

Experience one of the flattest and (sometimes) muddiest trail races that Pretzel City Sports holds; the 24th Annual

EVANSBURG CHALLENGE

10 Mile & 7k Trail Races

Sun., October 23rd, 2022 – 10 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

Due to the slight chance of a state limit on attendance by raceday, if a new Covid variant appears, online registration is mandatory. Raceday registration is probable but you must register online until then, so that entry can be closed on a moment's notice, if need be.

Certain things in life require an expert's skill and know how. That's why you very rarely see YouTube segments on "How to do Liver Transplants", "Build Your Own Nuclear Bomb" or "Shake Some Sense into that Teenager of Yours". And while there's tons of "For Dummies" books, subjects you won't find there include Autopsies at Home, Mummification for Fun & Profit, Doing Needlepoint Samplers in Ancient Mesopotamian Languages or Understanding the US Tax Codes; no one totally knows them including the people that wrote them, and no one ever will. Then, there's trail running. Now, there ARE some trail runs in our region that require extensive skills and smarts when it comes to crossing rocks, navigating steep uphill & downhill, mastering map reading/compass operation, surviving on wild flowers & iodized waste water and knowing how to do on-course amputation in the case of extensive gangrene. But, the Evansburg Challenge is NOT one of those races. Instead, it is the "People's Trail Race", a low to medium difficult trail run in a beautiful state park. Will the Type-A Zealots be bored? Not with a wide but shallow creek crossing, legendary mud that can take off a sneaker quicker than Brittany Spears sent out nude selfies once her conservancy was lifted, occasional "stubbies" that will grab your toe as if someone tied your laces together and the top notch competition that USA T & F Offroad point scoring events attract. But this is ALSO a great race for entry-to-casual level trail runners & walkers; it even has a shorter 7k event with awards for those that are not up to the 10 mile task or run/walk at a more casual pace than most (everyone starts together and no one declares a distance in advance-but you MUST finish in the 7k if taking more than 1 hr, 10 minutes to get there). There are no snow capped peaks anywhere in Montgomery County, the park trails have very limited rocks/root/rodents, most trails are wide enough to run 2 abreast, and the creek crossing only goes up to about your shin unless you live right down the road from the Lollipop Guild. This is a GREAT race for those that have always wanted to try trail runner but valued all of their body parts. In fact, many people consider this a "road racer's" trail run because those that throw a little caution to the wind can FLY on this course!! So, whether you're a "Gonzo" or a "Give It a Try" er, come join us for the 24th running of what has become one of the most popular trail runs in Eastern PA! **WARNING: YOU RACE AT YOUR OWN RISK & are SOLELY responsible for yourself at all times.** Skinned knees or an ankle twist or two happen annually but if you really take a header, try to crawl to the next aide station so we can drive you back via fossil fuel. Ten mile races are no "walk in the park" so entry's for those under 16 is not encouraged for the 10 miler; enter the 7k instead. Two important points 1) the water crossing is ONLY in the 10 miler and 2) our regrets; the trail is FAR too rutted & bumpy for baby joggers, strollers, roller blades or ice skates.

Mandatory Online registration at

<https://www.pretzelcitysports.com/online-registration/>

Open until midnight on the Wed of race week. Nominal service fee applies.

WARNING: Again, any 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. **ONLY** people finishing in the 10 miler will earn USA T & F Mid-Atlantic Off-Road Series points. While there are awards for the 7k, those finishers do NOT earn such points

Entry: Race starts at 10 A.M.; registration in Park at small Pavilion near bathrooms from 8:45 a.m. to 9:45. No mailing of shirts or awards; no refunds. Race goes on rain or shine; (may delay race start if "lightening"). Minimum age of 16 years old suggested for those that run the 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 9:45!!**

Fee: \$37 WITH shirt OR \$32 WITHOUT a long sleeve unisex tech shirt if entered by Thurs, Oct 6th. Afterwards, including raceday, \$42 WITH shirt and \$37 with NO shirt or when they run out. (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!!)

Other Reasons to Enter: 3 water stops on 10M course, 1 on 7k. Results posted at 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 Off-Road series. Pricing that can reduce your racing fee if you need another shirt about as much as the music world needs another Korean Boy Band.

Awards: **10 Miler:** 1st and 2nd Overall Male and Female Plus: 0-29: 3M, 3F 30-39: 5M, 5F
40-49: 5M, 5F 50-59: 5M, 4F 60-67: 4M, 3F 68+: 3M, 2F Clydesdales: 3M, 3F

7K: 1st Overall Male and Female Plus: 0-29: 3M, 3F 30-39: 3M, 3F 40-49: 3M, 3F 50-59:
3M, 3F 60-67: 3M, 3F 68+: 3M, 2F Clydesdales: 2M, 2F

Clydesdale Weight Minimums for both events: Men: minimum of 210 lbs. or 190 if 5 ft., 9 inches tall or less. Women: minimum of 165 lbs., 145 if 5 ft., 4 inches tall or less. Honor system, no scale on site.

Directions to Park: Use address of 851 May Hall Rd, Collegeville, PA in your GPS. Park is just off Germantown Pike about 2.5 miles east of Collegeville. If parking on the grass, PLEASE do so only on sections where you are instructed to do so by the park staff.

Challenged Head: Ron Horn, rhornpcs@aol.com (preferred means of contact) or 610-779-2668 day or night (just not during an Eagles game), www.pretzelcitysports.com

Insurance Provided by R.R.C.A

For great Running-related gifts and attire, check out

www.thegiftedrunner.com

Our thanks to the great staff of Evansburg State Park for their assistance with this event over the past 2 decades!