

Pretzel City's race where you can run 50+ miles, and never be more than 2.5 miles from your gear; the 10th annual

'LABOR PAIN'

12 Hour Endurance Trail Run

**Sun, Sept 1, 2019 -- Sunday of Labor Day Weekend
7:45 AM to 7:45 PM -- Reading, PA**

As past Labor Pain apps have noted, nothing's more frustrating than getting to the end of a race & realizing that YOU have so much more "left" but no more COURSE "left"! You say to yourself, "Man, if this 5k were just a 5 miler" or "if this 10 Miler were just a Half Marathon" (and so on), I could run a REALLY GREAT time today!" Well, WE have a solution for YOU! The Labor Pain 12 Hr. Race lets you run as LONG as your heart, quads & inner thigh skin holds up! The "Pain" is a wheel measured 5 mile trail loop that's 95% single/double track rustic trails and 5% dirt roads, asphalt, grass & the bodies of those collapsing before you. It has slight uphill & downhill & many, many flat sections; past entries said that they love the "variety. But most of all, it is a FUN way for you to achieve distances you've never run before. And that's the key, since the awards are based totally on HOW FAR you run; your "time" only factors in when breaking ties. The loop starts/finishes at the Reading Liederkrantz and you'll repeatedly run past their outside bar, our aide station (there's one @ 2.6 miles too), your tent if you pitch one (looks like Woodstock each year) and your cheering "peeps" that'll be bored by the 2nd lap. Rest when you want, eat when you want, run when you want and go as far as your body & mind will take you. If you reach 26.2M or a 5 mile increment over that distance, your premium that we send you approx 6-8 weeks after the race will be personalized to let the world know that you made it that far! Other milestones over 26.2M that are recognized include 50k and 100k. Join us for a race that draws 300-400 runners annually. Run nonstop. Or run for awhile, rest for awhile & run for some more. In fact, one person ran for 25M in 2013 and was so woozy that he went to the emergency ward, then came back 2 ½ hours later to run another 6 miles to get his 50k. We don't RECOMMEND that as a rule, but whatever approach you take, you'll still have a ball & still probably stretch your limitations farther than you thought possible. 'Cause "word on the street" says that this is ONE endurance race that you HAVE to do!! **LEGAL B.S: YOU ALONE ARE RESPONSIBLE FOR YOUR HEALTH & WELFARE WHILE RACING THIS EVENT.** You know yourself better than anyone. So for the most part, unless you can't finish your next lap before our cutoff (there is no credit for partial laps unless it's for a milestone), we won't tackle you to keep you from going on. No entries under 18 without advance permission. Others not welcome are runners that fart while leading a rumba line on single track, anyone who sings "It's a Small World After All" while running and anyone wearing a Dallas Cowboy shirt, pants or hat; hard enough to stand Dallas fans for just a few minutes, let alone 12 hrs.

AWARDS: 1st & 2nd overall M & F and: 0-39: 6M, 6F 40-49: 4M, 4F 50-59: 4M, 4F 60-69: 4M, 2F 70+: 1M, 1F Awards based on longest distances run. When distances are equal, fastest time to that distance used to break ties. **MUST complete the entire lap to get credit for any of that loop.** ONLY EXCEPTION: when you plan to END your day at an exact milestone distance (which will end at finish line). **NOTE:** based on your previous lap, if we feel that it is darn near impossible for you to finish a lap by the 12 hr cutoff, you'll be forbidden to start another lap.

PACERS: you may have a **registered Pacer** join you after the 2nd lap. Pacers register on race day and their fee is \$20 which gives them access to all food and drink at the race (may purchase a shirt for \$15 if we have any left after all runners have gotten theirs). Unregistered Pacers that take food and water, or accompany someone in the first 2 laps may result in the disqualification of the person they pace, with no refund to be made to the disqualified entry. After 7:15 PM, entries leaving to pick up ANY additional mileage to get a milestone **MUST** bring a lighting device.

REGISTRATION/ENTRY: Reading Liederkrantz German Club, **143 Spook Lane, Reading, PA.** Reg. opens at 6:30 AM, pre-meeting at 7:30 AM, race at 7:45 AM. **FEE:** \$85 w/wicking tech shirt, entry memento (to prereg only & post reg while they last) and wearable premium (to both pre and post) listing distance run (mailed approx 6-8 weeks afterwards) if postmarked by Wed, Aug 14, 2019. Afterwards, \$100 while tech shirts last (inc. day of race), \$85 when gone; all fees still include the post race

wearable premium. If you surpass 26.2M distance, the premium will list the distance you ran. People not reading 26.2M will not have a distance listed on their premium; just the race logo. **WARNING:** TECH SHIRTS COST MORE THAN T-SHIRTS. Because of this, **FEW** extra shirts are printed than those ordered by prereg entries so enter before raceday if possible to increase your chances of getting a tech shirt! We race in all weather. No refunds, no smoking at race site please, NO "OUTSIDE" BEER AT THE LIEDERKRANZ; cash bar on site. And no candyasses!. **NOTE:** Due to award winners not being known until well after some people finish, FOR THIS PCS EVENT ONLY, awards will be mailed afterwards, if need be.

OTHER PERKS: water stop mid-course & at end of each loop. Indoor johns, covered pavilion, hot & cold eats for racers (one of the better spreads in ultra running, some grub for sale to public as well), cash bar from 11 AM on, results on pretzelcitysports.com, outdoor shower w/no privacy. Medical help on site all day. Camping (no fires allowed) on site the day of the race but NOT the night before or afterwards. **ALSO, AT THE REQUEST OF THE FACILITY, MOST CAMPING MUST BE BEHIND THE FINISH LINE AREA.** Access to inside areas is limited to indoor bathrooms. Suggest pitching a tent next to pavilion (but only the day of the race) if you wish to change, nap, make whoopee (like you'll have enough energy left!), etc. **PLEASE NOTE: PARKING LIMITED TO ABOUT 300 CARS, MAY HAVE TO PARK CAR AT PARK NEARBY IF GETTING THERE LATE IN REGISTRATION PERIOD.**

DIRECTIONS FROM : PHILLY: IMPORTANT: DO NOT USE MAPQUEST DIRECTIONS FROM PHILLY! Instead, take Rt. 422W from King of Prussia. Just before Reading, 1 block past Arby's & Burger King, bear right onto Bus. Rt. 422, marked "Mt. Penn"; is right where new Target/Red Robin/Sonic is. DON'T follow sign to Reading ** **Go 3 miles until road splits at CVS. 1/10th Mile later, JUST PAST Francesca's Restaurant, take right onto Glen Rd (sign missing, turn just before bridge). At end of Glen, turn right & then take your next right just 50 yards ahead. Look for sign to Stokesay, Liederkrantz is next door.**

YORK/LANCASTER/BALTIMORE/VIRGINIA: 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 **.

LEHIGH VALLEY/CENTRAL JERSEY: 78 West to RT 100S exit, Follow signs toward Reading. Take Rt. 222 S onto new Reading bypass, merge onto Rt. 422 East (Reading/Pottstown). Go past city and exit at Mt Penn. Go left, go 3 lights to Bus. 422W. Take left, follow Philly directions after asterisks **.

OTHERS, USE MAPQUEST FOR: 143 Spook Lane, Reading, PA 19606 or "Spook Lane & Hill Rd" or "Hill Rd & Glen Rd".

RECORDS: M: Jim Blandford 75M in 11:41:24 (2012) F: Jackie Palmer Merritt 70M in 11:52:00 (2014)

**Check Payable to & Mailed to (with waiver): Pretzel City Sports, 112 W. 36TH ST., READING, PA 19606
Head Pain: Ron Horn, rhornpcs@aol.com , 610-779-2668 day or night, www.pretzelcitysports.com**

**ON-LINE REGISTRATION AVAILABLE ON WWW.PRETZELCITYSPORTS.COM
(optional, a nominal processing fee applies, closes the Wednesday of race week at midnight)**

PRINT CLEARER THAN YOU'RE CURRENTLY THINKING ** LABOR PAIN APP MAY BE COPIED ** SIGN WAIVER

Last Name _____ First Name _____

Street Address _____ City _____ State _____

Zip _____ Sex: M F Race Day Age _____ Date of Birth ____/____/____ (must be 18) Shirt Cut: ___ Male ___ Female

Tech Shirt Size: XS S M L XL XXL Phone: (____) _____ Day? ___ Night? ___ Both?

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

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____

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