

Pretzel City's race where you can run 50+ miles, and never be more than 2.5 miles from your gear; the 16th annual

“LABOR PAIN”

12 Hour Endurance Trail Run

Sun, Aug 31, 2025 -- Sunday of Labor Day Weekend
7:45 AM to 7:45 PM -- Reading, PA

New course implemented in 2022: Now flatter, faster, less rocky

Online entry at www.pretzelcitysports.com mandatory so we have a single and complete file of email addresses to use when we send out pre-race instructions

As past Labor Pain apps have noted, nothing's more frustrating than getting to the end of a race & realizing that YOU have so much more "left" but no more course "left"! You say "Man, if this 5k were just a 5 miler" or "if this 10 Miler were just a Half Marathon" (and so on), I could run a REALLY GREAT time today!" Well, WE have a solution for YOU! The Labor Pain 12 Hr. Race lets you run as LONG as your quads & inner thigh skin holds up! The "Pain" is a wheel measured 5 mile trail loop that's 95% single/double track rustic trails and 5% dirt roads, asphalt, grass & rocks It has slight uphill & downhill & many flat sections; folks say that they love the "variety". But most of all, it is a FUN way for you to achieve mileage you've never run before. And that's the key, since the awards are based totally on HOW FAR you run; your "time" only factors in when breaking ties. The loop starts/finishes at the Reading Liederkrantz and you'll repeatedly run past their outside bar, our aide station (there's one in mid-course too), your tent if you pitch one (looks like Woodstock each year) and your "peeps" that'll be bored by the 2nd lap. If you complete 26.2M or more, your premium that we mail you about 6-8 weeks after the race will be personalized to let the world know just how far you ran; run less than that & you STILL get a personalized premium; there just won't be a distance on it! Join us for a race that draws 350-400 entries annually. Rest when you want, eat when you want, run when you want & go as far as your body & mind will take you. In fact, one guy ran for 25M in 2013 and was so woozy that he went to the hospital, then came back 2.5 hrs. later to run another 6M to get his 50k. We don't RECOMMEND that as a rule, but whatever approach you take, you'll still have a ball & still probably stretch your limitations farther than you thought possible. 'Cause word on the street" says that this is ONE endurance race that you HAVE to do!! **LEGAL B.S: YOU ALONE ARE RESPONSIBLE FOR YOUR HEALTH & WELFARE AT THIS EVENT.** YOU know YOU better than anyone. So for the most part, unless you can't finish your next lap before our cutoff (no credit for partial laps unless it's for a milestone), we won't stop you from going on. Entries are NOT welcome from runners that think that the Eagles coaches did a good job in 2023, from those that know the difference between "diet" soda & "zero" soda and from anyone who chuckles at more than 3 things in an entire Saturday Night Live episode filmed after 1989.

RECORDS: M: John Dragon-75M in 11:25:07 (2019)

F: Jackie Palmer Merritt-70M in 11:52:00 (2014)

AWARDS: 1st & 2nd overall M & F and: 0-29: 4M, 4F 30-39 5M, 5F 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., 145 if 5 ft., 4 inches tall or less. Awards based on longest distances run. When 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.** ONLY EXCEPTION: when you plan to END your day at an exact milestone distance (which will end at finish line). **NOTE:** based on your previous lap, if we feel that it is darn near impossible for you to finish a lap by the 12 hr cutoff, you'll be forbidden to start another lap. **PLEASE NOTE:** Other than the top 2 M & F, all other awards to be mailed out with the premium.

PACERS: you may have a **registered Pacer** join you after the 2nd lap. Pacers register on race day and their fee is \$20 which gives them access to all food and drink at the race (may purchase a shirt for \$10 if we have any left after all runners have gotten theirs). Unregistered Pacers that take food and water, or accompany someone in the first 2 laps may result in the disqualification of the person they pace, with no refund or premium to be given to the disqualified entry. Entries starting another lap or partial lap after 7:15 PM MUST carry a working light or headlamp with them.

REGISTRATION/ENTRY: Reading Liederkrantz German Club, **143 Spook Lane, Reading, PA.** Reg. opens at 6:30 AM, pre-meeting at 7:30 AM, race at 7:45 AM. **FEE:** \$90 if postmarked by Wed, Aug 13, 2025 w/wicking tech shirt, entry memento (to prereg only & post reg while they last) and wearable premium or gift (to both pre and post-mailed about 6-8 weeks afterwards). Afterwards, including raceday, \$105 while tech shirts last (inc. day of race), \$95 when gone; all entries still get the post race wearable premium or gift. If you reach 20 Miles or more, the premium will list the distance you ran. People not reaching 20 Miles will not have a distance listed on their premium; just the race logo. **WARNING: TECH SHIRTS COST MORE THAN T- SHIRTS.** Because of this, **FEW** extra shirts are printed than those ordered by prereg entries so enter before raceday if possible to increase your chances of getting a tech shirt! We race in all weather. No refunds, no smoking at race site please, **NO BYO BEER ALLOWED AT THE LIEDERKRANTZ;** Cash Bar on site. Cash or check only, ATM on site but doesn't always work and we do not accept Venmo or Apple Pay either before or on raceday!. **NOTE:** There will be NO awards ceremony since results must be verified in the days after the event so, **FOR THIS PCS RACE ONLY,** awards will be mailed with your premium.

OTHER PERKS: water stop mid-course & at end of each loop. Indoor johns, covered pavilion, hot & cold eats for racers (one of the better spreads in ultra running, some grub for sale to public as well), cash bar from 11 AM on, results on pretzelcitysports.com, outdoor shower w/no privacy. Medical help on site all day. **NO overnight camping either before or after the race.** Easy ups/tents ARE allowed on site the day of the race (no fires allowed). **ALSO, AT THE REQUEST OF THE FACILITY, your "site" SHOULD BE SET UP BEHIND THE FINISH LINE AREA.** Suggest pitching a tent/easy up next to pavilion (but only the day of the race) if you wish to change, nap, make whoopee (like you'll have enough energy left for THAT!), etc. Access to inside areas is limited to indoor bathrooms & ATM. **PLEASE NOTE: PARKING LIMITED TO ABOUT 300 CARS, MAY HAVE TO PARK CAR AT PARK NEARBY IF GETTING THERE LATE IN REGISTRATION PERIOD.**

GPS ADDRESS: 143 Spook Lane, Reading, PA 19606 or "Spook Lane & Hill Rd" or "Hill Rd & Glen Rd". Next to Reading's famous Stokesay Castle.

IMPORTANT NOTE: RACEDAY ENTRY IS NOT GUARANTEED. IF THE NUMBER OF PREREG ENTRIES PASSES 300, WE MAY HAVE TO CLOSE ENTRY DUE TO PARKING CONSTRAINTS. **SO ENTER EARLY! IN THE WEEK LEADING UP TO THE EVENT, CHECK OUT PRETZELCITYSPORTS.COM TO CONFIRM THAT RACEDAY ENTRY IS STILL AVAILABLE.**