

Pretzel City's race where you can run 50+ miles, and never be more than 2.5 miles from your gear; the 9th annual

'LABOR PAIN'

12 Hour Endurance Trail Run

**Sun, Sept 2, 2018 -- Sunday of Labor Day Weekend
7:30 AM to 7:30 PM -- Reading, PA**

As past Labor Pain apps have noted, nothing's more frustrating than getting to the end of a race & realizing that YOU have so much more "left" but no more COURSE "left"! You say to yourself, "Man, if this 5k were just a 5 miler" or "if this 10 Miler were just a Half Marathon" (and so on), I could run a REALLY GREAT time today!" Well, WE have a solution for YOU! The Labor Pain 12 Hr. Race lets you run as LONG as your heart, quads & inner thigh skin holds up! The "Pain" is a wheel measured 5 mile trail loop that's 95% single/double track rustic trails and 5% dirt roads, asphalt, grass & the bodies of those collapsing before you. It has slight uphill & downhill & many, many flat sections; past entries said that they love the "variety. But most of all, it is a FUN way for you to achieve distances you've never run before. And that's the key, since the awards are based totally on HOW FAR you run; your "time" only factors in when breaking ties. The loop starts/finishes at the Reading Liederkrantz and you'll repeatedly run past their outside bar, our aide station (there's one @ 2.6 miles too), your tent if you pitch one (looks like Woodstock each year) and your cheering "peeps" that'll be bored by the 2nd lap. Rest when you want, eat when you want, run when you want and go as far as your body & mind will take you. Better yet, try to reach one of our "milestone distances": 26.2M, 50K, 40M, 50M or 100K and, **NEW for 2018, 35M, 45M and 55M**. Your premium that we send you approx 6-8 weeks after the race will be personalized to let the world know that you made it that far! Join us for a race that draws 250-300 runners annually. Run nonstop. Or run for awhile, rest for awhile & run for some more. In fact, one person ran for 25M in 2013 and was so woozy that he went to the emergency ward, then came back 2 1/2 hours later to run another 6 miles to get his 50k. We don't RECOMMEND that as a rule, but whatever approach you take, you'll still have a ball & still probably stretch your limitations farther than you thought possible. 'Cause "word on the street" says that this is ONE endurance race that you HAVE to do!! **LEGAL B.S: YOU ALONE ARE RESPONSIBLE FOR YOUR HEALTH & WELFARE WHILE RACING THIS EVENT.** You know yourself better than anyone. So for the most part, unless you can't finish your next lap before our cutoff (there is no credit for partial laps unless it's for a milestone), we won't tackle you to keep you from starting another lap. No entries under 18 without advance permission. Others not welcome are runners that hum "Don't Worry, Be Happy" the entire race, people that fart while leading a rumba line on single track and anyone wearing Dallas Cowboy's colors, logo or uniform (hard enough to stand Dallas fans for just a few minutes let alone 12 hrs)

AWARDS: 1st & 2nd overall M & F, top M and F Master (40+) and the following:

0-29: 3M, 3F 30-39: 3M, 3F 40-49: 3M, 3F 50-59: 3M, 3F 60-69: 3M, 2F 70+: 1M, 1F

Based on the longest distances run. When distances are equal, fastest time to that distance used to break ties. **MUST complete the entire lap to get credit for any of that loop.** ONLY EXCEPTION: when you plan to END your day at an exact milestone distance (which will end at finish line). **NOTE:** based on your previous lap, if the race director feels that it is darn near impossible for you to finish a lap by the 12 hr cutoff, you'll be instructed not to start an additional lap. Also, you may have a **registered Pacer** join you after the 2nd lap. Pacers register on race day and their fee is \$15 which gives them access to all food and water on the course (shirt may be available for them to purchase for \$10 if we have any left after all runners have gotten theirs). Unregistered Pacers that take food and water, or accompany someone in the first 2 laps may result in the disqualification of the person they pace, with no refund to be made to the disqualified entry.

REGISTRATION/ENTRY: Reading Liederkrantz German Singing & Sports Club, **143 Spook Lane, Reading, PA**. Reg. opens at 6:30 AM, mandatory meeting at 7:20 AM, race at 7:30 AM. **FEE:** \$80 w/ wicking hi-tech shirt, participant memento (to prereg only and post reg while they last) and post race wearable premium (to both pre and post) list5ing distance achieved (mailed approx 6-8 weeks afterwards) if postmarked by Wed, Aug 15, 2018. Afterwards, \$95 while tech shirts last (inc. day of

race), \$80 when gone; all fees still include the post race wearable premium. Providing you surpass 26.2M distance, the premium will designate the distance you ran. People not achieving 26.2M will not have a distance listed on their clothing item; just the race logo. **WARNING: WICKING SHIRTS COST MORE THAN T- SHIRTS.** Because of this, **FEW** extra shirts are printed than those ordered by prereg entries so enter before raceday if possible to increase your chances of getting a tech shirt! We race in all weather. No refunds, no smoking at race site please, **CAN'T BRING YOUR OWN BEER TO THE LIEDERKRANZ**; cash bar on site. And no candyasses!. **NOTE:** Due to award winners not being known until well after some people finish, **FOR THIS PCS EVENT ONLY**, awards will be mailed afterwards, if need be.

OTHER PERKS: 1 water stop mid course, 1 at end of each loop with food, indoor johns, covered pavilion, hot & cold refreshments for racers (one of the better spreads in ultra running, some grub for sale to public as well), cash bar from 11 AM on, results on www.pretzelcitysports.com, outdoor shower with no privacy. Medical help on site for most of day. Camping (no fires allowed) on site the day of the race but NOT the night before or afterwards. **ALSO, AT THE REQUEST OF THE FACILITY, MOST OF THE CAMPING MUST BE BEHIND THE FINISH LINE AREA.** **PLEASE NOTE:** Access to inside areas is limited to indoor bathrooms. Suggest pitching a tent in woods next to pavilion (but only the day of the race) if you wish to change, nap, make whoopee (like you'll have enough energy left!), etc.

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"; is right where new Target/Red Robin/Sonic is. **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/BALTIMORE/VIRGINIA: 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 **.

LEHIGH VALLEY/CENTRAL JERSEY: 78 West to RT 100S exit, Follow signs toward Reading. Take Rt. 222 S onto new Reading bypass, merge onto Rt. 422 East (Reading/Pottstown). Go past city 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 **.

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

RECORDS: M: Jim Blandford 75M in 11:41:24 (2012) F: Jackie Palmer Merritt 70M in 11:52:00 (2014)

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

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

Last Name _____ First Name _____

Street Address _____ City _____

State _____ Zip _____ Sex: M F Race Day Age _____ Date of Birth ____/____/____ (must be 18)

Shirt Size: XS S M L XL XXL Phone: (____) _____ Day? ___ Night? ___ Both? ___

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

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____

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

PRINT CLEARER THAN YOU'RE CURRENTLY THINKING ** LABOR PAIN APP MAY BE COPIED ** SIGN WAIVER