

DOUBLE TROUBLE

15K & 30K TRAIL RUN(S)

SUNDAY, JULY 21, 2019 * 8:00 AM * 450 ENTRY LIMIT!

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

One of the least talked about daily threats in our lives are “food induced injuries”. Every one of us has been coiled up in a fetal position as we suffer the effect of eating a big bite of ice cream, the victim of the dreaded “brain freeze”. And who hasn’t bit into a fresh slice of pizza and burnt the roof of their mouth so bad that a skin graft was considered. And no one speaks publicly about the many trips to the emergency ward that occur annually that involve cucumbers, bananas or eggplants, but we’ve all heard the stories from friends in the medical field. But the worse of them all is the “death star” of foods, the Jalapeno Popper. The Popper is a double whammy if ever there was one. The first issue is the thing they bread & deep fry; the Jalapeno Pepper. Depending on the origin of the pepper, its effect may be so sublime that you have only a mild tingling on your tongue. OR, it can be so spicy that 42 super-sized Slushies, drank consecutively, will still not cool you down enough to ever be able to eat again. And then there’s the oil inside! When you bite into a Popper, hot oil, much like that poured on invaders by medieval forces defending their castle, often shoots directly into your mouth; melting your tonsils or causing you to throw your mouth open as you dribble cheddar cheese right down your new shirt. And not EVERY bite shoots hot oil. So, it’s kinda like playing Russian Roulette with that orifice that you use to eat and breathe. Truly, it is Double Trouble, just like our event; the Double Trouble. The DT uses a 15k trail that, while beautiful, still has a few sections that will kick your butt! 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 a witch’s sternum-area? Finish in the 15k. Entered the 15k but your legs still have a lot left at 9.3Miles? 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 Dolly Parton is committed to passing up future surgical procedures. Then, 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 nearby, parking galore, boat rentals & a pool nearby, picnic tables & LOTS of things that make this a wonderful day for both you & your peeps. 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 own a holiday inflatable lawn item that is any higher than 6 feet (or own any more than 2 inflatables total) and 3) anyone who will only ever eat Sushi after it was “cooked”. **WALKERS: We don’t usually permit walkers in our races due to the strain that the extended finishing time puts on our crew. However, since this is a 2 lap course, we stay late anyway so walkers MAY do the 15k.**

Entry: Race starts at 8:00 A.M.(new for 2019) ; reg. opens at 7:00 AM to the East of the pool area. \$34 if postmarked by Sat July 6th, inc. a short sleeved breathable tech shirt in either a male or female cut or a sleeveless “muscle” tech shirt (male cut only), \$39 after cutoff & day of race 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 first 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. VERY IMPORTANT: AT THE PARK’S REQUEST, THERE IS A LIMIT OF 450 ENTRIES. IF WAITING TILL RACEDAY TO ENTER, PLEASE CHECK THE HOME PAGE OF WWW.PRETZELCITYSPORTS.COM TO BE SURE THAT SPOTS ARE AVAILABLE. RACEDAY ENTRY IS NOT GUARANTEED TO BE AVAILABLE; if we say it is closed on our web site, you will be turned away.**

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 Segway. 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: 4M, 4F 30-39: 4M, 4F 40-49: 4M, 4F 50-59: 4M, 4F 60-67: 3M, 3F 68+: 2M, 2F
30K: 29 & Under: 3M, 3F 30-39: 3M, 3F 40-49: 3M, 3F 50-59: 3M, 3F 60-67: 3M, 3F 68+: 1M, 1F
15k: Top Clyde Regardless of Age: 1M, 1F Open Clydes (39 & und): 2M, 2F Master Clydes (40+): 2M, 2F
30k: Top Clyde Regardless of Age: 1M, 1F Open Clydes (39 & und): 1M, 1F Master Clydes (40+): 1M, 1F

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. May have scale on site to both confirm eligibility & embarrass

Directions: For GPS & Tom Tom, use address of 843 Park Rd, Elverson, PA 19520

From Reading: Take Rt. 422 East of Reading about 6 miles. Take Rt. 82 South to 2nd light in Birdsboro; left on Rt. 724 East. About 1 mile; go right onto Rt. 345 South. Park is 5 miles ahead on right. Enter park; take 1st paved left once inside park to playground, about 2 miles after entering.

From Phila: Take Rt. 422 West to Rt 100 South in Pottstown, Take Rt 100S to first exit, Rt 724 West. Go about 6 miles toward Birdsboro until you reach Rt. 345 South. Take left on Rt 345 (can't go right). Park is 5 miles ahead on right. Enter park; take 1st paved left once inside park to playground, about 2 miles after entering.

Alternate ways exist to get here if taking the PA Turnpike-check the Internet.

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 REFRAIN FROM USING THE POOL PARKING AREA IF POSSIBLE, THERE'S PLENTY OF PARKING TO THE RIGHT.

INSURED BY THE ROAD RUNNERS CLUB OF AMERICA

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

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

**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 Nice so we Don't Have to Read It Twice! -- Sign 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
Shirt Type ____M Cut tech ____ F Cut Tech ____Muscle Shirt Tech (in male cut only) Size: XS S M L XL XX
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____