



Annual Salute to "Sweating, Swatting & Swearing"
The Always Challenging but Rarely Sane



CHARLIE HORSE

TRAIL HALF MARATHON

Sunday May 25, 2014 9 A.M. Plowville, Pa.
Portion of Proceeds & All Donations Benefit Special Olympics

The Charlie Horse is not your typical race. It is part trail, part road, and part adventure. It has everything a masochist runner needs. This is a point to point race which will require you to get to the finish, rather than making it an option to NOT finish. So if you are unable to follow trail markings easy enough for a second grader, then please consider coming and cheering your family on throughout the race.

LOCATION: Registration is at Sleepy Hollow Athletic Club, 482 Westley Road, Mohnton, Pa. 19540, from **7:15 a.m. to 8:15 a.m.** FYI, just in Mohnton postal area, not near Mohnton. Actually, off Rt 10, approx 5 miles N of Morgantown

BUS INFO: Buses will transport runners to the start at Rustic Park in Birdboro, PA. They will depart immediately after registration closes (8:15). Busing to the start is highly suggested. You may choose to drive there on your own, but **THERE WILL BE NO RIDES PROVIDED BACK TO THE START AFTER THE RACE!!!!**

COST: \$35 if postmarked by May 10, 2014. \$40 after the cutoff date.
There will be no refunds, or mailing of shirts or awards. "Race day" registration will be available.
PLEASE PREREGISTER, SO THAT WE HAVE ADEQUATE BUSING, FOOD & SHIRTS!!!!!!

AWARDS, New 5 Year Age Groups:

Overall Male 1st, 2nd, & 3rd; Overall Female 1st, 2nd, & 3rd; Overall Master (40+) 1st Male & 1st Female
Under 20(1M, 1F); 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); 60-64 (3M, 3F); 65-69 (1M, 1F); 70+(1M, 1F)

SWAG: The entry fee includes a **T-SHIRT (Male and Female sizes)**, **FINISHER AWARDS**, **HOT/COLD PICNIC** following the race, and **FREE BEER** (2 tickets per runner).

Send your payment and waiver to:

Pagoda Pacers A.C. c/o Brett Lynch
1520 Huron Dr.
Sinking Spring, PA 19608

On-line registration available at www.pretzelcitysports.com
(Nominal processing fee applies. On-line registration ends at Midnight on May 21, 2014)

Last Name _____ First Name _____

Street Address _____

City _____ State _____ Zip _____ Gender: M F

Telephone _____ a.m. _____ or p.m. _____

Email Address: _____

Race Day Age _____ Date of Birth ___/___/_____
Shirt size: S ___ M ___ L ___ XL ___ XXL ___
Shirt Cut: Men's ___ Ladies' ___
Pagoda Pacer? Yes ___ No ___

Entry Fee (\$35, \$40 after May 10, 2014) \$ _____
Optional Donation to Special Olympics Berks Co \$ _____
Total Enclosed \$ _____

Make checks payable to Pagoda Pacers Athletic Club

PLEASE SIGN BACK OF FORM

RACE DESCRIPTION: We start in scenic Rustic Park in Birdboro, PA with a sprint through a river and meander through the park for about 2 miles. From there we climb up to the Horseshoe trail to start a beautiful 7 mile stretch through woods and farms. The trail then pops out into a housing development at mile 9. Say hi to the neighbors as they cheer you on and spray you down. This is the start of the road section. But like everything else with this race, it has its own character. After climbing up to the development, you get a break, a downhill section. Wee. But everything the goes down must come up. I think that's the way it goes, at least for runners. To translate, we start the uphill section of the road. When you get to the top at mile 11, you're at Charlie's house (home of the race founder) where the adventure begins. It's a mystery to us too: lagoons; waterfall; campers; hiker; teenagers, maybe some chores. The only certainty is rocks, mud, and fun. Finally finishes at Sleepy Hollow A.C. where the pool, food, music, drinks, and friends will be waiting.

There is a **CUT-OFF** at Aid Station #3 (9 miles) of 3 hours. After which, the sweepers and aid station crew will have the final determination of who continues.

AMENITIES: Showers are available to the runner (no hot water), but there won't be a wait for the creek. Sleepy Hollow also has a pool and a playground for all rug rats that come to route on mom & dad. Beer and spirits are available for purchase from Sleepy Hollow A.C. (21+). **NO alcohol** may be brought onto the premises.

AID STATIONS: It is well aided, with 4 strategically placed aid stations at miles 3, 7, 9, and 11. Trained medical staff will be at the finish.

DIRECTIONS to REGISTRATION/SLEEPY HOLLOW (Address: 482 Westley Rd, Mohnton PA):

FROM the NORTH (READING, ALLENTOWN): Take Route 422 through Reading. About 2 miles east of Reading Take I-176 South to exit 7 (Green Hills). Turn left at the light onto Rt.10 south. Travel 3.1 miles and turn right onto Westley Road. (Look for the Sleepy Hollow sign along route 10, or the Charlie Horse race sign at the intersection to turn.) Go 1.2 miles on Westley Rd. and look for Sleepy Hollow on the left.

FROM the SOUTH-EAST (PHILLY): Take the turnpike west (I-76) to the Morgantown exit (exit 298). After toll, exit immediately (exit 1A) and head towards Beckersville (Rt. 10 N). Follow Rt.10 about 6 miles. After passing Plowville Church on your right, you'll go down a long hill and turn left at the bottom of the hill onto Westley Road. (Look for the Sleepy Hollow sign along route 10, or the Charlie Horse race sign at the intersection to turn.) Go 1.2 miles on Westley Rd. and look for Sleepy Hollow on the left.

FROM LANCASTER: Take US-222 North and exit at the Adamstown and Knauers interchange (Rt. 568). Turn right at the stop sign and travel east on Rt. 568 (Alleghenyville Rd) towards Knauers and Green Hills for about 7.5 miles to Rt. 10. (NOTE; at 3.0 miles, Rt. 568 bears left at the Y onto Kurtz Mill Rd.) At the Rt. 10 stop sign, turn right, go south on Rt. 10 for about 1.3 miles, turn right on Westley Road. Once on Westley Road, follow about 1.2 miles to Sleepy Hollow on the left.

QUESTIONS??? CALL RACE DIRECTOR, Brett Lynch at 269-357-3325, or Email at lynchd77@hotmail.com, or visit <http://www.pagodapacers.com/Races-Results/Races/Charlie-Horse-Half-Marathon.aspx>.

Waiver

FOR ALL YOU LEGAL PEOPLE: I know that running a trail and on roads may be hazardous activity. I should not enter this race or 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. I assume the risk for running on it. I also assume all other risks associated with running or attending the race to include but not limited to falls, contact with other participants, the effects of the weather, the conditions of roads and trails, and of course getting lost. 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, Sleepy Hollow A.C., Eshelman Transportation, The PA Dept. of Conservation & Natural Resources, Rustic Park, the Pagoda Pacers A.C and all other organizations directly or indirectly 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 type or nature whatsoever, foreseen or unforeseen, known or unknown. By entering this race, I am granting permission to the Pagoda Pacers and all other parties involved 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 _____

(if under 18, parent must sign instead), Insurance Provided by Road Runner Clubs of America