

OUR SECOND DECADE OF DASHING THROUGH DRIFTS, DEBRIS & DIRT; THE 11TH ANNUAL

“CHILLY CHEEKS”

11K TRAIL RUN READING, PA

SUNDAY, JANUARY 22, 2017 ** 11 A.M. ** NO ENTRY LIMIT

Theories exist as to why we are moving closer to global warming. New Chinese coal-fired power plants w/ no pollution controls. Deforestation of the rain forest by Amazon Farmers (from that REGION, you moron, not from the web service). Ethanol in the US gas (supposed to REDUCE emissions; never trust a scientist from Iowa!!). Donald Trump & other “hot air” sources. But one reason gaining a LOT of traction recently has both Scientists & Vegans united in their fight to save the world; once they stop laughing so hard that they pee themselves. COW FARTS!! Yes, the gastro-explosions when Gurneys’ “let it rip”!! This methane from Elsie and her buds in feedlots worldwide is no less than the 2nd leading cause of global warming; maybe the worse. NOT our cars, spray deodorant, landfills; OUR HORRIBLE HOLSTEINS! The same supplier of what passes for hamburger in a Big Mac is getting her revenge by killing YOU too; just a little bit slower than when she herself “bought the ranch”. Numerous tests have confirmed the effect of this source; with one scientist projecting that every time “Bessie” in a Kansas factory farm raises her leg to “clear the room”, the ocean’s water level rises 1/316th of an inch. Some even speculate that if all we ate was broccoli, we would live “decades longer”. Not sure if that’s true, but if all we ate was broccoli, it sure would SEEM like a lot longer! There is NO controversy, however, about why the Chilly Cheeks Winter Trail Run is so popular. WHAT THE HECK ELSE ARE YOU GOING TO DO IN THE MIDDLE OF JANUARY!?!?. ESPECIALLY in Reading, PA. The Chilly Cheeks is a cornucopia of single/double track trails littered with leaves, snow, rocks and roots. It’s been run in 60+ temps with little on the ground & -5 temps with up to 18 inches of snow on the ground. Either way, we usually end up with a few runners on the ground as well. Even in its “worst weather” years, 400-500 people think it’s a hoot to run up & down Mt Penn in conditions better suited for Moose and Musk Ox. WHY? Because it has all the “bennies” of every PCS event: GREAT aide stations with alternate beverages, funny on-course signs, a course that even Stevie Wonder could follow, an awesome post-race party with live music/free breakfast/cash bar, tons of unique awards, our memorable shirts & SO many other reasons! We won’t B.S. you; the Cheeks is a TUFF race; it’s the HARDEST trail run that PCS holds on a “per k” basis. Still, it can’t be THAT hard since 90% of our entrants live to tell others about their exploits. And our “back of the pack-ers” usually finish too, despite the fact that the last thing they finished was a Cherry Crumb pie. By themselves!! A finish in the Chilly Cheeks is something you can be PROUD of, unlike that Bieber tattoo on your back or your “Saved by the Bell” backpack from high school. **LEGAL B.S.: You race at your own risk; you alone are responsible for your welfare at all times!!** It’ll be cold out that day, so we’re not leaving the “warm” bar at the finish to come find your corpse until May. So, drag your busted body to an aide station so we can find you by car. If you get lost (you WON’T), please find the Liederkrantz before the eggs and pancakes get cold. Since the race is a bit of a “mother”, we only let those enter that legally no longer need “mothering”; should be 18+ (16 & 17 yr. olds can too but ONLY if they have a parent at the race; don’t have to run, just have to BE there). We also turn away folks who think that “Netflix” only shows movies about basketball or tennis, people who don’t find the Geico “Ice Tea” commercial hilarious and anyone who has ever wore Crocs with a suit. You Goober!

Check Payable to & mailed (with waiver) to: Pretzel City Sports, 112 W. 36th St., Reading, PA 19606. Head Cheek: Ron Horn, rhornpcs@aol.com, www.pretzelcitysports.com or 610-779-2668 (but not during Survivor, Biggest Loser, Amazing Race, Tosh.0 or any Eagles game (inc. post-game commentary)). Normal Office Hours: M-F 8 am till 1 pm

First name _____ Last name _____

Address _____

City _____ State _____ Zip _____ Sex: M F Race day age: _____ Date of birth ____ / ____ / ____
(must be 18 or more)

Long Sleeve Tech Shirt Size: XS S M L XL 2X Phone: (____) _____ A.M. or P.M. (circle one or both)
(circle one)

Email: _____@_____ Already Get Run Update Emails? ____ Yes ____ No
if used on regular basis--include a readable address

Take our advice; please print nice. ***Chilly Cheeks app may be duplicated***Sign waiver on back

REGISTRATION/ENTRY: Reading Liederkrantz German Singing & Sports Club, 140 Spook Lane (off of Hill Rd), Reading, PA (same place as most Pretzel City events). Reg. opens at 9:45 a.m., race at 11. Fee is \$34 w/ long sleeve tech shirt if postmarked by Fri, Jan 6th. Afterwards, \$39 while shirts last (inc. day of race), \$32 when gone. If you fail to pre-enter, even if it's in the postreg period, you may end up with no other reminder of this race other than black toenails, a scratchy throat, pictures of you with frozen snot on your face and bad dreams for weeks. We race in rain, snow or bitter cold; in fact, damn near anything! Call 610-779-2668 after 6 AM the day of the race **ONLY** if **roads are pretty much impassable that day (not just a little "sub-par")**. An email will be sent to all those on our email list too the minute we decide to postpone but if we only have your work email, you're screwed. It'll be posted on the home page of www.pretzelcitysports.com too. **If postponed, it will be held THE FOLLOWING SUNDAY**; same time, same place, better weather. No refunds/mailed shirts/awards; no pets allowed on site or outside alcohol, no whiners, no wheelchairs on the course & no people that think that snow on the ground is any reason to cancel a race. 'Cause we won't! **Also, bring extra shoes for going inside!** ATM on site; usually works.

Registration on www.pretzelcitysports.com not required but always encouraged!
(small service fee applies, closes at midnight on Wed the week of the race)

YOU GET: Long sleeve tech shirt with a memorable design, hot breakfast, indoor registration & toilets, free snacks at the finish line, suds/chilled Jaegermeister/strange Germanic meats available for purchase thru the club, WELL marked course, 2 water stops, live band, finish place posted immediately & results on www.pretzelcitysports.com the 1st business day after the race. Unique aide station fare & other surprises not yet finalized. Breakfast tickets can be bought at reg for your peeps!

AWARDS: M & F 1st & 2nd and Top M & F Masters (40 & over) plus:
18-29: 5M, 5F 30-39: 5M, 5F 40-49: 5M, 5F 50-59: 5M, 5F 60-67: 4M, 3F 68+: 2M, 1F

DIRECTIONS FROM : PHILLY: IMPORTANT: DO NOT USE MAPQUEST DIRECTIONS FROM PHILLY! Instead, take Rt. 422 West from King of Prussia. Just before Reading, at the **TARGET/LOWES/GIANT** on your right, bear right onto Bus. Rt. 422, marked "Mt. Penn"; **DON'T** follow sign to Reading **** Go 3 miles until road splits at the CVS. Bear right, JUST BEFORE YOU GET TO THE ORNATE BRIDGE, take right onto Glen Rd (sign missing, look for "Stokesay Castle" sign visible at last moment). At end of Glen, turn right and then take your next right just 50 yards ahead. Or follow the signs to Stokesay, the Liederkrantz driveway is right next to it.**

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

ALLENTOWN: Take Rt. 222 S, 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.

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

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

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 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____

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