

'Ghouls & Fools'

10K (more or less) Nighttime Trail Run

Sat. Night, Oct 22, 2016 - 7:00 PM (EST) - Reading, PA

EARLIER DATE THIS YEAR BUT THE SAME OLD SILLINESS

"We Provide the Organization - You Provide the Illumination"

When they made "The Wizard of Oz" in 1939, the people that played the Munchkins, folks with families to feed & mortgages to pay, were paid \$50 a day. Now, in 1939, that was a nice paycheck. Still, the producers of the movie were paying Toto \$125 A DAY!! Worse yet, when Toto would poop on the soundstage floor, very little was said. But the ONE TIME the representative of the Lollypop Kids did the same, BOY, did the flying monkeys hit the fan that day!! Now, we at Pretzel City are big advocates of "Rover Rights" and we truly believe that "every dog should have its day". But to pay a dog 2 1/2 times the amount you pay adults with a family and bills just doesn't seem to make any sense!! As an aside, equally nonsensical is the fact that the snow they covered the actors and stage with in the "poppy field" scene was actually "asbestos". Ah, if the EPA had only known THEN what we know now (which would have been hard since the EPA was founded in 1970, a little too late to save the tin man from a life in an iron lung. No, scratch that, he HAD iron lungs)! Now, ANOTHER thing that just doesn't seem to make any sense is that 250-400 people show up each fall to run a pitch dark trail just for the chance to drink unique oncourse beverages and listen to a lederhosen-clad accordion player sing dirty ditties afterwards. This event, the Ghouls & Fools Nighttime Trail Run, is one of the most popular nighttime trail runs in America. You run it **in the pitch dark** thru the woods overlooking Reading, PA, using only the light you provide from your headlamp, cell phone, flashlight, or tooth whitening. It uses some of the nicest and cleanest trails on Mt Penn but even the cleanest rustic trails in PA are littered with rocks & roots, downed trees, rough footing, fallen runners and used birth control supplies. Yet, fear not!! It's so well marked with reflecting tape & glow sticks that even your directionally challenged spouse could follow it, no matter how much you WANT them to get lost. There may even be some Halloween stuff hanging along the way too, just to make it as "spooky" as an incorrect pregnancy test. This event normally draws some very talented runners. But it ALSO draws people that measure their 10k time in "moon cycles" rather than "minutes". Come see what happens in the woods after dark because it's FRIGHTENLY FUN! And dress crazy; Halloween is JUST around the corner and we have awards for the best attire!! **NOTE: YOU ALONE ARE RESPONSIBLE FOR YOUR WELFARE DURING THIS RACE.** You think we're coming out in the dark woods to find you if you're hurt or lost? FAT CHANCE! If you get lost, which you won't, head towards the well-lit Pagoda at the top of the hill and ask how to get back to the Liederkrantz. If dinged, drag your bleeding corpse to an aide station. Since this race requires a certain degree of common sense & semi-maturity, we discourage those under 18 from doing this race (16 & 17 year olds OK to race ONLY IF a parent is present at the race site, entries below 16 MUST have someone run with them). Other discouraged from coming are those who bought into the Philadelphia's Archbishop's declaration that divorced Catholics that remarry must live together like "brother and sister" if they want to receive Communion. Also discouraged from entering is anyone who has purchased/downloaded a Britney Spears song in the last 10 years. WHY would a music lover DO that????

Check Payable to & Mailed to (with waiver): Pretzel City Sports, 112 W. 36TH ST., READING, PA 19606

Biggest Fool: Ron Horn, rhornpcs@aol.com , 610-779-2668 day or night, www.pretzelcitysports.com

OPTIONAL ONLINE REGISTRATION AVAILABLE ON WWW.PRETZELCITYSPORTS.COM

(a nominal processing fee applies, closes on midnight, the Wed before the event)

PRINT LIKE YOU ARE NOW ALWAYS IN THE DARK * SIGN GHOULS WAIVER ON BACK

Last Name _____ First Name _____

Street Address _____

City _____ State _____ Zip _____ Sex: M F Race Day Age _____

Date of Birth ____/____/____ Shirt "Cut" _____ Mens Reg _____ Female V-neck _____ Tech Shirt Size: XS S M L XL 2X

(tech shirts only guaranteed to entries by price change date)

Email _____ Already get Run Update eNewsletters? _____ Yes _____ No

Tel:(_____) _____ AM? _____ PM? _____ BOTH? _____

AWARDS: M/ F 1st & 2nd overall (no repeats) and best M and Female costume plus
0-29: 4M/4F 30-39: 4M/4F 40-49: 4M/4F 50-59: 4M/4F 60-67: 4M/3F 68+: 2M, 1F

REGISTRATION/ENTRY: Reading Liederkrantz German Singing & Sports Club, 143 Spook Lane, Reading, PA. Reg. opens at 6 P.M.; we race at 7 PM or as soon as it's dark enough after 7. Fee is \$34 w/ wicking hi-tech shirt if postmarked by Wed, Oct 5, 2016. Afterwards, \$39 while tech shirts last (inc. day of race), \$32 when gone.

WARNING: HI-TECH WICKING SHIRTS COST SUBSTANTIALLY MORE THAN REGULAR SHIRTS. BECAUSE OF THIS EXTRA COST, FEW extra shirts are printed than those ordered by prereg entries so enter before the race date if possible to increase your chances of getting a tech shirt!. Some standard shirts may be available for post reg runners that night. Optional on-line registration via credit card available thru the Wed before the race on www.pretzelcitysports.com. No entry limit! We race in rain, snow or threat of darkness (DUH!!) No refunds, no mailed shirts or awards; no smoking at race site please, **NO OUTSIDE BEER ALLOWED AT LIEDERKRANTZ; THEIR RULES!** FRIENDLY dogs now permitted but leave "Fang" home. And clean up after them!!

WHAT YOU GET: Hi-Tech wicking short sleeve shirt with a unique & memorable design (no ads on it), 2 water stops (1 with alternative beverages), indoor johns, covered pavilion, refreshments for racers, wheel measured course, entertainment, some special award categories, a German BeerGarten with fine beers and ales for purchase, results on www.pretzelcitysports.com in 24-48 hrs and the right to say you did something that boring, uptight people that you know (your Boss, your Mother-In-Law, your fat neighbor with the hairy back that tells you that running is stupid) say is "idiotic" or "juvenile" or "not in keeping with someone of your stature and upbringing". Yeah!! Right!!

GPS/MAPQUEST INPUT: 143 Spook Lane, Reading, PA 19606 or "Spook Lane & Hill Rd" or "Hill Rd & Glen Rd"

DIRECTIONS FROM : PHILLY: IMPORTANT: DO NOT USE MAPOQUEST DIRECTIONS FROM PHILLY!

Instead, take Rt. 422W from King of Prussia. Just before Reading, 1 block past Arby's & Burger King, bear right onto Bus. Rt. 422, marked "Mt. Penn"; DON'T follow sign to Reading ** Go 3 miles until road splits at CVS. 1/10th Mile later, **JUST PAST Francesca's Restaurant, take right onto Glen Rd (sign missing, turn just before bridge). At end of Glen, turn right & then take your next right just 50 yards ahead. Look for sign to Stokesay, Liederkrantz is next door.**

YORK/LANCASTER: Rt. 222 N to Reading. Follow new bypass to Rt. 422 East. Exit at Mt Penn. Take a left, go 3 lights to Bus. Rt. 422. Take a left, follow the Philly directions above after the asterisk **.

ALLENTOWN: Rt. 222 S onto new Reading bypass, merge onto Rt. 422 East (Reading/Pottstown). Go around Reading and exit at Mt Penn. Go left, go 3 lights to Bus. 422W. Take left, follow Philly directions after asterisks **.

LEBANON: Take Rt. 422 East. Just past Berkshire mall, bear right onto Rt. 422E. Continue on bypass past Reading to Mt Penn exit. Take left, go 3 lights to Bus.422W. Go left, follow Philly directions above after asterisks **.

COAL REGION: Take Rt 61 South onto Rt 222 Bypass, follow same directions above listed in "Allentown"

BALTIMORE: Rt 83 North to Rt 30 East at York to Rt 222N at Lancaster. Follow Lancaster directions above.

Insurance Provided by Road Runner Clubs of America (R.R.C.A.)

WAIVER: I know that running a trail race, at all times, 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, 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, getting lost, wildlife and insect attacks and 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, all municipalities in which the event is held, the race director, course officials, all other organizations directly or indirectly associated with the race, 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. BY SIGNING THIS, I ATTEST THAT I HAVE READ AND UNDERSTAND THIS WAIVER:

Signature _____ Date _____, 20____

Parent must sign if under 18