



10 Mile Trail Run & 5k Fun Walk/Hike

Sunday, April 6th, 2025

Rustic Park, Birdsboro, PA
9:00 AM Start

Assisted by Pretzel City Sports & Trail Sister Approved

WHO: Short or tall, fast or slow who cares, as long as you love to be out in the woods! Not ready for 10 miles yet? Run, Walk, Hike or Hippity Hop the 5k Fun Run/Walk. Need volunteer hours? Volunteer Opportunities, available! Held rain or shine.

WHAT: Creek side Start/Finish adjacent to the Hay Creek. Rustic Park has covered pavilion, playground for kids and modern bathrooms. The 10-miler course is a mixed single and double track, longish gradual climbs & descents. Course runs past peaceful pine tree reservoir setting and a few abandoned road sections, along with 4 possible ankle to mid-calf water crossings. The 5k Fun Run/Walk will start moments after the 10 miler, and will be marked separately. The 5k may have 2 of the same water crossing as the 10-miler course without long climbs or descents but still gets to share in the gorgeous view of the reservoir. Courses will be well marked, 2 water stops for the 10-mile course and 1 for the 5k. Insurance provided by R.R.C.A

WHERE: Rustic Park - 1314 Haycreek Rd., Birdsboro, PA 19508

WHEN: Sunday, April 6, 2025

8:00 a.m. – Registration/Bib Pick up opens

9:00 a.m. – Start of 10 Mile Trail Run and 5k Fun Run/Walk

Award presentation at finish line at conclusion of 10 miler.

Questions? Email: Diane Grim, justpedal@aol.com

WHY: Be a part of “My” story! This event is a fundraiser to offset the cost of getting my “crew” to the Western States Endurance Run 100 Miler in the Sierra Nevada Mountains of California, where I will be attempting my first 100 miler at 65 years old! Not sure what a crew is? They will be my life line, meeting me at designated aid stations throughout the 100 mile course, providing me with fuel, hydration, medical needs, moral supp support and pacing me thru the night hours to the finish 30 hours later. It takes a village.....

HOW: Online Registration www.pretzelcitysports.com (Nominal service fee applies, closes midnight, Wed. of race week) Race Day Registration available. Sorry, no refunds or mail in registrations.

ENTRY FEE / Registration for Either Distance: \$45 if registered by March 23rd includes Short Sleeve Cotton Event Shirt. After March 23rd, including Race Day, shirt are not included. Too many shirts? Register without a shirt for \$40 until March 23rd, and \$45 after that including race day. Registration for either event also includes race memento, post-race hot & cold food and 1 raffle ticket for Gift Basket Raffle (extra tickets will be available for purchase) *Special HOKA swag to first 75 registrants!! Hurry, register now!

We each have our “own journey” our own “why”. At registration you will be given a blank sheet of paper, I invite you to take a moment and jot down in a few words – What’s “Your” Why? Why do you run? No need to sign it. The “pages” will be all displayed upon your finish for all to read...it’s all about the journey, the inspiration, the determination. We all have a story, why not share it, it may help someone in their personal journey! After all isn’t that what the community of trail running does? We support each other.

10 MILER AWARDS: [HOKA](http://www.hoka.com) Shoes awarded to the Top Overall Female & Male Finisher and Unique Age Group Awards to the Top 3 Female & Male Finishers in each of the following groups: 0-19, 20-29, 30-39, 40-49, 50-59, 60-69 and 70 Plus. There are no awards for the 5k Fun Run/Walk

RESULTS: Finish line and timing service by Pretzel City Sports. Race Results posted on www.pretzelcitysports.com

DIRECTIONS: From downtown Birdsboro Inters. of Rts. 724 & 345
 • South on Furnace St, which then turns into Hay Creek Rd.
 • After about 1 mile road will dead end. Parking lot is on right.
 • There is also parking on Haycreek Rd. just before you enter the park.

Touch Someone’s “Sole” Outreach– Trail runners are known for giving back. We all have an arsenal of Running Shoes, some which we wore once, were too tight, not enough traction and there they sit, unused, forgotten...Bring them along to the race and donate them to someone who can really use them! [Fleet Feet of West Reading](http://www.fleetfeetofwestreading.com) will be distributing them for us to student athletes and groups in our area in need.

Thank you for being a part of my journey to Westerns States Endurance Run 100 Miles. You can follow my journey to race day on June 28-29th. Check out my Instagram page: [journey_of_a_trail_ole](https://www.instagram.com/journey_of_a_trail_ole). Watch live tracking during the race and send me some fresh legs! LOL