

# EVANSBURG CHALLENGE

## 10 Mile Trail Race

Sun, Oct 19th, 2014-10 A.M Evansburg State Park, near Collegeville, PA

**A Point Scoring Run in the Mid-Atlantic USA Track & Field Off-Road Series**

### Proceeds Benefit Family Services of Montgomery Co

It happens all the time in Europe, Asia, Africa, etc.: they'll be digging the footers for a new parking garage in Wales and find the final resting place of King Barney the 29th, buried along with his favorite servants, pots, tapestries and kazoo. Or they'll be building a new subway in Egypt and stumble upon the onetime center for all middle east silk trade, locust plagues and the Hump Cup; the annual world championship of camel racing (where the term "one lump or two" first originated). Or they'll be putting in a new pipeline thru the Yucatan and uncover an 18 story structure built high in the sky to "closer" worship the God of Maize, Hemp, Enchiladas or some other item native to that area. Here, in S. E. PA, we have "uncovered" treasures as well and one that you should CERTAINLY "uncover" is the neat little trail run called the Evansburg Challenge and the beautiful park in which it occurs. Despite years of urban sprawl & construction in MontCo, Evansburg State Park remains a rustic oasis where one feels like they are hours from civilization despite being about 1/2 hr. from downtown Philly. During our 10M trail race, its rustic trails make it seem like you are so "in the wild" that you may run into Smokey Bear around the bend, even though you are 20 times closer to Wawa's than bears here. And just like those rediscovered antiquities, this land too has its "mysteries", such as its unique mud not found anywhere else; a combination chemically forged, over decades, of dirt, rotting vegetation and the "south" end of the stable residents that surround the park as they head "north" on the trails. Like the potions of old, this mud is rumored to have incredible curative powers; making such things as white socks, clean arms and legs, firm footing and boredom disappear like magic. You run past fall scenery unlike any that you'd see "closer to town", on trails that are flat, have almost no rocks and cross two shallow but wide creeks. For these reasons, it attract some of the best & most gonzo "trailers" around yet is doable for those that try to prove that the only 4 foods available for consumption near Philly are tomato pie, Tasty Kakes, soft pretzels and Italian water ice. Come on out and discover a park with some of the most runnable trails in the East. That is, UNLESS it rains, at which time it becomes even MORE fun! The Evansburg Challenge; a southeast PA trail race that some discovered almost 20 years ago; will this be the year that YOU discover it too?!! **WARNING: YOU RACE AT YOUR OWN RISK & are SOLEY responsible for yourself at all times.** Even with easy trails like ours, some people stub a toe or bruise a beak every year at this race; the falling leaves on the trail hide a root or a rock in the middle of it sometimes. If this happens to you, do not sit down on that spot and wait for an emergency helicopter, dirigible or hovercraft to come get you since we have none of those things! Instead, crawl, limp or "thumb" your way to the next aide station or road crossing so we can get to you via fossil fuel. And, although this isn't a hard race, it's still a 10 miler, so entry is discouraged for those under 16. Others that should pass up this race are those who already hesitate to take their running shoes indoors because of their smell, those that need a Sherpa just to get up an out of order escalator and anyone who thinks that the Phillies will play in the World Series anytime in the next 10 years, since our waiver requires you to be "of sound body and mind" before entering this race and sadly, you apparently only meet one of the two criteria!

**Send Waiver & Check Payable to: "Family Services of Montgomery Co." and mail both to them at Family Services of Montgomery Co., 3125 Ridge Pike, Eagleville, PA 19403 Race Questions? Contact Karen Konnick, 610-630-2111 X227 or at kkonnick@fsmontco.org. Course Questions? Call Pretzel City Sports (610) 779-2668, rhornpcs@aol.com . Online reg available at [www.pretzelcitysports.com](http://www.pretzelcitysports.com) until midnight, Wed, of race week.**

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Address, \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Sex: M F

Race Day Age \_\_\_\_\_ Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Shirt Size (circle one): S M L XL

Telephone(\_\_\_\_\_) \_\_\_\_\_ AM? PM?

Email \_\_\_\_\_ Already Getting Pretzel City Sports emails? \_\_\_\_\_ Yes \_\_\_\_\_ No

**SIGN BACK OF APP APP MAY BE DUPLICATED**

**Entry:** Race starts at 10 A.M.; registration in Park at Pavilion from 8:45 a.m. to 9:45 (follow signs to reg.). Fee is \$25 if postmarked by Oct 6th, includes a short sleeve T-shirt; \$30 after cutoff, including raceday. (VERY limited number of extra shirts will be printed so if you don't want to be shut out of a shirt, pre-enter even if it's after the cutoff date!!). No mailing of shirts or awards; no refunds. Race goes on rain or shine; (may delay race start if "lightening"). Should be at least 16 years old to enter the run. **NOTE: MANY OF OUR REGISTRATION FOLKS ALSO HELP AT REMOTE SPOTS ON THE COURSE. TO GET THEM TO THESE SPOTS ON TIME, IT'S CRUCIAL THAT RUNNERS BE REGISTERED BY 9:45!! PLAN TO PROBABLY PARK AT A REMOTE LOCATION IF GETTING THERE AFTER 9:30.**

**Online reg available at [www.pretzelcitysports.com](http://www.pretzelcitysports.com) until midnight, Wed, of race week.**  
(nominal service fee applies)

**WARNING:** Entries not reaching 4.5 Miles in 1 hr, 10 minutes will be asked to abandon the race. Going past this spot is probably a little more demanding than you can handle and we will begin taking down the course beyond the 4.5M mark at 1 hr, 10 minutes into the race to insure the safety of all. We'd rather everyone finish healthy & happy than risk the problems that occur when someone tries to exceed their level of fitness.

**NEW FOR 2014!** Want to be in a group eligible for some MAJOR swag while helping out the people we serve? Runners who get people to "pledge" money toward their run & submit more than \$50 over the entry fee on or before raceday will be entered into special drawings for prizes including Hoodies, Gift Cards, Free Run Registration next year and other prizes. Must turn in all pledges by raceday to be eligible. No formalized "pledge" sheet; track your donors however you choose.

**Other Reasons to Enter:** 3 water stops on run, results posted [www.pretzelcitysports.com](http://www.pretzelcitysports.com) in 1-2 days after race (NOT 1-2 minutes afterwards or 1-2 hours) instant results posted at race, some mile markers, digital clock at race finish, modern bathrooms, decent post race food, a very well marked trail, GREAT raffle with dozens of really nice donated prizes, a fair amount of nearby parking, AND it benefits a great cause!

**Awards:** 1st & 2<sup>nd</sup> Overall Male and Female Plus:  
16-29: 5M, 4F; 30-39: 5M, 4F; 40-49: 5M, 4F; 50-59: 5M, 3F 60+: 4M, 2F

**Directions: FROM SOUTH, EAST & WEST:** Take Rt. 422 until the Collegeville Exit (Rt. 29) Take Rt. 29 North into Collegeville until it intersects with Ridge Pike (bus Rt. 422) at light at McDonalds. \* Turn & cross the bridge toward the Collegeville Inn and make the IMMEDIATE 45 degree left onto Germantown Pike. Go about 1.5 miles to park entrance on your left. Enter the park. At the first stop sign, take a left and an IMMEDIATE right. Follow the signs from there.

**FROM THE NORTH:** Take Rt. 29 South into Collegeville until it intersects with Ridge Pike (bus Rt. 422) at the light at McDonalds. Follow directions above after \*.

## COURSE DESIGN AND TRAIL MARKING BY PRETZEL CITY SPORTS

***Any added donation made that assists our recipient charity is VERY MUCH APPRECIATED!!***

**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, 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 affects 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 Family Services of Montgomery Co., Evansburg State Park, Pretzel City Sports, all owners of the properties on which the race is run or held, 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. By entering this race, I am granting permission to all parties affiliated with the race 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 AND UNDERSTAND THIS WAIVER:

SIGNATURE _____	DATE ____/____/14	Race Entry Enclosed	\$ _____
(signature of parent or guardian if under 18)		Optional Donation Enclosed	\$ _____
		Total Enclosed	\$ _____