

Pretzel City Sports presents its 4th annual chance to run further than you have ever run before in a beautiful setting, the

“April Foolish”

10 Hour Endurance Trail Run

Sunday, April 28, 2024 – 9 AM till 7 PM

East of the Pool area in 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 4 years ago in 2020; a yearlong plethora of misery, despair and life alteration like we had never seen before since the Black Plague or the Phillies loss in the 1993 World Series. However, one cloud that DID have a silver lining was our relocation of the Labor Pain that year. 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, less technical, much flatter & a lot more spectator-friendly course we came up with at French Creek State Park and NOW, we hold it annually under its NEW name; the April Foolish. The 4-mile wheel measured loop around 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 knees, 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 awards are based totally on HOW FAR you run; your "time" only factors in when breaking distance “ties”. Where else can you run for 3 hrs, take a nap, go read a magazine on the can and then jump right back into the race??!! This is a very UNIQUE way to race and you'll achieve some UNIQUE results by doing it.

AWARDS: 1st & 2nd overall M & F and: 0-39 6M, 6F 40-49: 5M, 5F 50-59: 5M, 5F

60-69: 4M, 3F 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, 50M, 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 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 near the Park's pool, pre-meeting at 8:50, race at 9 AM. \$85 if entered by **Mon, April 15, 2024** 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 **along with ALL age group medals**). Afterwards, including raceday, \$100 while t- shirts last, \$95 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. Dogs permitted in park and in race as well if leashed & friendly. Insurance provided by Road Runner Clubs of America.

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), real bathrooms nearby, lots of room for parking & canopies setup past finish, results on pretzelcitysports.com the next business day, EMS 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 2 laps; we'll register them at any time raceday for \$20. Their fee gives them access to all food/drink at the race. Unregistered Pacers that take our food/water or start pacing someone 2 laps 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)