

'DIRTY BIRD'

15K, 30K & No-Frills 50K Trail Runs

Sunday, Nov 26, 2017 9:00 AM No Entry Limit!!
French Creek State Park, Birdsboro, PA

Every now and then, there's an eccentric relative, friend or neighbor that decides to throw you a curveball by NOT serving Turkey at Thanksgiving; they replace it with ham, shrimp, lasagna, tofu or something else that could easily be featured the other 364 days of the year. Some of what they force upon you can't even be covered with gravy! Well, this year, we confess that we're doing the same; we're serving you up something totally different than we have in the past. In DISTANCES, that is. For the first time ever, you can run the Dirty Bird 1, 2 or 3 times-with a 5k kicker at the end to reach 50k. Each distance has its own awards. We'll use a 15k course. All start together and you can decide in mid race if you want to finish in the 15k or 30k, much like the Double Trouble. You can NOT step up to the 50k in midrace unless you entered that event in the first place. But 50k'ers, if it is not your day, you CAN drop down to the 15k or 30k; you just won't be refunded the price difference (unless you notify us that you are dropping down at least 1 week BEFOREHAND). But at least, you won't get a DNF either! And you CAN win an award at the lesser distance. Race as long as you feel, after gorging yourself that weekend. Run longer in weather better suited for it than our July event!

15K/30k: we redesigned the traditional course to make it a bit easier, since some of you will be seeing it repeatedly. We anticipate that it will have 3 water stops per lap, 2 long slightly-steep climbs, a long not-very-steep climb up a dirt road, and a minor upgrade or two. As in years past, we'll have about 2/10th of a mile on road so you can get your positioning before entering single track. After a quarter mile of single track, you have another half mile where passing is as easy as pie. We'll primarily use most of the Six Penny Loop in a counter clockwise direction, the trail along the west side of Scots Run and half of the Turtle Trail. There may or may not be a short section of road to the finish; not sure yet.

50K: 3 laps of the 15k loop. As a no frills race, you'll get everything that everyone else gets plus a finishers memento (NOT a medal, probably a glass), the same food as others with a few higher caloric additions on a separate table (you will NOT have the 5 course spreads that you get at major races like the Blues Cruise, HAT Run, etc but you ALSO won't PAY that much), the same shirt as everyone else, etc. You'll run an out and back 5k at the end for your 50k. Great race for spectators who can see you 7 times on the course by just driving between 2 spots. Food at the end of each 15k loop and snacks at aide stations along the way. Out and back 5k at end is a unique course only in the 50k .

IMPORTANT NOTE: THERE IS A MAX TIME LIMIT ON EACH LAP. IF YOU DO NOT FINISH THE 15K BY 2 HRS, 20 MIN OR THE 30K IN 5 HRS, YOU MAY NOT GO ON. THERE'S ALSO A 9 HR LIMIT OF THE 50K, DUE TO DARKNESS. FINISHERS OF 3 LAPS THAT CANNOT FINISH THE 50K IN 9 HRS WILL NOT BE ALLOWED TO GO ON AND WILL BE LISTED AS A 30K FINISHER

Check Payable to & Mailed to (with waiver): PRETZEL CITY SPORTS, 112 W. 36TH ST., READING, PA 19606
Biggest Turkey: Ron Horn, rhornpcs@aol.com, 610-779-2668 (AM or PM), www.pretzelcitysports.com

Last Name _____ First Name _____

Street Address _____

City _____ State _____ Zip _____ Sex: M F Race Day Age _____

(should be 18 or older to run, contact race director for exceptions)

Date of Birth ___/___/___ Tel: (_____) _____ A.M. or P.M.? _____

Long Sleeve Tech Shirt Size (circle one): XS S M L XL 2X Clydesdale: _____ Yes _____ No (check one)

Email address _____@_____ (if checked regularly-print clearly!!!)

Already Get Runner Update Emails (check one) _____ Yes _____ No Non-binding distance choice _____ 15k _____ 30k _____ 50k

Please, no cranberry sauce on your Dirty Bird form; just readable writing Sign Back of Waiver Form May be Duplicated

GOODIES: Instant results, registration in enclosed tent, results on www.pretzelcitysports.com the next business day, modern johns (no showers), WELL marked course if no one screws with it, lots of parking, 3 water stops, hot & cold grub (hope to add pancakes this year), course viewable at several points via car or bike, camping/cabins in park (brrr!!! 610 582-9680) Playground right next to registration, pool will be drained by then, much like you from doing the race.

ENTRY: We race at 9 A.M.; reg opens at 7:45. **For 15k/30k:** \$34 if postmarked by Fri, 11/10, with long sleeve tech shirt, \$39 after cutoff & day of race while shirts last; \$33 when gone. **For 50k:** \$50 if postmarked by Fri, 11/10, with long sleeve tech shirt (same shirt that others get) and finisher memento, \$58 after cutoff & day of race while shirts last; \$52 when gone. **IF DOING THE 50K, PLEASE TRY TO PREREGISTER SO WE DON'T RUN OUT OF FINISHER MOMENTOS OR FOOD. THANKS! FEW "EXTRA" SHIRTS PRINTED over our entry total at the cutoff!** So **pre-enter so you get a shirt, even if the cutoff has passed** since remaining shirts are awarded on a "first entered, first gets" basis!! **We race in ANY & ALL weather;** no refunds, no mailed shirts/awards, no racing w/pets unless you stay in last for the 1st mile, no alcohol in park & no entries from weenies and wimps.

OPTIONAL ONLINE ENTRY AVAILABLE ON WWW.PRETZELCITYSPORTS.COM
(small service fee applies---closes at midnight on the Wed night before raceday)

IMPORTANT NOTE # 1: While Pretzel City LOVES running in SUSPECT weather. things may get so bad that the Park stops us from having the race that day; roads closed by state, hail the size of chipmunks, etc. DON'T confuse "bad" conditions with "normal" snowfall (before or during the event), shrinkage-causing temps, slow but still drive-able roads, etc.; we race in ALL of those cases!!! Race to be postponed **ONLY** in extreme cases. In this **HIGHLY UNLIKELY** case, a message will be put on the home page of www.pretzelcitysports.com as soon as we make the call. Our regrets in advance to anyone that gets "burnt" from driving in the night before but PCS won't "control" this; the Park will. **IF POSTPONED, NEW DATE FOR THE RACE WILL BE THE FOLLOWING SUNDAY!**

IMPORTANT NOTE # 2: PCS shares the Park staff's desire to limit the impact of any race on its trails. If the trail & weather that weekend require us to do so, we reserve the right to adjust the course, its distance and/or its "percent of trails vs. dirt & hard road" to insure that the trails will not be damaged.

AWARDS: 15k: 1st & 2ndM/F +: 0-29:4M, 4F 30-39:4M, 4F 40-49:4M, 4F 50-59:4M, 4F
60-67: 4M, 3F 68+: 2M, 2F

30k: 1st & 2ndM/F +: 0-29: 3M, 3F 30-39: 3M, 3F 40-49: 3M, 3F 50-59: 3M, 3F 60+ 4M, 2F

50k: 1st & 2ndM/F +: 0-29: 3M, 3F 30-39: 3M, 3F 40-49: 3M, 3F 50-59: 3M, 3F 60+ 3M, 1F

Clydesdales: Top M and F Clyde & Master Clydes (40+) in each race. 200+ min. weight for men, 160 for women.

Park Address for GPS'ers: Use 843 Park Rd, Elverson, PA 19520

Directions: Take Rt. 422 East of Reading about 6 miles. Take Rt. 345 South to 2nd light in Birdsboro; left on Rt. 724 East. About 1 mile; go right onto Rt. 345 South. Park is 5 miles ahead on right. Reg is next to playground.

Alt. Way from both East & West: Take PA Turnpike Morgantown exit, go east on Rt 23 until 345 North, take 345N to 1st Park road. Enter & go to T, go right, then take 2nd right to registration next to playground.

Another Alt. Way from East: Rt 422 to Rt 100 S at Pottstown, take first exit and go right onto Rt 724 West, Go approx 6 miles to Rt 345, take left. Park is 5 miles ahead on your right. Reg is next to playground at 1st left in park.

LEGAL "DRESSING": YOU RACE AT YOUR OWN RISK & YOU ARE SOLEY RESPONSIBLE FOR GETTING YOUR BUNS OUT OF THE WOODS! If dinged, get to an aide station so we can DRIVE you back.

WAIVER: I know that running a trail run is a potentially hazardous activity. I should not enter or run unless I am medically able & properly trained. I also know that there will be traffic, winter 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, the conditions of the roads and getting lost, 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, French Creek State Park, PA Dept of Conservation & Natural Resources all municipalities in which the event is held, the race committee, volunteers, all other organizations directly or indirectly associated with the race, any or all sponsors including their agents, employees, assigns or anyone acting on their behalf, or anyone else 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 kind or nature whatsoever; 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. I HAVE READ & UNDERSTAND THIS WAIVER:

SIGNATURE _____ DATE _____/20____

Insurance Provided by Road Runner Clubs of America