

Pretzel City's race where you can run 50+ miles, and never be more than 2 miles from your gear; the 11th annual

# 'LABOR PAIN'

## 10 Hour Endurance Trail Run

Sun, Nov 22, 2020 – 7:45 AM till 5:45 PM

Pool area of French Creek State Park-Birdsboro, PA

**Online registration only due to field limit-expected to be limited to 250 or whatever the state allows at that point. Race day registration doubtful.**

This event is a relocated & redesigned version of our 12 hour race held in Reading, PA on Labor Day Sunday that was cancelled when Reading suspended all special event permits about 4 weeks before raceday. The course is a wheel measured, 4-mile loop around Hopewell Lake in beautiful French Creek State Park. It is 40% paved roads/paths, 50% rustic trail & 10% dirt/stone fire lane. The course is VERY scenic, very flat for an ultra and spectator friendly; the 2.3 Mile mark is 75 yds from the finish line. Because of the cooler time of year, the shortened course and little access by car to any mid-course location, water/food/etc. is only available at the end of each lap. The Labor Pain 10 Hr. Race lets you run 4 mile laps as LONG as your quads & inner thigh skin holds up! It is a FUN way for you to achieve mileage 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. Extensive Covid precautions to be taken at race, email rhornpcs@aol.com if needing details. **ALSO, YOU MUST BRING A MASK FOR REGISTRATION & ANY SPOT WHERE PEOPLE CONGREGATE**

**AWARDS:** 1st & 2nd overall M & F and: 0-29: 3M, 3F 30-39 5M, 5F 40-49: 5M, 5F 50-59: 5M, 5F 60-69: 4M, 2F 70+: 1M, 1F Top 3 Clydesdales-M and F; minimum Clydesdale weights: 210 for males, 160 for females. 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 (26.2M, 50k, 100k) where you'll run to a turnaround spot and then back to the finish line. **DUE TO COVID, NO AWARDS CEREMONY-ALL TO BE MAILED! NOTE-if we feel that it is darn near impossible for you to finish a lap by the 10-hr. cutoff, based on your previous lap time, you'll be forbidden to start another lap. Also, ANYONE STARTING A LAP AFTER 4:30 PM MUST HAVE A LIGHT WITH THEM.**

**REGISTRATION/ENTRY:** Online registration on [www.pretzelcitysports.com](http://www.pretzelcitysports.com); small service fee applies, closes at midnight of the Wed before the race or when race is full. No waiting list! Packet pickup opens at 6:30 AM next to the Park's pool, 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 your mileage (mailed approx. 6-8 weeks afterwards) if entered by **Mon, 11/9/20**. Afterwards, (IF NOT FILLED), \$100 while tech shirts last, \$92 when gone; all fees include the post-race wearable premium. If you surpass 26.2M distance, the premium will list your mileage. People not reaching 26.2M will only have the race logo on their premium. **WARNING: FEW** extra shirts are printed than those ordered by prereg entries so enter ASAP if possible, to increase your chances of getting a tech shirt! We race in all weather. No refunds, no smoking at race site, no alcohol in park. **Entries below 16 yrs. old? Email the race director for permission to sign up.**

**OTHER PERKS:** individually wrapped hot/cold eats and drinks for racers at the end of each loop (some grub for sale to public as well), porta potties on site plus heated bathrooms nearby, plenty of room for parking & tent setup near finish, results on [pretzelcitysports.com](http://pretzelcitysports.com) in 24 hrs., medical help on site all day. Camping (no fires allowed) on site raceday but NO CAMPING the night before or afterwards-overnight camping IS available at Park but it's not walking distance from the race start. **ALL TENTS MUST BE BEHIND THE FINISH LINE OF THE COURSE (cross the finish line first).**

**PACERS:** May have a **registered Pacer** join you after 11 AM, we'll register them for \$20 starting at 10:30 AM. Their fee gives them access to all food and drink at the race (can buy a shirt for \$10 if we have any left). Unregistered Pacers that take our food/water or start pacing someone before 11 AM may result in the disqualification of the person they pace, with no refund to be made to the disqualified entry. Crowd size limitations require that we take this hard stance

**Address of Park for GPS Use:** 843 Park Rd, Elverson, PA 19520 Insurance provided by R.R.C.A.

**Questions? Head Pain: Ron Horn, [rhornpcs@aol.com](mailto:rhornpcs@aol.com) (preferred) or call 610-779-2668 (day or night)**