

'LABOR PAIN'

12 Hour Endurance Trail Run

Sun, Sept 4, 2022 -- Sunday of Labor Day Weekend

7:45 AM to 7:45 PM -- Reading, PA

New course for 2022: Flatter, faster, less rocky

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 "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 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 & rocks (but, hopefully, less than in the past). It has slight uphill & downhill & many flat sections; folks say that they love the "variety". But most of all, 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. The loop starts/finishes at the Reading Liederkrantz and you'll repeatedly run past their outside bar, our aide station (there's one in mid-course too), your tent if you pitch one (looks like Woodstock each year) and your "peeps" that'll be bored by the 2nd lap. If you complete 26.2M or more, your premium that we mail you about 6-8 weeks after the race will be personalized to let the world know just how far you ran; run less than that & you STILL get a personalized premium; there just won't be a distance on it! Join us for a race that draws 350-400 entries annually. Rest when you want, eat when you want, run when you want & go as far as your body & mind will take you. In fact, one guy ran for 25M in 2013 and was so woozy that he went to the hospital, then came back 2.5 hrs. later to run another 6M 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 AT THIS EVENT.** YOU know YOU better than anyone. So for the most part, unless you can't finish your next lap before our cutoff (no credit for partial laps unless it's for a milestone), we won't stop you from going on. Entries not welcome from runners that can't count laps past the number of fingers and toes they have (or 21 laps for men), those that don't like Canadians ('cause how can you NOT like Canadians!!) and anyone who spells out "Laugh Out Loud" in their texts.

RECORDS: M: John Dragon-75M in 11:25:07 (2019) F: Jackie Palmer Merritt-70M in 11:52:00 (2014)

ON-LINE REGISTRATION AVAILABLE ON WWW.PRETZELCITYSPORTS.COM

(optional, a nominal processing fee applies, closes the Wednesday of race week at midnight)

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

Last Name _____ First Name _____

Street Address _____ City _____ State _____

Zip _____ Sex: M F Race Day Age _____ Date of Birth ____/____/____ Clydesdale? ____ Yes ____ No

Unisex Tech Shirt Size: S M L XL 2X Phone: (____) _____ Day? ___Night? ___Both?

Email _____ Already get Run Updates? ___ Yes ___ No

(write clearly)

How did you find out about the race? Be specific: _____

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. Clyde weights: Men: minimum of 210 lbs. or 185 if 5 ft., 9 inches tall or less. Women: minimum of 160 lbs., 140 if 5 ft., 4 inches tall or less. 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 \$10 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 or premium to be given to the disqualified entry. Entries starting another lap or partial lap after 7:15 PM MUST have with them a light or headlamp.

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 if postmarked by Mon, Aug 15, 2022 w/wicking tech shirt, entry memento (to prereg only & post reg while they last) and wearable premium or gift (to both pre and post-mailed about 6-8 weeks afterwards). Afterwards, \$100 while tech shirts last (inc. day of race), \$90 when gone; all fees still include the post race wearable premium or gift. If you reach 26.2M or more, the premium will list the distance you ran. People not reaching 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 LIEDERKRANTZ; cash bar on site. And no candyasses!. **NOTE:** There WILL be an awards ceremony but due to award winners not being known until well after some people finish, FOR THIS PCS RACE 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 **NO CAMPING 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"; where the 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 Plaza Azteca (GREAT guac!) on your right , take right onto Glen Rd (sign missing, turn just before bridge). At end of Glen, turn right & then take your next right 100 yds 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".

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 _____, 2022

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