

CHILLY, SILLY AND NOT FAR FROM PHILLY: PRETZEL CITY SPORTS' 13TH ANNUAL

“CHILLY CHEEKS”

11K TRAIL RUN READING, PA

SUN. JAN 20, 2019 ** 10 A.M. (new starting time)** NO ENTRY LIMIT

Certain things stand the test of time, while other things eventually look as dated as Larry King's face without makeup or PhotoShooting. For example, Aretha Franklin's R.E.S.P.E.C.T will still get your toe tapping in a milla-second while the record "Escape" ("do you like Pina Coladas"...) should have been melted down after the 2nd time it was ever played. "The Godfather" is still gripping and entertaining today while "Herbie, the Love Bug" may be the reason that Volkswagen will stop making that model after 2019. The "moves" of Mick Jagger still inspire many a rock singer (and a hit song as well) while other rock stars from the 20th century stop touring due to Alzheimer's, death and incontinence. "Cell phones" are in every home; "BlackBerrys" are in every trash can. One thing that gets **REALLY old** is running in snow, freezing temperatures and tricky footing . That is, **UNLESS** you're doing it in the Chilly Cheeks 11K Winter Trail Race. THEN, it's a total hoot!! The Cheeks is mishmash of single/double track trails littered with leaves, snow, rocks and roots. It's been run in both weather more akin to Miami in June and in -10 wind chill with 18 inches of snow on the ground. Despite the uncertainty of its conditions, the Chilly Cheeks draws 250-350 crazies each year to the beautiful trails of Mt Penn to run in whatever God/Allah/Buddha/Glenda the Good Witch throws at us. WHY? Because it has all the "perks" of every PCS event: GREAT aide stations with alternate beverages, funny on-course signs, a course that even Ray Charles could follow if he wasn't dead, an awesome post-race party inside with a free breakfast/cash bar, tons of unique "baby's bare butt" awards, our memorable shirts & SO many other reasons! Now, don't be fooled by its relatively minor distance; the Cheeks is a TUFF race; one of the HARDEST trail runs 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 including "back of the pack-ers" that all think they're going to be last when only one of them is right. A finish in the Chilly Cheeks is something you can be PROUD of, much like the night you got your G.E.D or was finally released from house arrest. **LEGAL B.S.: You race at your own risk; you alone are responsible for your welfare at all times!!** If you get a boo-boo, limp yourself to an aide station so when and if we leave the WARM bar at the finish, we can retrieve you without leaving our WARM car. Since the race can be a bugger, we suggest that only those that are 18+ should enter, yet we will allow younger ones if you think they can hack it. (any child under 14 MUST have an adult run with them). Other folks that should not attend are those that care what "designer" a person is wearing on the Red Carpet, Dallas Cowboy fans (although, with the playoffs underway, they'll have no reason to stay home and watch TV either) and anyone who thinks that any winner of "The Voice" will ever have a hit song in our lifetime. Or the last 12 American Idol winners as well!

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 8:45 a.m., race at 10. Fee is \$34 w/ long sleeve shirt if postmarked by Tues, Jan 8th, 2019. Afterwards, \$39 while shirts last (inc. day of race), \$34 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 frostbite on every extremity of your body. 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 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.

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

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, www.pretzelcitysports.com or 610-779-2668 (but not during Survivor, Amazing Race, Drunk History or any Eagles game). Normal Office Hours: M-F 8 am till 4 pm, but also "in" most nights & weekends

Registration on www.pretzelcitysports.com not required but always encouraged!

(small service fee applies, closes at midnight on Wed the week of the race)

Please think twice about printing nice! ***Chilly Cheeks app may be duplicated***Sign waiver below

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.)