Pretzel City Sports' " mostly trail but some road" chance to run further than you ever have before; the 7th annual

"March Madness"

10 Hour Endurance Trail Run - 4 Mile Loop

NOW SATURDAY! March 20, 2027 – 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" in 2020; covid totally altered our world! Yet, one cloud DID have a silver lining; we were forced to move our Labor Pain that year (due to municipal Covid restraints imposed by Reading, PA) & relocate/reschedule it at the last minute. But despite no longer being 100% trail race, many entries really liked the more scenic, flatter & less technical course we came up with at French Creek. Held for a few years as the April Foolish and now, with its move to March due to no dates being open in French Creek during April or May, it is now 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 moderate 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 race lets you run 4M laps as LONG as your knees, nips & inner thigh skin holds up or 10hrs passes, whichever comes first. A FUN way to achieve mileage you've never run before. Plus, 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 30 minute dump & THEN jump right back into the race??!! A unique race where you'll achieve a VERY unique distance!

AWARDS: 1st & 2nd overall M & F and: 0-39 6M, 6F 40-49: 5M, 5F 50-59: 5M, 5F 60-69: 4M, 4F 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 your previous lap time makes it highly unlikely for you to finish a lap by the 10-hr. cutoff, you'll be forbidden to start another lap.

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. $95 if entered by **Sat, March 6, 2027** with shirt (sizes S thru 2X-to prereg only & post reg while they last) and a **wearable premium (to ALL entries) listing your mileage** (mailed approx. 7-8 weeks afterwards **along with ALL age group medals).** Afterwards, including raceday, $110 while shirts last, $100 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.

Online Registration on www.pretzelcitysports.com required

(small service fee applies, closes at midnight on Wed the week of the race. Raceday signup available (CASH OR CHECK ONLY!) but number of shirts for walkups is HIGHLY suspect)

PERKS: custom sized/embroidered premium approx. 7-8 weeks after the race, loads of hot/cold eats & drinks for racers after each loop (some for sale to public as well), lots of parking & tent/popup setup area past finish (NO SETUP THE NIGHT BEFORE OR AFTERWARDS), results on pretzelcitysports.com the next business day, EMS on site, **All tents/popups MUST be set up BEHIND the finish line (cross the finish line & THEN go to your gear/grub).** No fires permitted at setup spots.

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

Course Records: M: Andrew Simpson, York, PA 72M in 9:49:51 F: Dixie Bonner, Stevens, PA 52 miles in 9:34:37

Questions?? Contact Head Madman Ron Horn, rhornpcs@aol.com (preferred) or call 610-779-2668 (available 24/7 but at a time of day within reason)