

'DARK & DIRTY'

Nighttime Trail Run

Fri. EVENING, April 19, 2019 FIRST TIME EVER ON GOOD FRIDAY! 8:00 PM (estimated) - Reading, PA

"We Provide the Organization, You Provide the Illumination"

COURSE CHANGES BEING MADE FOR 2019!

Final distance projected to be between 5.5M & 10k

Good Friday is somewhat of a strange holiday; kind of the "red-headed stepchild" of holidays. (Note: I am officially sanctioned to use this somewhat derogatory term since I have two red-headed stepchildren!). It is a "day off" for some but for others, it's just "another day at work". Like other holidays, it has special shopping prices but commercially, it sorta gets lost in the shadow of its associated holiday, Easter. While shoppers are NUTS about BLACK Friday, on GOOD Friday, you'd be lucky to get 10% off at Rita's Italian Water Ice. NO ONE dresses up for Good Friday, people REALLY dress to the nines for Easter; enter themselves in parades/contests and wearing crazy hats.. It's a deeply religious day for some but not for all, and yet we all call it a Good Friday. Well, in 2019, Pretzel City Sports is vowing to make GOOD Friday a GREAT Friday by holding the Dark & Dirty Nighttime Trail Run **THAT NIGHT!** The D & D is a run thru the woods in complete darkness (other than how we mark the turns and whatever YOU supply) In it, you pass rocks and roots, branches and trunks, puddles and poo. Since it is in the dark, we do our best to put you on the widest, cleanest and least technical trails we know to minimize you becoming "horizontal" rather than "vertical". This seems to work well, since our nighttime trail runs actually have less spills and scrapes than our daytime trail runs. Every year, hundreds follow this course marked with glow sticks & reflective tape with virtually no problems. They pass some of the most unique aide stations of any trail run around and may even find some items along the course that can win them a door prize. And this is all followed by a nice night out at the Reading Liederkrantz where one enjoys hot & cold food, music, a covered pavilion, a fire pit, an outside bar with "purchasable" German brews, and just a ton of things that come with every Pretzel City race. It's a race loved by Type-A's & Type-F's too (the F standing for FUN!) Grab your headlamp, flashlight, cell phone & friends and join us! We'll see you there, as best we can! **LEGAL LINGO: YOU ARE RESPONSIBLE FOR YOUR HEALTH & WELFARE AT ALL TIMES.** Get lost? Ask a deer how to get back to "that German place next to Stokesay Castle" (be careful. It'll cost you a Buck). Get hurt? Get your butt to a place where our staff can drive you back. Must be 18 to enter (15-17 ok ONLY if a parent is present, kids below that MUST have someone run with them). Others that shouldn't enter are those foolish enough to watch a "slasher" film every night in the week leading up to the race & anyone who thinks their "sunny disposition" is illumination enough for this race.

**Check Payable to & Mailed to (with waiver): Pretzel City Sports, 112 W. 36TH ST., READING, PA 19606
Head Case: 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 ___/___/___ Soft style Short Sleeve Shirt Size: XS S M L XL 2X (XS converted to S if not available)

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

WRITE CLEARER THAN YOU'LL SEE ** DARK AND DIRTY APP MAY BE COPIED ** SIGN WAIVER ON BACK

AWARDS:

M/ F 1st & 2nd overall (no repeats) plus

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

Prizes for the 2 most illuminated runners at the start

REGISTRATION/ENTRY: Reading Liederkrantz German Club, 143 Spook Lane, Reading. Reg. opens at 7 P.M.; we race at 8 PM providing that it is pitch dark. Fee is \$34 w/shirt if postmarked by Wed, April 10th, 2019. Afterwards, \$39 while shirts last (inc. day of race), \$34 when gone. **WARNING:** Due to their much higher cost, we order VERY few soft style shirts, other than those ordered for prereg entries. So, enter BEFORE raceday if you want the best chance of getting the size shirt you want or any shirt at all. We race in rain, fog and threat of darkness (DUH!!) The "No's": no entry limit, no refunds, no mailed shirts or awards; no paying by credit card for "day of " entry, no smoking at race site, no beer brought onto site, no wheelchairs permitted without off-road tires & no whining! **NOTE TO WALKERS: If you cannot run at least half the race, even if that pace is quite slow, we ask you not to enter.** Making our volunteers man their post for an extra 30-60 minutes for just 1 or 2 people is not fair to them.

WHAT YOU GET: Short sleeve "soft style" shirt with a memorable design but no ads, two water stops (one with alternate refreshments), indoor johns, covered pavilion, hot & cold grub for racers, wheel measured course, music, a German BeerGarten with a chance to buy fine beers/ales at almost Outlet prices, results on pretzelcitysports.com the first business day afterwards and the right to say you did something that boring, wimpy people you know (your Mom, for instance) say is "stupid & dangerous" and surely not representative of how brilliant you are.

DIRECTIONS FROM : PHILLY: IMPORTANT: DON'T USE MAPQUEST DIRECTIONS FROM PHILLY! Instead, take Rt. 422 West from King of Prussia. Just before Reading, past Arby's & Burger King and next to Target, bear RIGHT onto Bus. Rt422, "Mt. Penn"; NOT the left lane to "Reading" **** Go 3 miles; till road splits right at CVS. 300 yds later, JUST PAST FRANCESCA'S on your right, go right onto Glen Rd (sign missing, turn just before bridge). At end of Glen, turn right & then right again in 50 yds. Liederkrantz is 75 yds ahead on right, right next to Stokesay Castle**

YORK/LANCASTER: 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 **.

ALLENTOWN: Rt. 222 S onto new Reading bypass, 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/MAPQUEST INPUT: 143 Spook Lane, Reading, PA 19606 or "Spook Lane & Hill Rd" or "Hill Rd & Glen Rd".

ON-LINE REGISTRATION AVAILABLE ON WWW.PRETZELCITYSPORTS.COM

(optional, a nominal processing fee applies, closes on Wed of race week at midnight)

NO MAP EXISTS OF THE COURSE, SO PLEASE DON'T ASK! YOU CAN'T READ IT ANYWAY WHILE RUNNING, SINCE IT'S DARK, YOU MORON!

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

Tel:(_____)_____ AM? ____ PM? _____ BOTH? _____

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__