

Experience one of the oldest trail runs in Eastern Pennsylvania; Pretzel City Sports' 23rd Annual

# EVANSBURG CHALLENGE

## 10 Mile & 7k Trail Races

Sun., October 18, 2020 – 9 A.M. Evansburg State Park near Collegeville, PA  
Park Address: 851 May Hall Rd, Collegeville, PA 19426

**10 Miler is a Point Scoring Run in the Mid-Atlantic USA Track & Field Off-Road Series**

**New in 2020: deepest water crossing eliminated, earlier start, addition of Clydesdale awards, now directed by Pretzel City Sports**

Many areas of the world possess “products of nature” that the rest of the world cherishes & seeks out. Who hasn’t had a nice, refreshing bottle of Fiji water? And the finest chefs in the world wouldn’t think of cooking certain meals without the truffles that grow primarily in northern Italy. They feel the same way about the albacore that swims just off the West coast of the U. S and the tomato pies that grows wild in the kitchens of Italian homes in Conshohocken. The “mud” at Evansburg State Park is another “product of nature” that you just can’t find anywhere else. With the trails being used for decades by the stables that surround the park, this terra-not-so-firma has become a mixture of dirt, rotting vegetation, grit and the main by-product produced while filming the movie “Seabiscuit”. And it SEEMS to have magical powers. Where else can you end up being sucked 8-12 inches deep in mud and still have a huge smile on your face? Where else can your running shoes pick up an odor that will withstand 27 washings? Where else can you seek out a creek crossing in late Oct temperatures, WITH NO HESITATION, just to get this mystical mud OUT from BETWEEN YOUR TOES? ONLY in Evansburg Park and ONLY in our annual Evansburg Challenge 10M & 7k Trail Runs. The Challenges continues to provide a wonderful chance for grownups to cavort in the mud, play in the creek and run thru the woods with hardly any clothes on. LEGALLY! This park’s rustic trails take you past great fall scenery yet they’re flat, have almost no rocks and you pass the finish line at 7k, JUST in case if you've bitten off more than you can chew. And yet its scenic beauty, entry level course, chance to decide which distance you are finishing in at mid-race, shallow but wide creek crossing, its legendary mud "potential" and its closeness to Philly helps it attract some of the best & most gonzo "trailers" in the region. It has enough crazy stuff on the course that the Type-A’s won’t be bored. And yet, it is doable for those that grew up on Butterscotch Krimpets & Cheesesteaks. Since it has nothing more than slight rises, these trails are some of the most runnable in the East. That is, UNLESS it rains anytime near the race. Then, you too will know the amazing and, even more so, MEMORABLE powers of the Mud that resides in Evansburg State Park! **WARNING: YOU RACE AT YOUR OWN RISK & are SOLEY responsible for yourself at all times.** Our trails are fairly clean but not ‘oaf proof’. If you “ding a wing” or “rankle an ankle”, hobble to the next aide station so we can get you back via fossil fuel. And if you get end up in Norristown or NovaCare, be sure that you'll be missed; not "looked for", just "missed". Although this isn’t a hard race, it’s still a 10 miler, so entry is discouraged for those under 16 (no age limit for 7k) . Others that should pass up this race are those that expect their sneakers to “look like new” for the next 5 years & anyone who thinks that “leaves” are the only things that fall in the woods during a trail race.

**Entry:** Race starts at 9 A.M.; registration in Park at Pavilion from 7:45 a.m. to 8:45 (follow signs to reg.). Fee is \$30 if postmarked by Oct 6th, includes a long sleeve cotton T-shirt; \$35 after cutoff, including raceday. (VERY limited number of extra shirts will be printed so if you don’t want to be shut out of a shirt, pre-enter even if it’s after the cutoff date!!). No mailing of shirts or awards; no refunds. Race goes on rain or shine; (may delay race start if “lightening”). Should be at least 16 years old to run 10 miler. **NOTE: MANY OF OUR REGISTRATION FOLKS ALSO HELP AT REMOTE SPOTS ON THE COURSE. TO GET THEM TO THESE SPOTS ON TIME, IT’S CRUCIAL THAT RUNNERS BE REGISTERED BY 8:45!!**

Online registration available at [www.pretzelcitysports.com](http://www.pretzelcitysports.com) until midnight on the Wed of race week. Nominal service fee applies.

**WARNING:** Any 10M entry not reaching the 7k point in 1 hr, 10 minutes MUST finish in the 7k, regardless of the event they wanted to do. Going past this spot is probably a bit more demanding than you can handle plus we'll begin taking down the course past the 7k mark at 1 hr, 10 minutes into the race to insure the safety of all. We'd rather everyone finish healthy than risk the problems that occur when someone tries to exceed their level of fitness.

**Other Reasons to Enter:** 3 water stops on 10M course, 1 on 7k. Results posted at [www.pretzelcitysports.com](http://www.pretzelcitysports.com) the next business day after race, instant results posted at race, digital clock at race finish, modern bathrooms, covered pavilion, post-race food, a well-marked trail, a fair amount of nearby parking AND the 10 miler scores you points in the USA T & F Mid-Atlantic series.

**Awards:** **10 Miler:** 1<sup>st</sup> and 2<sup>nd</sup> Overall Male and Female Plus:  
0-29: 4M, 4F 30-39: 4M, 4F 40-49: 4M, 4F 50-59: 4M, 4F 60-69: 4M, 3F 70+: 2M, 1F  
Open Clydesdale (39 & und) 1M, 1F Master Clydesdale (40 and over): 1M, 1F

**7K:** 1<sup>st</sup> Overall Male and Female Plus:  
0-29: 3M, 3F 30-39: 3M, 3F 40-49: 3M, 3F 50-59: 3M, 3F 60-69: 3M, 2F 70+: 1M, 1F  
Open Clydesdale (39 & und): 1M, 1F Master Clydesdale (40 and over): 1M, 1F

Clydesdale Weight Minimums: 210 or over for men, 160 or over for women.

**Directions to Park located at 851 May Hall Rd, Collegetown, PA:**

**FROM SOUTH, EAST & WEST:** Take Rt. 422 to the Collegetown Exit (Rt. 29). Take Rt. 29 North into Collegetown until it intersects with Ridge Pike (bus Rt. 422) at light at McDonalds. \* Turn and cross the bridge toward the right and then make the IMMEDIATE 45 degree left onto Germantown Pike. Go about 1.5 miles to park entrance on your left. Enter the park. At the first stop sign, take a left and an IMMEDIATE right. Follow the signs from there.

**FROM THE NORTH:** Take Rt. 29 South into Collegetown until it intersects with Ridge Pike (bus Rt. 422) at the light at McDonalds. Follow directions above after \*.

**Our thanks to the staff at Evansburg State Park for helping us keep this race alive!!**

Check Payable to & Mailed to (with waiver): Pretzel City Sports, 112 W. 36TH ST., READING, PA 19606  
Head Trailer: Ron Horn, [rhornpcs@aol.com](mailto:rhornpcs@aol.com), 610-779-2668 day or night (just not during an Eagles game,  
[www.pretzelcitysports.com](http://www.pretzelcitysports.com) Insurance Provided by R.R.C.A

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Last Name \_\_\_\_\_ First Name \_\_\_\_\_  
Address, \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Sex: M F  
Race Day Age \_\_\_\_\_ Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Long Sleeve Cotton Shirt Size (circle one): S M L XL XXL  
Telephone(\_\_\_\_\_) \_\_\_\_\_ AM? PM? Clydesdale?: \_\_\_\_ Yes \_\_\_\_ No  
Email \_\_\_\_\_ Already Getting Pretzel City Sports emails? \_\_\_\_ Yes \_\_\_\_ No

**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, 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 Evansburg State Park, Pretzel City Sports, all owners of the properties on which the race is run or held, 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. By entering this race, I am granting permission to all parties affiliated with the race 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 AND UNDERSTAND THIS WAIVER:

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_/\_\_\_\_/20

(signature of parent or guardian if under 18)  
SIGN WAIVER BEFORE RETURNING

EVANSBURG APP MAY BE DUPLICATED