

'DIRTY BIRD'

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

Sunday, Nov 25, 2018 9:00 AM No Entry Limit!!

French Creek State Park, Birdsboro, PA

While it may sound like an episode of "Drunk History", 230+ yrs. ago, our founding fathers actually engaged in a spirited debate over which bird should be our national symbol. Many delegates supported the Eagle for its elegant look. However, icon Benjamin Franklin insisted that the Turkey, more native to this nation, was a better choice. Eventually, the Congressional Congress told Ben to "go fly a kite" and Eagles began appearing on U.S. emblems/crests/currency, were rescued from near-extinction in the mid-1900s and won Super Bowl LII this Feb!! Still, even this level of recognition pales in comparison to the 4 days of near-worship in late Nov that Turkey gets; when it is used in every form from "roasted" to "croquettes, paninis, jerky and waffles w/gravy". The Dirty Bird was created years ago to help offset this 4-day onslaught of calories & then expanded in 2017 as a response to America's ever-increasing tendency to overeat. It uses 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 our Double Trouble. You can NOT step up to the 50k in midrace unless you entered that event in the first place (3 laps and a 5k addition at the end). 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 BEFORE RACEDAY). 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've made our traditional course easier to accommodate the longer distances. Each lap has 3 aide stops, 2 slightly-steep climbs and a short section of road at the start so you can get your positioning before entering single track. There are also 2 short and 1 longer section of dirt road in each lap but TONS of single & double track. Primarily uses Six Penny Loop trail in a counter clockwise direction & the trails along both lakes. BEAUTIFUL & VERY runnable.

50K: 3 laps of the 15k loop with an "out and back" 5k at the end. As a no frills race, you'll get everything that everyone else gets including the same shirt AND a finishers memento, food with a few higher caloric additions on a separate table (you will NOT have the 5 course feasts that you get at races like the Blues Cruise, HAT Run, etc but you ALSO won't PAY near that much) and food at aide stations during the 2nd & 3rd laps. Great race for friends who can see you 9 times that day by just driving between 2 spots. One of the fastest 50k courses in PA; wheel measured with a surveyor's wheel.

IMPORTANT NOTE: THERE IS A MAX TIME LIMIT FOR EACH DISTANCE; 2.5 HRS FOR THE 15K, 5 HRS FOR THE 30K & 7.5 HRS FOR 3 LAPS. IF YOU DO NOT FINISH THAT LAP BY THEN, YOU MAY NOT START ANOTHER LAP AND WILL BE LISTED AS A FINISHER IN THE NEXT SHORTEST RACE. THERE'S ALSO AN 8 HR, 15 MIN LIMIT OF THE 50K, DUE TO DARKNESS.

GOODIES: Instant results, reg.in enclosed tent, results on pretzelcitysports.com the next day, modern johns (no showers), WELL marked course if no one screws with it, lots of parking, 3 water stops, hot & cold grub, course viewable at several points via car or bike, camping/cabins in park (brrr!!! 610 582-9680) Playground next to finish.

ENTRY: We race at 9 A.M.; reg opens at 7:45. **For 15k/30k:** \$34 if postmarked by Wed, 11/7, with long sleeve tech shirt, \$39 after cutoff & day of race while shirts last; \$33 when gone. **For 50k:** \$50 if postmarked by Wed, 11/7, 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 price break date 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. Entries below the age of 18 in either the 30k or 50k require advance permission by the race director.

**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**

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

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

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