

An opportunity to pull out the most unique mud you will ever encounter from between your toes; the 21<sup>st</sup> Annual

# EVANSBURG CHALLENGE

## 10 Mile & 7k Trail Races

Sun., October 21, 2018 - 10 A.M. Evansburg State Park near Collegeville, PA

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**

For years, turning 21 meant you were a mature, responsible contributing member of society and were no longer an impulsive sluggo with limited table manners, an inability to wake yourself up before noon, and lots of stuff that you owned ONLY because Mommy and Daddy bought it for you! But once you turn 21, you can finally drink, get a concealed weapon permit, legally gamble in Iowa and, at last, get that pilot's license for an airplane, helicopter and gyroplane in England that you always wanted. Isn't it WILD how much you matured when you went from 20 years, 364 days old to 20 years, 365 days old!! Well, the Evansburg Challenge, a gorgeous trail run just 30 miles NW of Philly, turns 21 this year and we want to assure you that WE HAVEN'T MATURED ONE BIT!! We STILL run you through creeks and mud puddles. We STILL put limbs and logs on the trail that you have to jump over. We STILL don't shop vac the fall leaves off the course since no one owns an extension cord that long. And we do NOT clean up the 40 tons of horse manure that the nearby stables leave on our trails and would NEVER even TRY to clean that smell off your running shoes since it's fruitless. 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 tuff stuff for the Type A's 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; 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 the theme song to Gilligan's Island or the first time you tried dipping an Oreo into either almond, soy or coconut milk; YUCK!! 200-250 other people that have no tolerance for "maturity" will be right there with you! **WARNING: YOU RACE AT YOUR OWN RISK and are SOLEY responsible for yourself at all times.** We'll sweep the course but can't carry your carcass with our weak spindly "runner arms" so, if hurt or dead, please limp 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 DO NOT look for lost runners so keep that in mind when you think about entering someone fairly young, ESPECIALLY if you do not plan to run with them. Others discouraged from entering are those who drag their feet when they run because you WILL trip and anyone who gets lost going from the food section to the pharmacy section at Costco.

**Entry:** Race starts at 10 A.M. Registration in the Park Pavilion from 8:45 to 9:45 a.m. (follow signs to reg.). Fee is \$28 if postmarked by October 5 and includes a short sleeve T-shirt. \$33 after October 5, including raceday. Shirt 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 goes on 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 9:45! PLAN TO PARK AT A REMOTE LOCATION IF GETTING THERE AFTER 9:30.**

**Online registration available at [www.pretzelcitysports.com](http://www.pretzelcitysports.com) until midnight on Wednesday, October 17. Nominal service fee applies.**

**WARNING:** Any 10M entry not reaching the 7k point in 1 hr, 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 hr, 10 minutes into the race to insure 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](http://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<sup>st</sup> and 2<sup>nd</sup> 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<sup>st</sup> and 2<sup>nd</sup> 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](http://fsmontco.org).

**Directions to 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**

Send waiver and check payable to: "Family Services of Montgomery Co." and mail both to Family Services of Montgomery Co., 3125 Ridge Pike, Eagleville, PA 19403. Race Questions? Contact Karen Konnick at 610-630-2111 ext. 227 or [kkonnick@fsmontco.org](mailto:kkonnick@fsmontco.org). Course Questions? Call Pretzel City Sports 610-779-2668 or [rhornpcs@aol.com](mailto:rhornpcs@aol.com). Online registration available at [www.pretzelcitysports.com](http://www.pretzelcitysports.com) until midnight, Wednesday, October 17.

**SIGN APP EVANSBURG APP MAY BE DUPLICATED**

Last Name \_\_\_\_\_ First Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Sex: M F  
Race Day Age \_\_\_\_\_ Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Shirt size (circle one): S M L XL  
Telephone (\_\_\_\_) \_\_\_\_\_ AM? PM? 10M or 7K  
(Circle one. Non-binding. Can change mind midrace.)  
Email \_\_\_\_\_ Already Getting Pretzel City Sports emails? \_\_\_\_ Yes \_\_\_\_ No

**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 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 Family Services of Montgomery Co., 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 if under 18) Optional Donation Enclosed \$ \_\_\_\_\_  
Total Enclosed \$ \_\_\_\_\_