

Pretzel City Sports' 5th "part road, part trail" chance to run further than you ever have before; the

“March Madness”

10 Hour Endurance Trail Run

(formerly the April Foolish)

Sunday, March 23rd, 2025 – 9 AM till 7 PM

East of the Pool area in French Creek State Park-Birdsboro, PA

Online reg ONLY so there's a central source of emails to use to reach you, should the weather is mega-bad

Some clouds DO have a silver lining. And MAN, there were a lot of “clouds” 5 years ago in 2020; a yearlong plethora of misery, despair and life altering like we had never seen since the Kardashians got a TV show or the Eagles promoted Rich Kotite to head football coach (36 losses in his last 40 games). Yet, one cloud that DID have a silver lining was our relocation of the Labor Pain that year. Due to municipal Covid restraints, we had to relocate the event from its Reading site & 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. We held it for a few years as the April Foolish and now, with its move to March due to no good dates being available in French Creek during April or May, it becomes the March Madness. The 4-mile wheel measured loop around Hopewell Lake is 45% paved roads/paths/firelanes and 55% rustic trail. 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 MM 10 hr. race lets you run 4M laps as LONG as your knees, nips & inner thigh skin holds up! 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 2 hr. nap, take a 30 minute dump & THEN jump right back into the race??!! A VERY unique way to race & you'll achieve some UNIQUE results too!

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, 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, March 10, 2025** with short sleeve shirt or singlet (not sure which yet: 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 tech 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 OK 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. Raceday signup also highly probable)

PERKS: custom sized/embroidered premium 6-8 weeks after the race, loads of hot/cold eats & drinks for racers after each loop (some for sale to public as well), lots of room for parking & tent/popup setup past finish, results on pretzelcitysports.com the next business day, EMS on site, NO CAMPING NEAR THE FINISH the night before or afterwards; no fires permitted either. **All tents/popups MUST be set up BEHIND the finish line (cross the finish line & THEN go 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
9:49:51 F: Dixie Bonner, Stevens, PA 52 miles in 9:34:37

Course Records: M: Andrew Simpson, York, PA 72M in
Questions?? Contact Head Madman Ron Horn,
rhornpcs@aol.com (preferred) or call 610-779-2668 (available 24/7 M thru F but at a time of day within reason)