

'Ghouls & Fools'

10K (more or less) Nighttime Trail Run

Sat. Night, Nov 2, 2019 - 7:00 PM (EST) - Reading, PA

"We Provide the Organization - You Provide the Illumination"

There are certain things in life that, while horrifying, also make us laugh out loud. Why? Because they're so ridiculous & "outside the box", and NOT in a good way! Like the 72 year old Walmart checkout lady with the devil tattoo halfway up her neck. Had THIS granny lived where Little Red Riding Hood was heading, Red would have probably walked into Granny's house right onto her new wolf rug. Or the French Canadian oldster that wanders onto the beach at Wildwood with a Santa Claus-like gut & a WAY too tight and brief Speedo right underneath his paunch. While it is tempting to tell him that he looks asinine; don't bother; French Canadians refuse to speak English anyway, even if they can. Other both "horrifying and humorous" examples include Lindsay Lohan continuing to bill herself as an "actress" and Johnny Manziel continuing to bill himself as a "pro quarterback". And identifying any Kardashians as a "star" is just out and out WRONG! AND both horrifying & funny as heck to REAL stars! The reality is that many things both horrify us & make us smile at the same time. Such is the case of the nighttime trail run known as the Ghouls & Fools. The Ghouls & Fools can be quite frightening. If the things in the woods don't get you, the numerous rocks, roots and downed branches might! And yet 200-300 people come back every year because they have a BALL running thru the forest with only the beam of a headlamp to light their way and with friends around them that are easy to scare; IF they so choose to do so. In reality, there is LITTLE to be afraid of at the Ghouls. We actually have less scrapes & dings at this race than any we host, since it uses our easiest and cleanest trails. Plus, with the course marked with reflecting tape & glow sticks, the chance of you getting lost in the woods is slim to none. We designed this race to be FUN; don't expect any of OUR people to jump out from behind a tree; just your moron friends!! Plus, we add to the fun by having such on-course surprises as unique aide stations w/witches brew, volunteers in costume, Halloween items on the course that earn you door prizes, a cash bar at the end and other silly stuff. We've even have Clydesdale awards for those that have stolen too much of their kids' Halloween candy in the past. Yet, at the same time, it is a very COMPETITIVE race that draws some talented runners. But it ALSO draws people that measure their 10k time with a sun dial. Come see what happens in the woods after dark because it's FRIGHTENLY FUN! And dress crazy; Halloween's just 2 days before so you can get some HUGE savings if you wait till Nov 1st to buy your getup! We'll have prizes for the M and F that does it best! **NOTE: YOU ALONE ARE RESPONSIBLE FOR YOUR WELFARE AT THIS RACE.** Since it's right after Halloween, it's not smart to wander thru the woods while bleeding. So, if you do get dinged, get to an aide station so we can put a wooden stake in the heart of whatever is stalking you. Since this race requires a certain degree of semi-maturity, we discourage those under 16 from doing this race (14 & 15 year olds OK to race ONLY IF a parent attends, entries below 14 MUST have someone run with them). Others not really welcome are those who think that the teaching of cursive writing should be eliminated in schools, anyone who's favorite Broadway Show is "Mama Mia" (WHAT a SOPHISTICATE!) and anyone 18 or more that has never seen their spouse or anyone they've dated for more than a year naked. Because, much more than running thru the woods in the pitch dark, THAT'S WEIRD!!

AWARDS:

M/ F 1st & 2nd overall (no repeats) and best M and Female costume plus

0-39: 7M/7F 40-49: 4M/4F 50-59: 4M/4F 60-67: 4M/3F (60+ only for F) 68+: 2M

Open Clydes (39 & und): 2M, 2F Master Clydes (40+): 2M, 2F Top Clyde Regardless of Age: 1M, 1F

Clydesdale Qualifying Weight: Men: weight (in lbs.) divided by your height (in inches) must be at least 2.75 lbs./inch. Women: same formula but your "min" is 2.35 lbs./inch. This method stops the "tall but buff" from taking these awards from the more challenged "softies" like me. May have scale on site to both confirm eligibility & embarrass. NOTE: There is no way to pre-declare your intentions to enter as a Clydesdale. Besides, who knows what you'll weigh by Nov. Instead, **LET US KNOW THAT DAY TO CODE YOU AS A CLYDESDALE ON YOUR BIB!! AND MAKE SURE WE DO! NO POST-RACE CODING WILL BE DONE.**

REGISTRATION/ENTRY: Reading Liederkrantz German Singing & Sports Club, 143 Spook Lane, Reading, PA. Reg. opens at 6:00 P.M.; we race at 7:00 PM or as soon as it's dark enough after that projected time. Fee is \$34 w/ soft-style upscale T-shirt if postmarked by Tues, Oct 22, 2019. Afterwards, \$39 while shirts last (inc. day of race), \$33 when gone. **WARNING: SOFT - STYLE T-SHIRTS COST MORE THAN REGULAR SHIRTS. BECAUSE OF**

THIS EXTRA COST, **FEW** extra shirts are printed than those ordered by prereg entries so enter before the race date if possible to increase your chances of getting a shirt!. No entry limit! We race in rain, snow or threat of darkness (DUH!!) No refunds, no mailed shirts or awards; no smoking at race site please, **NO OUTSIDE BEER ALLOWED AT LIEDERKRANZ; THEIR RULES! FRIENDLY** dogs permitted but leave "Killer" home. And clean up after them!!

WHAT YOU GET: Short sleeve soft-style shirt with a unique & memorable design (no ads on it), 2 or 3 water stops (1 with alternative beverages), indoor johns, covered pavilion, refreshments for racers, wheel measured course, some special award categories, a German BeerGarten with fine beers and ales for purchase, results on www.pretzelcitysports.com in 24-48 hrs and the right to say you did something that boring, uptight people that you know (your Boss, your Mother-In-Law, etc) say is "idiotic" or "juvenile" or "not in keeping with someone of your stature and upbringing". Yeah!! Right!! **Also, bring your own glow jewelry, we have discontinued giving it out because too much of it ends up falling off on trail. Plus, you have better taste in jewelry than we do anyway!**

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

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"; **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: 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"

IMPORTANT NOTE: Due to the fixed cost of holding a race on Mt Penn, this MAY be the last nighttime trail run that Pretzel City will hold-our 2019 attendance will determine that.

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

**OPTIONAL ONLINE REGISTRATION AVAILABLE ON WWW.PRETZELCITYSPORTS.COM
(a nominal processing fee applies, closes on midnight, the Wed before the event)**

PRINT LIKE YOU'RE NOT "ALWAYS IN THE DARK" * SIGN GHOULS WAIVER ON BACK * NO ENTRY LIMIT

Last Name _____ First Name _____

Street Address _____

City _____ State _____ Zip _____ Sex: M F Race Day Age _____

Date of Birth ____/____/____ Shirt "Cut" ____ Mens ____ Female Soft Style T-Shirt Size: XS S M L XL 2X
(XS only available if we can get them-if not, will be converted to S)

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

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

WAIVER: I know that running a trail race, at all times, 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____

Parent must sign if under 18 Insurance Provided by Road Runner Clubs of America (R.R.C.A.)