tries to exceed their level of fitness.

Other Reasons to Enter: 3 water stops on 10M course, 1 on 7k. Results posted at www.pretzelcitysports.com next business day after race, instant results posted at race, some mile markers, digital clock at race finish, modern bathrooms, post-race food, a well-marked trail, a fair amount of nearby parking, AND it benefits a great cause!

Awards:

10 Miler:	1 st and 2 nd Overall Male and Female Plus:					
0-29: 4M, 4F	30-39: 4M, 4F	40-49: 4M, 4F	50-59: 4M, 4F	60-69: 4M, 3F	70+: 2M, 2F	
7K:	1 st and 2 nd Overall Male and Female Plus:					
0-29: 3M, 3F	30-39: 3M, 3F	40-49: 3M, 3F	50-59: 3M, 3F	60-69: 3M, 2F	70+: 1M, 1F	

Benefits: Proceeds benefit Family Services of Montgomery County. Please consider making an additional donation or becoming an event sponsor. To learn more about the organization's programs for children, seniors and families in Montgomery County, please call 610-630-2111 or visit fsmontco.org.

Directions to Evansburg State Park located at 851 May Hall Rd, Collegetown, PA:

FROM SOUTH, EAST & WEST: Take Rt. 422 to the Collegetown Exit (Rt. 29). Take Rt. 29 North into Collegetown until it intersects with Ridge Pike (bus Rt. 422) at light at McDonalds. * Turn and cross the bridge toward the right and then make the IMMEDIATE 45 degree left onto Germantown Pike. Go about 1.5 miles to park entrance on your left. Enter the park. At the first stop sign, take a left and an IMMEDIATE right. Follow the signs from there.

FROM THE NORTH: Take Rt. 29 South into Collegetown until it intersects with Ridge Pike (bus Rt. 422) at the light at McDonalds. Follow directions above after *.

COURSE DESIGN AND TRAIL MARKING BY PRETZEL CITY SPORTS

WAIVER: I know that running a trail run is a potentially hazardous activity. I should not enter or 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 effects 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 Family Services of Montgomery County, Evansburg State Park, Pretzel City Sports, all owners of the properties on which the race is run or held, 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. By entering this race, I am granting permission to all parties affiliated with the race 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 AND UNDERSTAND THIS WAIVER.

SIGNATURE _____	DATE ____/____/____	Race Entry Enclosed	\$ _____
(Signature of parent or guardian required if race participant is under 18.)		Optional Donation Enclosed	\$ _____
		Total Enclosed	\$ _____