

BACK FOR ITS 2ND YEAR- A “FAIRLY EASY EXCEPT FOR THE LENGTH” RACE FROM PRETZEL CITY SPORTS.
WHO'D HAVE THOUGHT??!!

“BLARNEY & STONE”

15K TRAIL RUN, READING, PA

SUN, MARCH 24, 2019 **10 A.M. ** NO ENTRY LIMIT

“Irish-themed” 15K trail race with a little blarney, but LOTS of stones.

Plus fun features like a raw egg run for candy, door prizes hidden on course, unique aide stations with green beverages, awards for best Irish attire, etc

Our self-proclaimed official end to St Patty’s WEEK-a holiday too special to celebrate for only one DAY!

Includes 4-5 miles NOT in any other P.C.S race!

Pretzel City Sport’s mantra is that trail races should be both taxing and yet fun! So, why not design a race where ALL finishers leave with something; a FUN memory of a beautiful day in the woods, wacky activities within the race, green beverages at aide stations, posted dirty limericks on the course, an after-race blowout with great grub, a cash bar, good eats, etc.; things found to some degree in ALL Pretzel City races. And, what BETTER day to design a “fun” race around than a holiday that virtually DRIPS of fun; St. Patty’s Day. We introduced the “BS” last year to RAVE reviews about its course, **it includes 4-5 miles of course not in ANY other PCS race.** We’ve done our best to eliminate most of Mt. Penn’s killer hills, its’ rockiest trails, its highly technical ascents and descents, etc, but we DID put in a hill that is ONLY on this course and it is LEGENDARY. Most of the rest of the course is slightly rolling, with rocks and roots, downed logs, urban relics and other crazy surfaces for which Mt Penn is known. This 15k is ALSO the 3rd race in our winter trail schedule; after our 11k in Jan and our 13k in Feb; a buildup to get you mega-fast & fit for Spring racing. Come on out and see why Pretzel City Sports holds the largest trail runs in the East. And feel free to run & party afterwards until your face turns green! **LEGAL BULL: You RUN AT YOUR OWN RISK & you alone are responsible for your welfare at all times while racing!!** This is NOT a mega-tuff course; but, if you get either hurt or lost (you WON’T !), YOU are responsible for getting yourself to an aide station so we can help you, or back to the finish if off-course. Since this is a longer race but not more than a mid-level challenge, you must be 16 or older to enter (younger entries-contact Race Director for permission).

REGISTRATION/ENTRY: Reading Liederkrantz German Singing & Sports Club, 140 Spook Lane (off of Hill Rd), Reading, PA (same place as most PCS events). Reg. opens at 8:45 a.m., race at 10. Fee is \$34 w/ short sleeve soft style unisex shirt if postmarked by Thurs, March 14. Afterwards, \$39 while shirts last (inc. day of race), \$34 when gone. FEW extra shirts are printed than those ordered by prereg entries! But some extra shirts ARE ordered. Even if you register in the post-reg period but before raceday, you’re almost surely get a shirt of your preferred size (on-line reg on the pretzelcitysports.com site will close at Midnight of the Wed before the race). We race in & on rain, ice, snow, bitter cold, mass hangovers, etc. so the chance of postponement is SUPER-slight! If we DO have suspect conditions, check www.pretzelcitysports.com's home page or call 610-779-2668 after 6 AM raceday ONLY if roads are pretty much impassable that day (not just a little “sub-par”). **If postponed, an email will be sent to all runners on our eblast list too, the minute we make a decision but if we only have your work email, you're screwed. If postponed, it will be held on the following Sunday; same time, same place, better weather.** No refunds, no mailed shirts or awards; no whiners, no crybabies & no one that thinks that snow half way to your butt crack (as in some of our past races) constitutes un-runnable conditions. 'Cause we proved that it can be “run” in, just REALLY, REALLY slowly!

YOU GET: Short sleeve “Irish themed” soft style shirt with a memorable design, hot breakfast, indoor reg. & toilets, post-race munchies, WELL marked course, 2-3 water stops, finish place posted immediately, results on pretzelcitysports.com on the first

business day after the race, unique aide stations & other surprises not yet finalized. Breakfast tickets can be bought at registration for your peeps! Suds/chilled Jaegermeister/strange Germanic meats available for purchase.

TONS OF AWARDS:

M & F 1st and 2nd Overall plus

0-29: 4M, 4F 30-39: 4M, 4F 40-49: 4M, 4F 50-59: 4M, 4F 60-67: 4M, 3F 68+: 2M, 1F

Top Clydesdale: 1M, 1F Open Clydes 39 & under: 2M, 2F Master Clydes 40 and over: 2M, 2F Clyde Weight Minimums: 210 for men, 160 for women. **NOTE: YOU CAN ONLY REQUEST TO ENTER CLYDESDALE ON RACE DAY; WE'LL MARK IT ON YOUR BIB ONCE YOU DO. WE DON'T ALLOW IT IN ADVANCE SINCE WHO KNOWS HOW MUCH YOU'LL LOSE THRU THAT "AFTER THE HOLIDAYS" DIET!**

DIRECTIONS FROM : PHILLY: IMPORTANT: DO NOT USE MAPQUEST DIRECTIONS FROM PHILLY! Instead, take Rt. 422 West from King of Prussia. Just before Reading, at the new **TARGET/LOWES/GIANT** on your right, bear right onto Bus. Rt. 422, marked "Mt. Penn"; **DON'T** follow sign to Reading **** Go 3 miles until road splits at A CVS. 300 yds later, JUST PAST a Restaurant on your right, take right onto Glen Rd (COMES ON YOU QUICK, sign missing, ROAD RIGHT BEFORE BRIDGE). At end of Glen, turn right and then take your next right just 50 yards ahead. Or follow the signs to Stokesay, the Liederkrantz driveway is right next to it.**

YORK/LANCASTER: Rt. 222 N to Reading. Follow it to Rt. 422 East bypass around Reading . Exit at Mt Penn. Take a left, go 3 lights to Bus. Rt. 422. Take a left, follow the Philly directions above after the astrik **.

ALLENTOWN: Take Rt. 222 S, 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"

BALTIMORE: Rt 83 North to Rt 30 East at York to Rt 222N at Lancaster. Follow Lancaster directions above.

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

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

Registration on www.pretzelcitysports.com not required but always encouraged!

(small service fee applies, closes at midnight on Wed the week of the race)

Check Payable to & mailed (with waiver) to: Pretzel City Sports, 112 W. 36th St., Reading, PA 19606. Ugly Head: Ron Horn, rhornpcs@aol.com, www.pretzelcitysports.com or 610-779-2668 (but not during Survivor, Amazing Race or any Eagles game (inc. post-game commentary)). Normal Office Hours: M-F 8 am till 4 pm. Often here other hours too.

Please don't fill this "blarney" out while "stoned"***App May be duplicated***Sign waiver below

First name _____ Last name _____

Address _____

City _____ State _____ Zip _____ Sex: M F Race day age: _____ Date of birth ____/____/____
(must be 16 or more)

Short Sleeve Soft Style Unisex Shirt Size: XS S M L XL 2X Phone: (____) _____
(circle one-if XS not available in this style, will be moved to S)

Email: _____@_____ Already Get Run UpdateEmails? ____ Yes ____ No

WAIVER: I know that running a trail race 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 & 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____