

# TRIPLE TROUBLE

## 15K, 30K & 50K TRAIL RUNS

SUNDAY, JULY 30, 2023 \*\* 9 AM

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

**15K is a point-scoring race in the USA T & F off road series**

**Changes made last year: 50k, less hills, easier course, "no shirt" option**

There is a perception out there in the "non-running" world that runners don't run in the summer; it's too hot! What silly people!! These same people theorize that your lungs will freeze on the spot if you run in Jan. and you will die right there on the street, face down in a snowbank. OF COURSE you run ALL the time! Most days! Every month! Yes, there are about 10% of the running community that stop in the peak of summer; we call them "candyasses embarrassing to our sport" or C.E.T.O.S.'s for short. But MOST runners just carry more water during that time, seek out shaded courses, run earlier in the day/later at night or run naked where it's legal (we know of a few such places where it's not only legal, it's encouraged!). The bigger problem is finding places where you can COMPETE against your brethren (and sistren) in the Dog Days of July. Well, the Triple Trouble is ONE solution for this quest. Last year, in its 25<sup>th</sup> year, we made major changes to our "Double Trouble" race to add the 50k distance. But to make this addition, we had to design a course that could be finished by more than the ultra-elite, we had to make our 9.3 Mile single & double track loop a LOT easier. And that is JUST what we did. Our new course "wiped out" the 3 worst hills of the past. There's more "flat" in the course, fewer technical sections, more scenery and about a 1/2 mile of jeep road that wasn't there before. These changes resulted in MUCH faster times for the 15k & 30k finishers and allowed almost 20 people to complete the 50k within our time constraints listed here, despite the fact that it was held in mid-Aug. The 50k is 3 loops of the 15k course plus a 5k "out and back" section at the end. The 30k will be 2 loops of the 15k course. There are awards for EACH distance. To go on and do another loop, the time limit for 1 loop is 2 hrs, 20 min., the limit for 2 loops is 4 hrs. 40 minutes and the limit for 3 loops is 7 hrs. 30 minutes. if you don't make it, you'll just be scored in the finishers of the 15k or 30k; runners not making the 3-loop cutoff will be added to the bottom of the 30k list. The total cutoff for the 50k is 8 1/2 hrs. **LEGAL B.S: YOU RACE AT YOUR OWN RISK & ARE SOLEY RESPONSIBLE FOR YOUR WELFARE WHILE RACING!** Some sections of the course are accessible only by foot so, if you DO get "nicked", crawl to a place where we have volunteers IN CARS! And if you wander into parts of the park not included in the run, it's your job to find your way back. 3 water stops in mid-lap but carry more water if your family calls you Argyle, 'cause you're a "heavy sweater". **CRUCIAL NOTE: An EMS will observe each runner before their next lap. IF THE EMS DECIDES THAT YOU ARE NOT WELL ENOUGH TO GO ON, NO DEBATE-YOU'RE DONE!**

**optional on-line reg via credit card available & recommended on [www.pretzelcitysports.com](http://www.pretzelcitysports.com)**

(closes midnight, the Wed of raceweek, small service fee applies, cash & check only on raceday, no ATM)

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

-----

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Sex: M F      Race Day Age \_\_\_\_\_ Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_      Unisex Breathable Tech Shirt Size: S M L XL 2X

Email \_\_\_\_\_ Already on Pretzel City Email List? \_\_\_ Yes \_\_\_ No

Projected distance (non-binding but those projecting the 50k MUST pay the fee for that distance): 15k 30k 50k

**Print Nice so we Don't Have to Read It Twice! -- Sign back of entry – Triple Trouble App may be copied**

**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 2-3 lap course, we stay late anyway so walkers are VERY welcome to enter the 15k.

**VERY IMPORTANT NOTE:** Since the 15k is a point scoring race for the USA T & F off road series, **ALL** will go thru the 15k chute & be counted in the 15k results. Those that cross the 15K finish in the required time and wish to go on will be given a new tearoff tag to be used when finishing the longer events. After going thru the 15k chute, you **ONLY** go thru the chute when you finish the distance you are doing. You **MAY** win an award in both the 15k and a longer race but only 1 of the longer races; no "show-offs" may win 3 awards.

**Entry:** Race starts at 9 A.M.; reg. opens at 7:45 AM just east of the pool area. **FOR THE 15K/30K:** \$38 with shirt & \$33 without shirt if received by Thurs, July 13<sup>th</sup> shirt is a short sleeved breathable tech shirt (S thru 2X). After that, including raceday, \$43 with a shirt, \$38 without. **FOR THE 50K:** \$55 with shirt & \$50 without shirt if postmarked by Thurs, July 13<sup>th</sup>. \$60 after cutoff, including raceday, with a shirt, \$55 without. Finisher awards to all 50k finishers; but some may be mailed if we under-estimate our needs and an alternate finisher award may be used after we run out. **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. Also, the fee you pay will determine your shirt choice; if you circle a shirt size but pay the "no shirt" fee, you will not get a shirt. Held rain or shine.

**IMPORTANT:** You **MUST** finish both the 1<sup>st</sup> lap in less than 2 hrs., 20 minutes (or 4 hrs, 40 minutes for 2 laps and 7 hrs, 30 min. for 3 laps) to go on; otherwise, you will finish in the distance you completed. Also, if you **ARE** pulled from the race due to not making the time constraints or by the EMS, there will be no adjustment of your entry fee. **ALSO VERY IMPORTANT:** If, in the opinion of the race director, the heat index is SO high that holding the longer distances puts people at risk that day, one or both of the longer distances may be eliminated. Should this happen, someone will follow the last runner in the allowable longest distance, 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 ONLY be made in extreme heat/humidity.** But we have to protect the future of racing in the park and "killing runners" makes us look REALLY bad! Also, a refund will **ONLY** be made to 50kers and it will be only for the price difference between the 15k/30k fee and the 50k fee. No refunds or mailed shirts/awards.

**On-line reg via credit card on [www.pretzelcitysports.com](http://www.pretzelcitysports.com) recommended but not required**  
(closes midnight, the Wed before the race, nominal service charge applies)

**Extras:** Modern johns that will smell OK for the first 5 minutes, cold & possibly hot 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, hose or hand-made shower at finish, course that is accessible at several spots in mid-race by car or bike, Call park at (610) 582-9680 to camp. Playground, fishing, canoeing, grills/tables, frisbee golf near start; pool in park will not open in 2022. **Finisher awards for all 50k finishers; some may be mailed afterwards and/or a substitute may be sent instead.**

**Awards:** M & F 1st & 2nd in each race plus:

15K: 29 & Under: 4M, 4F 30-39: 5M, 5F 40-49: 5M, 5F 50-59: 5M, 5F 60-69: 4M, 4F 70+: 4M, 2F  
30K: 29 & Under: 3M, 3F 30-39: 3M, 3F 40-49: 3M, 3F 50-59: 3M, 3F 60-69: 3M, 2F 70+: 2M, 1F  
50K: 29 & Under: 3M, 3F 30-39: 3M, 3F 40-49: 3M, 3F 50-59: 3M, 3F 60-69: 3M, 2F 70+: 1M, 1F

**Directions:** Use 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. **BE AWARE! CELL SERVICE SUCKS IN THE PARK,** we can't be reached by phone if you call us there.

**INSURED BY THE ROAD RUNNERS CLUB OF AMERICA**

Tel: (\_\_\_\_\_) \_\_\_\_\_ Best Time to Call (circle one): Day Night Either

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, French Creek State Park, PA Dept of Conservation & Natural Resources, 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 acting on their behalf, or anyone else associated in any way with this race, from any or all claims or liability for death, personal injury or property damage of any kind or nature whatsoever arising out of, or in the course of, my participation in this event. This waiver extends to all claims of every kind or nature whatsoever; foreseen 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 \_\_\_\_\_ DATE \_\_\_\_/\_\_\_\_/2023