

DOUBLE TROUBLE

15K/30K TRAIL RUN(S) & 30K RELAY

SUNDAY, AUG 16, 2020 * 8:30 AM

French Creek State Park-Pool Area, south of Birdsboro, PA

New for 2020-now in Aug, new relay event, slight change in course

I got a calendar for Xmas with a new "fun fact" for each day and the "fun fact" for Feb 19th was that in our lifetime, each of us produces enough saliva to fill 2 swimming pools - 25,000 quarts of spit!! Now, we could probably take exception to how this accumulation is being portrayed. Is it 2 above ground pools or ingrounds? Or baby pools or big ones like at the Y? Or ones that are shallow at one end and deep at the other, or the same depth throughout? We may never know the answers to these questions and the lack of "clarity" on this claim is not a surprise, it's somewhat reminiscent of every single political debate I've seen this year. But I think that we can ALL agree that that is A LOT OF LOOGIES!! Amazingly, it is ALSO equal to the EXACT same amount of sweat that is perspired each year in the Double Trouble Trail Run. The DT is a summer sizzler where the shaded woods of French Creek cool you off a bit but the challenging course still opens up the floodgates on your forehead, pits and butt crack. The DT uses a 15k trail that, while beautiful, still has a few sections that will kick your keester! And those that choose to do that loop twice to finish in the 30k get theirs kicked with both boots. All people start this loop at the same time. But as long as you finish the 1st lap in 2 hr or less, YOU decide in midrace whether to do 1 loop or 2. Trained for the 30k but it's hotter than J-Lo's Super Bowl Halftime Show? Finish in the 15k! Entered the 15k but your legs feel supercharged? Try 2 loops-there's a full set of awards in both! You'll declare a distance beforehand but you are no more committed to that decision than Trump is to sending "more civil" tweets. Afterwards, relax lakeside in the shade, eat hot/cold food, hose off in the Pretzel City official "shower" and watch others suffer as they finish or decide to go on. We have modern potties, a playground & pool nearby, parking galore, picnic tables & LOTS of things that make this a wonderful day for both you & your peeps. Not sure you can handle even 1 loop? Get up to 4 "buds" together (or less if you wish) and do approx. half of the 15k loop in our 30k relay; a category returning to this race for the first time in decades. Join our 250-400 entries annually for a great workout, a beautiful setting and a chance to do a long or longer run that is **85% shaded**; one of the FEW places where it's bearable to do a long run in mid-Summer.. **LEGAL B.S: YOU RACE AT YOUR OWN RISK & ARE SOLEY RESPONSIBLE FOR YOUR WELFARE WHILE RACING!** This course is easy to follow & even easier to finish without bleeding. But if you DO get scraped or lost, crawl to a place where we have volunteers IN CARS! This race is a "tad tuff" due to its length & heat, so entry is discouraged for 1) those under 18 (younger ones OK for the 15k ONLY & a parent MUST be present too; not run, just present) 2) people who watched the 3 hr., 30 minute long "The Irishman" without a pottie break and 3) anyone who can name more than 4 Britney Spears songs. **WALKERS:** we don't usually permit you in our races due to the strain that the extended time you take to finish puts on our crew. However, since this is a 2 lap course, we stay late anyway so walkers are VERY welcome to enter the 15k.

Relay Rules: you may have up to 4 entries but can have 3 or 2 as well. If doing a half lap, you are responsible for getting to & from the handoff area midway thru the loop (parking lot at the fire tower), if you start or end there. Each relay member must enter separately. Also, each relay entry must do at least half a loop but a relay person can do more than 1/2 loop and it does not have to be continuous. Relay members may pace each other but only one member may go thru the finish loop. Half loop splits will not be available. Relay members are NOT eligible for age group awards.

Entry: Race starts at 8:30 A.M.; reg. opens at 7:30 AM just East of the pool area. \$34 if postmarked by Weds, July 29th, inc. a short sleeved breathable tech shirt in either a male or female cut(in the past, female cuts have tended to run slightly small so take that into account when ordering), \$39 after cutoff & \$40 on raceday while shirts last; \$33 when they're gone. FEW "EXTRA" SHIRTS PRINTED over our pre-reg needs so if you want one, pre-enter even if the price break date has passed!! Entries after that date but before raceday get first dibs at the remaining shirts. Especially-late entries may receive a short sleeve cotton shirt instead. Rain or shine, no refunds or mailed shirts/awards.

IMPORTANT: You **MUST** finish the 1st lap in less than 2 hrs. to be allowed to do another lap, otherwise, you **MUST** finish in the 15k. Also, you're **ONLY** eligible for an award in 1 race. If you finish in the 15k & then want to do another lap, **DO IT**; just do **NOT** go thru the chute a 2nd time. **ALSO VERY IMPORTANT:** If, in the opinion of the race

director, the heat index is SO high that holding the 30k puts people at risk that day, the ONLY race that will be contested is the 15k; the 30k will be canceled. In this case, the relay awards will go to the combined times of the first 2 relay team members that cross the 15k finish line. In such extreme conditions, someone will follow the last 15k runner, removing the course markings; thus, runners doing another lap do so at their own risk and with no support or direction from us. **Trust us, this decision will NOT be made lightly.** But we have to protect the future of racing in the park and “killing runners” makes us look REALLY bad! Also, no price adjustment or refund will apply if this decision is made.

optional on-line reg via credit card available on www.pretzelcitysports.com

(closes midnight, the Wed before the race, nominal service charge applies)

Extras: Modern johns that will smell OK for the first 5 minutes, hot & cold post race grub, instant results, results on pretzelcitysports.com the next business day, WELL marked course if no one screws with it, tons of parking, 3 water stops per loop (some with munchies; may still wish to carry water if super-hot), EMS on site, a course that is accessible at several spots in mid-race by car, bike or drone. Call park at (610) 582-9680 to camp. Playground, fishing, canoeing, grills/tables, playground, frisbee golf near start.

Awards: M & F 1st & 2nd in each race plus:

15K: 29 & Under: 3M, 4F 30-39: 5M, 5F 40-49: 5M, 5F 50-59: 5M, 4F 60-67: 4M, 3F, 68+: 3M, 2F

30K: 29 & Under: 3M, 3F 30-39: 4M, 3F 40-49: 4M, 3F 50-59: 4M, 3F 60-67: 3M, 2F 68+: 1M, 1F

(age & gender differentials in awards given based on past 2 years entries in each event)

Relay Teams: Top 3 teams, individual medals for each team member

15k Clydesdales: 3M, 3F 30k Clydesdales: 2M, 2F **Clydesdale Qualifying Weight:** Men: minimum of 210 lbs, 185 if under 5 ft, 9 inches tall or less. Women: minimum of 160 lbs, 140 if 5 ft, 4 inches tall or less. Honor system.

Directions: Get directions to park online or by cell (careful, cell service in park REALLY sucks), using address of 843 Park Rd, Elverson, PA. **ONCE IN THE PARK:** take the road that goes right along the side of the rangers station/park office. Take it the whole way back to the pool. Once it reaches the pool parking lot, bear right. **PLEASE DON'T USE THE POOL'S PARKING AREA IF POSSIBLE, THERE'S PLENTY OF PARKING TO THE RIGHT.**

INSURED BY THE ROAD RUNNERS CLUB OF AMERICA

Check Payable to & Mailed to (with waiver): Pretzel City Sports, 112 W. 36th St., Reading, PA 19606

Head Troublemaker: Ron Horn, rhornpcs@aol.com , 610-779-2668, www.pretzelcitysports.com

Print With Your Hands, Not Your Gnarly Feet! -- Sign back of entry – Dbl Trbl App may be copied

Last Name _____ First Name _____

Address _____ City _____ State _____ Zip _____

Sex: M F Race Day Age _____ Date of Birth ____/____/____ Clydesdale?? ____ Yes ____ No

Email _____ Already on Pretzel City Email List? ____ Yes ____ No

Tech Shirt: ____ M Cut tech ____ F Cut Tech Size: XS S M L XL 2X (xs depends on availability from manufacturer)
(in past, female cuts have run slightly smaller-take that into account when ordering)

Relay Name (if applicable, please be sure entire team uses same name) _____

Names of others on relay: _____

(each relay member must submit their own registration-a relay person doing a full loop is NOT eligible for an age group award)

Tel:(____) _____ Best Time to Call (circle one): Day Night Either

WAIVER: I know that running a trail run is a potentially hazardous activity. I should not enter or run unless I am medically able & properly trained. I also know that there will be traffic, winter 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, 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 Pretzel City Sports, French Creek State Park, PA Dept of Conservation & Natural Resources, 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. Also, 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. I HAVE READ & UNDERSTAND THIS WAIVER:

SIGNATURE _____ DATE _____/20____