

DOUBLE TROUBLE

15K/30K TRAIL RUN(S) & 30K RELAY

SUNDAY, AUG 15, 2021 ** 9 AM

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

Field Limit of 250, if still required by State. Online entry mandatory so we can close down registration at a moments notice if needed. Availability of raceday entry not guaranteed.

Once upon a time, watching TV was SO SIMPLE!! WHAT you watched was limited to the 3 or 4 channels your rooftop antenna could pick up; less if the weather sucked that day. And if you didn't have a rooftop antenna, you jiggled that clothes-hanger-type thing on top of your Philco till the "snow" disappeared from Deputy Dawg. And what you WATCHED it on was pretty "un-complex" too. You either watched it on a floor model TV or a portable TV or a wall-mounted TV. NOW, trying to watch something is SO complicated. The number of sources for viewing is unlimited, and growing! And do you watch it on a TV or a laptop or a tablet or a phone? And in Hi-Def? Or Lo-Def? Or wishing you were deaf? Do you watch it thru a paid source? Or a free source? Or a source where 1 person pays and they share their password with 78 other people? The Double Trouble returns you to a MUCH simpler time. You have only 4 choices 1) you could run the 15k or 2) run the 30k or 3) run the relay or 4) stay home. It is THAT simple, which may be the reason why it is attended by mostly "simpletons". The DT is a toasty summer competitive sojourn over rustic trails with rocks, roots and rodents, while under a lot of shade and while passing two of the prettiest lakes in Eastern PA. It is a medium-challenge event, yet doable by even those that have a booth at Dunkin Donuts named in their honor. And again, it only gives your 4 options. Better yet, if you choose option 1 or 2 above, you don't even have to make a decision on which one of the two you choose until MIDWAY IN THE RACE! Everyone starts together and runs a 15k loop. As long as you finish the 1st lap in 2 hr., 10 minutes or less, YOU decide in midrace whether to do 1 loop or 2. Trained for the 30k but it's warmer than a camel's armpit? Finish in the 15k! Entered the 15k but for once, you stopped drinking before 2 PM the night before? 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 Ivanka Trump is committed to start using supermarket coupons now that she's unemployed. Afterwards, 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 & pool nearby, parking galore, picnic tables & LOTS of things that make this a wonderful day for both you & your peeps. Not sure you can handle even 1 loop? Get up to 4 "buds" together (or less if you wish) and do approx. half of the 15k loop in our 30k relay. So, come on out and join your fellow trail runners that you have seen WAY too little 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 very well marked and rarely does anyone get so lost that we can't find the body. And even though we'll have an EMS on site, we hardly ever need them. But if you DO get "dinged", crawl to a place where we have volunteers IN CARS! And if you wander into parts of the park that we never intended for you to visit, it's your responsibility to find your way back; follow the sounds of the kids splashing in the pool next to the finish line. This race is a "tad tuff" due to its length & heat, so entry is discouraged, but not closed to 1) those under 16 (younger ones OK for the 15k ONLY & a parent MUST be present too; not run, just present) 2) people that wear a mask with those disturbing images of giant teeth on them and 3) anyone too pompous to have never watched an episode of The Simpsons or South Park.

WALKERS: we don't usually permit you in our races due to the strain that the extended time you take to finish puts on our crew. However, since this is a 2 lap course, we stay late anyway so walkers are VERY welcome to enter the 15k.

Relay Rules: May have up to 4 entries but can have 3 or 2 too. If doing a half lap, you are responsible for getting to & from the handoff area midway thru the loop (parking lot at the fire tower), if your leg starts or ends there. Each relay member must enter separately. Also, each entry must do at least half a loop but a relay-er can do more than ½ loop; either continuous or not. Relay members may pace each other but only one member may go thru the finish loop. Relay “splits” will not be available. Relay members are NOT eligible for age group awards.

Entry: Race starts at 9 A.M.; reg. opens at 7:45 AM just east of the pool area. \$34 if postmarked by Wed, July 28th, includes a short sleeved breathable tech shirt (S thru 2X) in either a male or female cut (in the past, female cuts have tended to run slightly small; take that into account when ordering), \$40 after cutoff, including raceday, while shirts last; \$35 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. Held rain or shine.

IMPORTANT: You **MUST** finish the 1st lap and start your 2nd lap in less than 2 hrs., 10 minutes to do the 30k; 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. **ALSO VERY**

IMPORTANT: If, in the opinion of the race director, the heat index is SO high that holding the 30k puts people at risk that day, the **ONLY** race that will be contested is the 15k; the 30k will be canceled. In this case, the relay awards will go to the combined times of the first 2 relay team members that cross the 15k finish line. In such extreme conditions, someone will follow the last 15k runner, removing the course markings; thus, runners doing another lap do so at their own risk and with no support or direction from us. **Trust us, this decision will NOT be made lightly.** But we have to protect the future of racing in the park and “killing runners” makes us look **REALLY** bad! Also, no price adjustment or refund will apply if this decision is made. No refunds or mailed shirts/awards.

STILL VERY IMPORTANT: If the pandemic situation requires us to do so, PCS’s strict Covid precautions listed on www.pretzelcitysports.com will apply to this race.

Mandatory on-line reg via credit card available on www.pretzelcitysports.com
(closes midnight, the Wed before the race, nominal service charge applies)

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 drone. 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: 3M, 4F 30-39: 5M, 5F 40-49: 5M, 5F 50-59: 5M, 4F 60-67: 4M, 3F, 68+: 3M, 2F

30K: 29 & Under: 3M, 3F 30-39: 4M, 3F 40-49: 4M, 3F 50-59: 4M, 3F 60-67: 3M, 2F 68+: 1M, 1F

(age & gender differentials in awards given based on past 2 years entries in each event)

Relay Teams: Top 3 teams, individual medals for each team member

15k Clydesdales: 3M, 3F 30k Clydesdales: 2M, 2F **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. Honor system.

Directions: Get directions to park online or by cell (careful, cell service in park **REALLY** sucks), using address of **843 Park Rd, Elverson, PA. 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 DON’T USE THE POOL’S PARKING AREA IF POSSIBLE, THERE’S PLENTY OF PARKING TO THE RIGHT.**

INSURED BY THE ROAD RUNNERS CLUB OF AMERICA

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