

# DOUBLE TROUBLE

## 15K & 30K TRAIL RUNS

SUNDAY, JULY 27, 2025 \*\* 9 AM

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

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

In the movie "Wicked", Cynthia Erivo is on the screen about 96% of the film. Despite both ladies NOT being in EVERY scene together, her co-star Ariana Grande is on the screen in the same film about 96% of the time as well. Yet, when the Golden Globes nominees were announced, Cynthia was nominated for Best Lead Female Performer in a Movie Musical/Comedy & Ariana was nominated for Best Supporting Actress in a Movie-Any Genre. HUH????!! How could they both share the screen almost the entire movie and yet only one gets a nomination as the LEAD actress while the other, at best, is recognized as "Best Sidekick". Yes, one DOES soar into the sky on a broomstick while being pursued by LOADS of flying monkeys but should that be the deciding factor in which one gets recognized as the "Queen of the Ball"? Were the nominating committee members mostly of Irish descent and thus were endeared to someone who is "head to toe green" for in the entire movie? And BTW, what DO you call a gathering of flying monkeys. A Pack? A Gaggle? A Muster of Monkeys? A Kongregation of Kongs? Regardless, having 2 people or 2 of ANYTHING play a role in something is normally a blessing; like when you're changing a flat tire, shearing a sheep or committing a burglary (nothing like having a good "lookout"; or so I've been told). However, at times, it can have just the OPPOSITE effect; i.e. what if there was only ONE Menendez brother?!. Take the Double Trouble Run(s). On one hand, having a race where you can complete 2 loops is a blessing so you can prove to the world what a badass you are. On the other hand, if you've mentally and emotionally "married" to the 30k and the weather happens to be 97 degrees, having a 2<sup>nd</sup> option could leave you in a fetal position in severe dehydration. The DT course, a 9.3M loop, does tempt one to embrace the "2 is better than 1" mindset. Its redesign a few years ago wiped out the 3 worst hills on the loop, made it more "flat"/less technical and now allows us to change the direction in which one runs its main loop from year to year. The 30k'ers do 2 loops of the 15k course. There are awards for EACH distance. Yet 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 2<sup>nd</sup> 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 HERE!** Some of the loop is accessible only by foot so, if you DO lose a limb, crawl to where we have staff IN CARS! And if you get lost and end up in Limerick, it's YOUR job to get back to your car. 3 water stops per loop but you may wish to carry more H2O if you sweat like an illegal immigrant during a Trump presidency. **NOTE:** An EMS will "eyeball" each runner before lap 2. **IF THE EMS SAYS YOU'RE "COOKED", YOU'RE DONE! NO DEBATE!**

**optional on-line reg via credit card available/recommended on [www.pretzelcitysports.com](http://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. 36<sup>th</sup> St., Reading, PA 19606

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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 encourage walkers to do our “single distance” events since the extra time they require to finish could conflict with the time by which we must vacate the venue. But, since this is a 2-lap race, 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 runners 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 Mon, July 14; 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 mistakenly circle a shirt size but pay the “no shirt” fee, you will not get a shirt.

**IMPORTANT:** You **MUST START** your 2<sup>nd</sup> lap by 2 hrs., 10 minutes to go on; if not, you will be counted in the 15k. **ALSO 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 **THIS YEAR 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](http://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-race fee does NOT include pool admission.

**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 to the start. **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 \_\_\_\_/\_\_\_\_/2025