

DOUBLE TROUBLE

15K & 30K TRAIL RUNS

SUNDAY, JULY 28, 2024 ** 9 AM

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

15K-tentative point-scoring race in the USA T & F offroad series

For a long time, WAWA charged \$1.97 for a small coffee. Those only getting a coffee and paying cash (admittedly, a dying breed) would give the cashier 2 bucks, get 3 pennies back and put them in the donation box next to the register. A WIN-WIN situation; you got your coffee and the WAWA-selected charity made out too. However, right around Christmas, WAWA raised the cost of a small coffee. And what new cost did they select? \$2.01!?!?! REALLY?? NOT \$2.00 or \$2.05 or something logical. \$2.01!!! Now, you have to either carry pennies with you all the time or get 99 cents in change which is TOO much to put in the donation without a lot of pre-thought. The executives at WAWA have been rightfully lauded over the years for how well they have managed expansion, skillfully predicted what the consumer wants AND for coming up with the Gobbler! But WHO in their organization came up with THIS genius idea??? I'd expect this from Scheetz but NOT WAWA!!! Unlike WAWA's screwup, the decision to change the Triple Trouble back to the Double Trouble by eliminating the 50k makes ALL the sense in the world. The 50k required us to have staff there for almost DOUBLE the previous time for the benefit of only 20-30 of the 200+ that attended and to delay the tear-down of the course till Monday. And having staff there that long put upward pressure on what we had to charge for the event. So, while we think there is a market for ultras in the middle of summer, that market appears to be about as large as the market for cassette players and recycled condoms. The DT course, a 9.3M loop redesigned a few years ago, "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. The 30k'ers do 2 loops of the 15k course. There are awards for EACH distance. EVERYONE gets counted in the 15k and is eligible for awards for that distance (to allow all to be scored in the USA T & F series). However, for those that can start a 2nd loop in under 2 hrs, 10 min; you may go on and do the 30k and win an award in THAT race too; otherwise, you can only do the 15k. **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". **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

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

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 _____ 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

Additional Donation for French Creek State Park (totally optional) \$ _____ Total Amount Enclosed \$ _____

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

WALKERS: While we applaud those that “trek” to stay in shape, we don’t usually permit you in our races due to the time by which we must vacate the facility. However, since this is a 2 lap course, we stay late anyway so walkers are VERY welcome to enter the 15k but ONLY the 15k.

VERY IMPORTANT NOTE: Since the 15k is tentatively 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 by the cut-off time and wish to go on will have a new tear-off tag filled out for them when they finish the 30k. You MAY win an award in both the 15k and the 30k; you’ll just miss the 15k awards ceremony.**

Entry: Race starts at 9 A.M.; reg. opens at 7:45 AM just east of the pool area. **FEE:** \$40 with shirt & \$35 without shirt if received by Thurs, July 11; shirt is a short sleeved breathable tech shirt (S thru 2X). After that, including raceday, \$45 with a shirt, \$40 without. 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. VERY 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.

IMPORTANT: You **MUST START** your 2nd lap by 2 hrs., 10 minutes to go on; otherwise, you will finish in the 15k. **ALSO VERY IMPORTANT:** If, in the opinion of the race director, the heat index is SO high that holding the 30k puts people at risk that day, that distance for THAT DAY ONLY may be eliminated. Should this happen, someone will follow the last runner in the 15k, 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! No refunds or mailed shirts/awards. Held rain or shine; may delay start if “lightning”.

On-line reg via credit card on www.pretzelcitysports.com recommended but not required
(Nominal service fee applies, closes midnight, the Wed before the race day)

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 re-opened in 2023. .

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

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? 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 ____/____/2024