

A DAY WHERE EVERYONE HAS ROSY CHEEKS-ALL 4 OF THEM; THE 12TH ANNUAL

# “CHILLY CHEEKS”

11K TRAIL RUN READING, PA

SUNDAY, JANUARY 7, 2018 \*\* 11 A.M. \*\* NO ENTRY LIMIT

**PLEASE NOTE: EARLIER DATE IN JAN. THAN IN YEARS PAST**

Our daily activities are guided, to a degree by the “You can’t’s”; axioms such as “you can’t tug on Superman’s cape, you can’t spit into the wind”. Some of these “you can’t’s” are based on fact or learned behavior. But many are also based on superstition, stereotypes, someone’s convoluted definition of right and wrong, etc. For example, “You can’t step on a crack or you’ll break your Mother’s back”. I’ve stepped on THOUSANDS of cracks and at best, my Mother walks at a 45 degree angle to the left. Darnn shame they can’t transfer this “pox” to your Mother in LAW, isn’t it! Or “You can’t wear white after Labor Day”; a rule violated continually by Priests, Doctors and members of the Klan. One assumed by most is “Does a bear poop in the woods? Yes, but YOU can’t!” As noted in a recent National Geographic, 950 million “go” outside in the open every day, including 550 million in India. If “SlumDog Millionaire” or “Lion” or the person on the other end of your PC-support team didn’t kill your desire to visit “New Delhi”, THIS fact certainly should! Another is that “a 5 ft, 5 inch white man can’t excel in the NBA”. Ok, well, maybe this one has a fair amount of truth to it!! One axiom that definitely **ISN’T true** is that “you can’t run trails in the winter”. Not only CAN we run trails in the dead of winter, **WE HAVE A BALL DOING SO!** Case in point: the Chilly Cheeks 11K Winter Trail Race. The 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. 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 one of the HARDEST trail run that PCS holds on a “per mile” basis. Still, it can’t be THAT hard since 98% 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 Grand Slam breakfast at Dennys followed by a “Happy Ending” at Friendly’s. MAN, do I feel dirty after writing that last sentence! A finish in the Chilly Cheeks is something you can be PROUD of, unlike that night that Pop had to bail you out and swore he would never tell Mom (which, of course, he did)! **LEGAL B.S.: You race at your own risk; you alone are responsible for your welfare at all times!!** In temps below 70 degrees, we tend to stay in the WARM bar rather than look for injured runners. So, if you get a hangnail, drag your wounded carcass to an aide station so we can “toe tag” your corpse by car! Since the race can be a bear, we only let those enter that no longer are watch “Yogi Bear” dailey; 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. For younger kids, email the race director). We also turn away folks who never gave “Game of Thrones” a decent shot and anyone who thinks that “I.P.A” stands for “I Pee AllTheTime”; although it CAN lead to that! !

**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 Sat, 12/23/17. Afterwards, \$39 while shirts last (inc. day of race), \$33 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 than the frozen snot permanently affixed to your face. 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](http://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 outside alcohol, no pets inside building, 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](http://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 cotton shirt with a memorable design, hot breakfast, indoor registration & toilets, free snacks at the finish line, WELL marked course, 2 water stops, live band, finish place posted immediately & results on [www.pretzelcitysports.com](http://www.pretzelcitysports.com) the 1<sup>st</sup> business day after the race. Unique aide station fare & other surprises not yet finalized. Breakfast tickets can be bought at registration for your many fans in attendance! Suds/chilled Jaegermeister available for purchase thru the club as well. Other food options for purchase are a possibility.

**AWARDS:** M & F 1<sup>st</sup> & 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

Top Clydesdale: 1M, 1F Open Clydes 39 & under: 2M, 2F Master Clydes 40 and over: 2M, 2F Clyde Weight Minimums: 210 for men, 160 for women. **NOTE: YOU CAN ONLY REQUEST TO ENTER CLYDESDALE ON RACE DAY; WE'LL MARK IT ON YOUR BIB ONCE YOU DO. WE DON'T ALLOW IT NOW BECAUSE WHO KNOWS HOW MUCH YOU'LL GAIN OVER THE HOLIDAYS!**

**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".

Check Payable to & mailed (with waiver) to: Pretzel City Sports, 112 W. 36th St., Reading, PA 19606. Head Cheek: Ron Horn, [rhornpcs@aol.com](mailto:rhornpcs@aol.com), [www.pretzelcitysports.com](http://www.pretzelcitysports.com) or 610-779-2668 (but not during Survivor, Amazing Race, Tosh.0 or any Eagles game (inc. post-game commentary)). Normal Office Hours: M-F 8 am till 4 pm, often "in" at night

Before freezing your feet, please print neat. \*\*\*Chilly Cheeks app may be duplicated\*\*\*Sign waiver

First name \_\_\_\_\_ Last name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Sex: M F Race day age: \_\_\_\_\_ Date of birth \_\_\_\_/\_\_\_\_/\_\_\_\_  
(should be 18 or more)

Long Sleeve Cotton Shirt Size: XS S M L XL 2X Phone: (\_\_\_\_\_) \_\_\_\_\_ A.M. or P.M. (circle one or both)  
(circle one-XS requests based on manufacturer availability)

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

**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.)