

Pretzel City Sports, Reading, PA presents the 1<sup>st</sup> annual

# “Dumb Dutchman”

## 10 Miler

### & 5k Race

**8 AM for 10 M, 8:05 for 5k \*\* Sat, June 25, 2016**

**Trooper Thorn's Irish Beef House, Rt. 10, Reading, PA**

*"Flat & Fast! Great tune-up for the Pottstown Half and the distance to run this time of year in most Fall Marathon training programs"*

**Field Limit of 400 for the Combined Events!**

(check [www.pretzelcitysports](http://www.pretzelcitysports) homepage to see if raceday entry is still available)

They're in fields all over Central PA all summer; the Pennsylvania Dutch working in the blazing heat while wearing long pants & long sleeve shirts. Often, they farm or build without using motorized or electric devices; often harvesting their fields or building their barns by hand or using plows or hand tools. Some call these Dutchmen “industrious”, “hardworking”, “hardy & stout people”. Others think that they're just plain “dumb!” We in Berks Co. are proud to be “Dumb Dutchmen” and we think that's right to name our new race after them since the only other folks that go out & work that hard in the summer heat are runners! Come join us for the **ONLY 10 miler** that we know of in mid-Summer or do the much saner 5k event. Then lounge the day away on the deck of Berks Country's BEST Irish pub & eatery, as you have a cold one!

**LOCATION:** Trooper Thorn's Irish Beef House, 451 Morgantown Rd. (Rt 10), Reading, (1/2 mile south of Lancaster Ave exit of the Rt. 422 Reading Bypass). Reg. opens at 7 AM; 10 miler starts at 8, and the 5k at 8:05. Clock at finish, light refreshments, instant results, A FREE BEER WITH EACH ENTRY, finisher award for the first 150 10 mile finishers, great breakfasts available for purchase, loads of parking on the streets near the pub, male cut & female V-neck cut tech shirts, GREAT post race atmosphere!

**Optional Online Registration Available at [www.pretzelcitysports.com](http://www.pretzelcitysports.com)**

(nominal service fee applies, closes at midnight, the Wednesday before race day)

Check Payable to & Mailed to (with waiver): Pretzel City Sports, 112 W. 36<sup>th</sup> St., Reading, PA 19606

Dumbest Dutchman: Ron Horn, [rhornpcs@aol.com](mailto:rhornpcs@aol.com) , 610-779-2668, [www.pretzelcitysports.com](http://www.pretzelcitysports.com)

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

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Sex: M F Race Day Age \_\_\_\_\_ Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Shirt Type \_\_\_\_M cut \_\_\_\_ F Cut Size: XS S M L XL XX

Email \_\_\_\_\_ Already on Pretzel City Email List? \_\_\_\_ Yes \_\_\_\_ No

Tel:(\_\_\_\_\_) \_\_\_\_\_ Distance: 10M 5K

Dutchman App may be duplicated. Sign waiver on back Printable copy of app on [www.pretzelcitysports.com](http://www.pretzelcitysports.com)

**COURSE DESCRIPTION: 10 MILER: FLAT & FAST! 1<sup>st</sup> section heads toward Reading on the Thun Trail and uses their city streets and paved trails next to the Schuylkill River, 2<sup>nd</sup> section uses the packed cinder trails of the Thun Trail right behind Trooper Thorns. Crosses Schuylkill River bridges 6 times, 2 small rises on the course; small portions of 1<sup>st</sup> section and large portions of 2<sup>nd</sup> section are in the shade. 5 water stops anticipated. Runners will pass the start/finish somewhere near the race's mid-point. 5K: ALSO FLAT & FAST! Uses the packed cinder Thun Trail behind Troopers. Out & back course. Small rise on course, much of the course is in the shade. Crosses Schuylkill River bridges 4 times. No water stops.**

**AWARDS: 10 Miler: Top two male and female overall and top M & F master (40+) plus:**

**19 & und: 3M, 3F 20-24: 3M, 3F 25-29: 3M, 3F 30-34: 3M, 3F 35-39: 3M, 3F  
40-44: 3M, 3F 45-49: 3M, 3F 50- 54: 3M, 3F 55-59: 3M, 3F 60-67: 3M, 3F, 68+: 3M, 3F**

**5K: Top male and female overall plus:**

**0-18: 3M, 3F 19-29: 3M, 3F 30-39: 3M, 3F 40-49: 3M, 3F 50-59: 3M, 3F 60-67: 3M, 3F 68+: 2M, 2F**

**ENTRY: NOTE!!! FIELD LIMIT OF 400 FOR THE COMBINED RACES! CLOSE TO RACE, CHECK OUT THE [WWW.PRETZELCITYSPORTS.COM](http://WWW.PRETZELCITYSPORTS.COM) HOME PAGE TO SEE IF RACEDAY ENTRY IS STILL AVAILABLE. IF WE MEET OUR LIMIT BEFORE RACEDAY, DO NOT SHOW UP TO ENTER!! THERE WILL BE NO RACEDAY ENTRY-NO EXCEPTIONS! Prereg cost is \$28 for 10 miler and \$20 for 5k if postmarked by Wed, June 8<sup>th</sup>. includes breathable short sleeve Tech shirt in either a mens cut of a womens V-neck cut, a free beer with every entry, finisher awards for the first 150 10M finishers and maybe more, if a higher number of entries preregister. After that (including race day if available), \$33 for the 10 miler and \$25 for the 5K, while shirts last. Price gets reduced by \$7 for either race after they run out. Held rain, shine, snow or snow on ground. No refunds. No mailed shirts or awards.**

**DIRECTIONS TO TROOPERS: Take the Rt 422 bypass around Reading. Take the Lancaster Ave exit and turn left if coming from the Philly side and right if coming from the Lancaster/Lebanon side. You'll be turning AWAY from the river that the bypass goes along. IMMEDIATELY after you turn, you'll see the Queen City diner on your left, TURN LEFT just before the diner; this will put you on Rt 10. Go approx 1/2 mile down Rt 10, Troopers will be on your left side, just next to a big grassy field.**

**GPS'ers: Use 451 Morgantown Rd, Reading, PA. It may give you a shorter way to get there if approaching from the South.**

**AGAIN, THERE IS A 400 PERSON LIMIT ON THE COMBINED ENTRIES FOR THIS RACE SO ENTER EARLY!! RACE DAY REGISTRATION MAY NOT BE AVAILABLE!**

**Insurance by R. R. C. A.**

**A PRETZEL CITY SPORTS EVENT!**

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**WAIVER: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that there will be traffic on the course and assume the risk for running in traffic. 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 and the condition of the roads, 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, any subcontractors & facilities it utilizes, all municipalities in which the race is held, the race committee, volunteers, any and all sponsors including their agents, employees, assigns or anyone acting for on their behalf, or anyone else associated in any way with the race, from any or all claims or liability for death, personal injury or property damage of any kind of nature what so ever arising out of, or in the course of, my participation in this event(s). This waiver extends to all claims of every kind or nature what so ever, foreseen or unforeseen, known or unknown. 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 AND UNDERSTAND THIS WAIVER: (if under 18, legal guardian must sign)**

Signature \_\_\_\_\_

date \_\_\_\_/\_\_\_\_/\_\_\_\_

Parent must sign instead if under 18 years old