

UBER ENDURANCE SPORTS PROUDLY PRESENTS THE 2ND ANNUAL

# “Sloppy Cuckoo Half ”

## Trail Half Marathon, Philadelphia, PA

### Sunday, September 25th 2011 9:00 A.M, Limit 500 Runners

Supports a local cancer patient in memory of Walter Grund

*"No need to run in Lederhosen to enjoy the German atmosphere at the post race party"*

The cuckoo bird is known for laying its eggs in the nests of other birds. He doesn't even bother breeding its eggs. Is it just lazy, or is its own place too sloppy to raise little cuckoos? Well, we are somewhat imitating that behavior, by putting our trail race within the city limits of Philadelphia. Certainly a place, where one may think a trail race does not belong.

The Sloppy Cuckoo Half is completely run off public roads and features about 11 Miles of trail and a little more than 2 Miles on a paved bike trail at Pennypack Park in Philadelphia. Gorgeous course along the Pennypack creek. This course is considered easy by trail runner standards, and therefore offers a perfect opportunity for road runners to explore the world of trail running. However runners from South Jersey might still find it to be rather hilly and difficult. There will be rocks, roots, trees to climb over, creek crossings, horse poop, sand & if it rains the week before the race, certainly some mud. So leave your pink Nikes at home, don't be a girlie man. You will be supported by at 5 aid stations (carry a bottle) , including the Oktoberfest aid station (unusual carbs and snacks served by the St. Pauli girls). Post race refreshments will be provided by 2 professional chefs (Thekla Grund, former owner of the Old Brauhaus & Linda Weiss, reason #67 why Oprah's weight is yo-yoing, I did not make this up). "Uberhans" might be there also to entertain you with his accordion. To give everyone an equal shot at our unique awards (or because we are too cheap to use chip timing), we will have the **“Widest starting line in PA”** which will allow almost every runner to line up in the first row. If you are too slow to win an age group award, dress up. We will reward the best /funniest outfits (must be somewhat cuckoo). Or find one of the **hidden cuckoo eggs** along the course to win cool prizes.

**REGISTRATION/ENTRY** Pine Road Entry at Pennypack Park, Pine Road, Philadelphia, PA 19111. Reg. opens at 7:30 a.m., Race starts: 9:00 AM. Fee is \$45 postmarked by 9/3, \$55 afterwards incl. day of race , \$45 without shirt . No more mail in apps once race fills up. **Or register online at [www.uberendurancesports.com](http://www.uberendurancesports.com)**

**YOU GET:** Tech. shirt with no advertising, finisher award, Post race refreshments & German pastries prepared by 2 professional chefs, terrific course with no traffic , 5 super motivated aid stations, plenty of toilets, free parking right at start/finish area

**AWARDS:** Cuckoo clocks will be awarded to M & F 1<sup>st</sup> & 2nd and Top M & F Masters (40 & over) plus the following age groups will receive a german weather house:

Top 5 M & F : 29 & under, 30-39, 40-49, Top 4 M 50-59, Top 3 F 50-59, Top 2 M & F 60+ (will add 70+)

**DIRECTIONS :** To get directions use [www.googlemaps.com](http://www.googlemaps.com) and enter: 8750 Pine Road, Philadelphia

**Check Payable to & mailed (with waiver) to or register online at [www.uberendurancesports.com](http://www.uberendurancesports.com)**

Uberendurancesports, c/o Sloppy Cuckoo, 2137 Old Lancaster Pike, Reinholds PA 17569.

**Race director:** Stephan Weiss, [stephanweiss@comcast.net](mailto:stephanweiss@comcast.net), 717-484-1127 [www.uberendurancesports.com](http://www.uberendurancesports.com)

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



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First name \_\_\_\_\_ Last name \_\_\_\_\_ Distance: Sloppy Cuckoo

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

Race day age: \_\_\_\_\_ (must be 16 or older) Date of birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Shirt Size: S M L XL Sex: M F

Phone: ( \_\_\_\_\_ ) \_\_\_\_\_ Email: \_\_\_\_\_ @ \_\_\_\_\_ .

**WAIVER:** I know that running a trail 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, 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 & 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 Uberendurancesports LLC, 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 Uberenduranceports LLC 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: If under the age of 18, parents signature is also required.**

Signature \_\_\_\_\_ date \_\_\_\_/\_\_\_\_/2011