PRETZEL CITY'S "WADDING THRU THE WATER & RUNNING O'ER THE ROCKS" RACE; THE 19TH ANNUAL

"Chobot Challenge" 13.25k (8.22M) TRAIL RACE

& "Hike for Mike" 5K Fun Run/Walk SUN, AUG 20, 2023 * 9 AM * RUSTIC PARK, BIRDSBORO, PA

Honoring Michael Chobot; trail runner, award winning sound engineer, lovable eccentric.

<u>NEW FOR 23: NEW DISTANCE, NEW DATE, START/FINISH NOW AT THE SAME</u> SPOT, BIG CHANGES, YES! YET 90% OF ITS STUPIDITY REMAINS THE SAME!

Point-scoring race in the 2023 Mid-Atlantic USA T & F off-road series

Michael Chobot (sounds like "Robot"), in his too-short 26 years, was AWESOME; yet somewhat of a "weird duck". A 2013 Emmy nominee in sound for a wildlife documentary entitled "Duckumentary", Michael marched to the beat of a different "drum, harmonica & kazoo". He developed a taste for Baked Beans over Egg Noodles when, while a struggling sound tech in NYC, he found both on sale at the same time. He refused to drink anything but chocolate milk on his 21st Birthday, maybe the ONLY day at Penn State that he DIDN'T have a beer in his hand. He toted a backpack with him everywhere containing oddities like a compass, astronaut food, a 1 lb bag of rice, a space blanket, twine, waterproof matches, a Swiss army knife and other things that only Michael could see the need to have with him at all times. He once carried a queen sized mattress overland for 2 miles on his back instead of using a truck available to him just to see if he could do it. Even till his passing in 2013, Michael wasn't just a "brother" or "son" or "sound engineer" or "trail runner" or "Penn Stater", he was a little bit of "everything". And the Chobot Challenge, on some of the same Berks Co's trails where Michael learned to run, is a little bit of "everything" too! It has long, gradual climbs that will tax you and long, gradual downhills where you'll run so fast that it will at least LOOK like you actually trained for this. It passes one of the prettiest sites in Eastern PA; a spot known to very few; even those living in this area. It has 4 narrow & ankle-deep creek crossings (one of the few races still with creek crossings) but no longer has any knee-deep crossing in it. You'll run everything from smooth single track to abandoned roads, with a pretty creekside start/finish, a covered pavilion, playground, some modern bathrooms, etc. on hand too. And naturally, it has all the other race aspects that make Pretzel City the top trail race organizer around. Come out & run the type of trails that gave Michael so much joy & happiness, cause they're sure to bring YOU joy & happiness as well! NOTE: YOU RACE AT YOUR OWN RISK & ARE SOLEY RESPONSIBLE FOR YOUR WELFARE WHILE RACING! These trails are cleaner than most McDonald's bathrooms; but then again, what isn't?! But if you tweak something, drag your butt to the next aide station so we can get you out via fossil fuel. Get lost? Stevie Wonder could follow this course with no help. Since longer trail races are a little "tuff", entry is discouraged for 1) 13.25K runners that are 12 & under (contact director for exceptions-often allowed) 2) anyone who finds a baseball "pitchers duel" exciting and anyone who had ANY idea that Brittney Spears and Elton John would RECENTLY have a hit together, let alone any hit EVER AGAIN !!

optional on-line reg via credit card available & <u>recommended</u> on www.pretzelcitysports.com

(closes midnight, the Wed before the race, nominal service charge applies, cash or check only for raceday entry)

Check Payable to & Mailed to (with waiver): Pretzel City Sports, 112 W. 36th St., Reading, PA 19606 Head Troublemaker: Ron Horn, rhornpcs@aol.com , 610-779-2668, www.pretzelcitysports.com

Last Name	First Name	
Address	City	Zip
Sex: M F R	ace Day Age Date of Birth/ Unisex Tech Shirt Size: S M	L XL 2X
Email	Already on Pretzel City Email L	List? Yes No
Distance (non-bindi	ing-can change that day-circle one): 13.25k 5k Fun Run Clydesdale Yes	No

Do not fill out while trembling at the thought of doing this -- Sign back of entry - Chobot app may be copied

Entry Fee/Registration for Both Races: Races start at 9 AM, registration/packet pickup begins at 8 AM. Fees: With short sleeve tech shirt: \$38 if entered by Mon, Aug 7th, 2023. Afterwards, including raceday, \$43 while shirts last; \$38 when gone. Without shirt: \$33 if entered by Mon, Aug 7th, Afterwards, including raceday, \$38. WITH THE COST OF SHIRTS SKYROCKETING, WE WILL BE ORDERING EVEN FEWER EXTRA SHIRTS THAN IN THE PAST SO WE DON'T GET STUCK WITH HUNDREDS OF DOLLARS OF EXTRA SHIRTS WHICH IMPACTS WHAT WE CAN DONATE IN MICHAEL'S NAME! Entering early is the ONLY way to be sure you get one. PRE-ENTER even if the price break has passed since entries entering after the price break date but before raceday get first dibs at the remaining shirts, based on their date of entry. Rain or shine, no refunds or mailed shirts/awards. No awards for Hike for Mike Fun Run/Walk. Due to the courses crossing each other which complicates our course markings, Fun Runners will be given maps of their course. HIKERS ALLOWED <u>ONLY</u> IN THE 5K! IF DOING THE 13.25K (8.22 MILES), PLEASE DO NOT WALK MORE THAN 25% OF THE RUN SO WE CAN VACATE THE PARK FAIRLY EARLY SO IT CAN BE USED BY OTHERS. Option of entering on race day highly anticipated; only cash or check accepted for payment that day.

Extras: Lots of awards, covered registration area, hot & cold post race grub, instant results, results posted the next day on pretzelcitysports.com, WELL marked course if no one screws with it, 2 water stops for 15k-1 for 5k, EMS on site, nice creekside start/finish area with picnic areas/playground, nice shirts with no ads on the back, so-so parking-carpool whenever possible, etc. NOTE: course <u>not</u> accessible by car. Also, shallow creek crossings on courses; 4 in the 13.25k, 2 in the 5k.

Awards: M & F 1st & 2nd overall plus: 0-29: 4M, 4F * 30-39: 5M, 5F * 40-49: 5M, 5F 50-59:5M, 5F * 60-67: 4M, 4F 68-74: 3, 2F 75+ : 2M, 1F Clydesdale: 4M, 4F

Clydesdale Qualification: 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. Honor system, no scale on site. MUST select the Clydesdale designation BEFORE the race begins.

Directions from downtown Birdsboro (intersection of Rt 724 and Rt 345-next to Rita's Italian Ice and Sunoco MiniMart) to Rustic Park: Go south on Furnace St (with the factories to your right) which will then turn into Haycreek Rd. The road will dead-end about 1 mile later. The parking lot to your right is for Rustic Park. There is also parking on Haycreek Road just before you enter the park; when selecting a spot, please be mindfull of those living in the area.

Address for GPS'ers: Nearest home is 1230 Haycreek Rd, Birdsboro, PA. Park itself has no address.

PLEASE NOTE: ANY AMOUNT PAID TO PRETZEL CITY OVER THE ENTRY FEE, ALONG WITH A PORTION OF THE RACE PROCEEDS, IS DONATED TO THE MICHAEL CHOBOT MEMORIAL SOUND STUDIO AT PENN STATE-MAIN CAMPUS. Those wanting a proof of donation for tax purposes should include a separate check, instead, for <u>that amount only</u>, to The Pennsylvania State University.

WAIVER: I know that running a trail run is a potentially hazardous activity. I should not enter or run unless I am medically able & properly trained. I also know that there will be traffic, winter 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 effects of the weather, the conditions of the roads and getting lost, 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, Rustic Park, Borough of Birdsboro and all municipalities in which the event is held, the race committee, volunteers, all other organizations directly or indirectly associated with the race, any or all sponsors including their agents, employees, assigns or anyone else ease or unforeseen, known or unknown. Also, 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. I HAVE READ & UNDERSTAND THIS WAIVER:

SIGNATURE

Insurance provided by R.R.C.A.

DATE ____/2023