

# “CHILLY CHEEKS”

11K TRAIL RUN READING, PA  
SUNDAY JAN 22, 2023 \*\* 10 A.M

**Online signup required so we have a central source of emails to use for emailing people in case of a postponement due to weather or if the state puts occupancy limits on places serving alcohol**

Fortunately, many “bad” ideas go away before legislation or riots in the street force them to go away. Take the “mullet” haircut, for instance. No one EVER looked good in a mullet; if you think we’re wrong, check your Mom & Dad’s prom pictures. And even though quarterback Patrick Mahomes has tried to reinvent it and re-introduce it into our society thru thousands of appearances in commercials, it is STILL a bad look unless you are under 15. Even then, it depends on the shape that God & DNA gave your head. Or take “bell bottoms”. Does one’s ankles REALLY need that much breathing room? Yes, it makes it easier to put on your cowboy boots. But that is ANOTHER thing that should go by the wayside; 99% of people that wear them aren’t cowboys nor do they walk thru feces/mud-covered corrals. Karaoke bars are coming to an end, Twitter is on its last legs, the Kardashians are no longer on conventional TV and sooner or later, someone will realize that Saturday Night Live hasn’t been funny for the last 23 years. Yet, one REALLY bad idea continues unabated; the Chilly Cheeks Trail Run. Often held in conditions that make it hard to walk it, let alone run it, it looks like a fairly manageable distance and yet when you are doing it, it seems to take longer than a PBS show featuring a string quartet. It may be one of the most challenging almost 7 miles you’ll ever run, yet it is doable by those that rarely leave their treadmill after Oct 1. The Chilly Cheeks is a tuff race over rock and root, fallen leaves, fallen runners, technical downhills & outrageous uphills, including the legendary “Mt WhaDaFug?!” We hold it in pretty much any weather too, just to make sure it is not “too” easy. Is the distance too short for you to travel this far? Ask others; **it runs “longer” than its stated distance, especially if there is snow on the ground, and you’ll know you got a heck of a workout.** AND it has all the “perks” of every PCS event: GREAT aide stations w/alternate beverages, rude on-course signs (probable), a course that even Stevie Wonder could follow, hot and cold grub afterwards, a covered finish line area, and a cash bar on site for your post-race hydration. **IMPORTANT! YOU SOLELY ARE RESPONSIBLE FOR YOUR SAFETY AND WELFARE IN THIS RACE!** Get dinged? Drag your corpse to an aide station ‘cause we’re too old and weak to come drag you out of the woods. Get lost? Won’t happen but if you manage to be THAT clueless, find a road and ask a homeless person how to get back to the Liederkrantz. Those not welcome include anyone under 14 that cannot run by themselves (unless pre-approved), people that chew tobacco while running and anyone who thinks that runners eat nothing but healthy food since, in reality, most of us run so we can eat any damn thing we want!

## **Registration on [www.pretzelcitysports.com](http://www.pretzelcitysports.com) required**

(small service fee applies, closes at midnight on Wed the week of the race. Availability of raceday signup highly probable)

**LOCATION/REGISTRATION:** Reading Liederkrantz German Singing & Sports Club, 140 Spook Lane, Reading, PA. Reg. opens at 8:45 a.m., race at 10. **WITH LONG SLEEVE COTTON SHIRT** Fee: \$38 if entered by Sun Jan 8, 2023. Afterwards, \$43 while shirts last; (including raceday), \$38 when gone. **WITH NO SHIRT** Fee: \$33 if entered by Sun Jan 8, 2023. Afterwards, \$38 (including raceday). We race in rain, snow or bitter cold yet on rare occasions, we MUST postpone it. Check our site above after 6 AM the day of the race **ONLY if roads are pretty much impassable (not just a little “sub-par”). If postponed, it’ll be THE NEXT SUNDAY** same time, same place, better weather. No refunds, mailed shirts or awards, no outside alcohol allowed on site. **Insurance Provided by Road Runner Clubs of America (R.R.C.A.)**

**YOU GET:** Long sleeve cotton shirt in sizes S thru 2X with a memorable design and no sponsors on the back, indoor toilets, lots of goodies at the finish line, WELL marked course, plenty of parking, 2 water stops with varied refreshments, finish place posted immediately & results on [www.pretzelcitysports.com](http://www.pretzelcitysports.com) the 1<sup>st</sup> business day after the race, EMS on site. Hot & cold grub and a cash bar at the finish, where you can rehydrate to your heart’s content, providing that someone else is driving.

**AWARDS:** 1<sup>st</sup> & 2nd Top M & F plus: 0-39: 6M, 6F 40-49: 5M, 5F 50-59: 5M, 5F 60-69: 5M, 3F 70+: 3M, 2F Clydesdale Awards: Top 3 M & F. Weight Mins: 210 lbs for men, 160 lbs for women.

Questions? Problems? Contact Head Cheek: Ron Horn, [rhornpcs@aol.com](mailto:rhornpcs@aol.com), 610-779-2668 day or night