

Pretzel City Sports presents its 3rd annual chance to run further than you have ever run before in a beautiful setting, the

“April Foolish”

10 Hour Endurance Trail Run

Saturday, April 15, 2023 – 9 AM till 7 PM

Pool area of French Creek State Park-Birdsboro, PA

Online registration only due to the possibility of a state mandated field limit.

Raceday registration ALMOST guaranteed but not quite; the state will dictate that.

Some clouds DO have a silver lining. And MAN, there were a lot of “clouds” just 3 years ago; a yearlong tsunami of misery, despair, heartache and loss. I think that EVERYONE would agree that 2020 “sucked the big one!” However, one cloud that DID have a silver lining was our relocation of the 2020 Labor Pain. Due to municipal restraints, we had to relocate the event from its traditional location & reschedule it at the last minute. But despite no longer being an almost 100% trail race (now, more like 55% rustic trail), many entries really liked the more scenic, much flatter & a lot more spectator-friendly course we came up with at its new venue (French Creek State Park) and NOW, we hold it annually under its NEW name; the April Foolish. The 4-mile wheel measured loop around French Creek’s pretty Hopewell Lake is 40% paved roads/paths, 55% rustic trail & 5% dirt/stone fire lane. Because of the temps that time of year, the shortened course & little access by car to any mid-course location, water/food/etc. is only available at the end of each lap. The April Foolish 10 hr. race lets you run 4M laps as LONG as your quads, nips & 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. And unlike past years, the requirement that you wear a mask while running past the finish line at the end of each lap is gone; that decision is totally up to you. Let's hope Covid is a minor annoyance by raceday!!

AWARDS: 1st & 2nd overall M & F and: 0-39 6M, 6F 40-49: 5M, 5F 50-59: 5M, 5F 60-69: 4M, 2F 70+: 2M, 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. If 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 EXCEPT** 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. **NOTE**-if we feel that it's highly unlikely 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. Insurance provided by R.R.C.A.

REGISTRATION/ENTRY/FEE: Online registration on www.pretzelcitysports.com; closes at midnight of the Wed before the race. Packet pickup opens at 7:45 AM next to the Park's pool, pre-meeting at 8:50, race at 9 AM. \$85 if entered by Sun, **April 2** with short sleeve soft style shirt (sizes S thru 2X- to prereg only & post reg while they last) and either a wearable premium (to both pre and post) or a runners gift listing your mileage (mailed approx. 6-8 weeks afterwards). Afterwards, including raceday, \$100 while tech shirts last, \$92 when gone; all fees include the post-race wearable premium or gift. If you run 20 miles or more, the premium will list your mileage. People not reaching 20M 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 T-shirt! We race in all weather. No refunds, no smoking at race site, no alcohol in park.

Online Registration on www.pretzelcitysports.com required

(small service fee applies, closes at midnight on Wed the week of the race. Check same site race week to confirm availability of raceday signup)

PERKS: loads of hot/cold eats & drinks for racers after each loop (some for sale to public as well), porta potties & real bathrooms nearby, lots of room for parking & canopies setup past finish, results on pretzelcitysports.com in 24 hrs., medical help on site, Camping (no fires allowed) on raceday but **NO CAMPING NEAR THE FINISH** the night before or afterwards. **All pop-ups MUST be set up BEHIND the finish line (cross the finish line first before going to your gear/grub).**

PACERS: May have a **registered Pacer** join you after 3 laps; we'll register them for \$20 starting at 10 AM. Their fee gives them access to all food/drink at the race. Unregistered Pacers that take our food/water or start pacing someone before 10 AM may result in the disqualification of the person they pace, with no refund nor premium to be given to the disqualified entry.

Park Address for GPS-ers: 843 Park Rd, Elverson, PA Enter at <https://www.pretzelcitysports.com/online-registration/>

Course Records: M: Andrew Simpson, York, PA 72 miles in 9:49:51 F: Dixie Bonner, Stevens, PA 52 miles in 9:34:37

Questions?? Contact Head Fool: Ron Horn, rhornpcs@aol.com (preferred) or call 610-779-2668 (24/7-within reason)