

PRETZEL CITY SPORTS' 16<sup>TH</sup> YEAR OF RUNNING A COURSE THAT IS SURE TO "PLUCK YOU UP", THE

# 'DIRTY BIRD'

## 15K & 30K Trail Runs

**SATURDAY(new day), Nov 30, 2019 9:00 AM**

**French Creek State Park, Birdsboro, PA \*\* 450 Person Limit!!**

For some reason, "giving someone the bird" has gotten a negative connotation. If you take a turkey dinner to a homeless family, they will thank you from their bottom of their heart. If you take a parakeet to someone in a rest home that never gets visitors, you'll see a tear of joy emit from their eye. Give a little girl a stuffed Big Bird and you are a hero for life. And the 1978 NBA Draft gave the Boston Celtics a Larry Bird, who remains an icon in Beantown to this day. Yes, depending on the situation, giving someone the bird just MAY not be a bad thing after all. For example, this year, Pretzel City Sports gives you "the bird" for the 16<sup>th</sup> year in a row; the Dirty Bird Trail Runs. Now, is that a BAD thing or a GOOD thing?? Only YOU can decide but you can decide a lot better if you actually RUN it first. Last year, over 400 runners did and based on their feedback afterwards, "giving them the bird" was a WONDERFUL gesture on our part. The Dirty Bird was created years ago to help offset the caloric "nuclear bomb" we consume on the holiday 2 days earlier and the discomfort it creates. All runners start together and you can decide in mid race if you want to finish in the 15k or 30k, much like our Double Trouble. It uses a course that is 75% different than that race, however. You'll sign up for a "preferred" distance but run 1 lap or two; your choice that you'll make that day as **long as you finish the first lap in under 2 hrs, 15 minutes; If you do not, you MUST finish in the 15k.** Each lap has 2-3 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 rocks, roots, leaves and downed branches throughout; it is a RUSTIC trail run. There are also 2 short and 1 longer sections of dirt road in each lap but TONS of single & double track. Primarily uses the Six Penny Loop trail in a counter clockwise direction & the trails along both lakes. BEAUTIFUL & VERY runnable.

**Changes for 2019:** there are MANY! 1) due to having to man the road crossings for ALL laps rather than just the 1<sup>st</sup> lap, we have been forced to eliminate the 50k. Half of last year's 50k field dropped down to the 30k after starting anyway so that change is not all that impactful. 2) There is now a field limit on the race so that we control the impact on the trails-check the home page of [www.pretzelcitysports.com](http://www.pretzelcitysports.com) in the few days leading up to the race to be sure that we have raceday registration but we are 99% sure that we will 3) there will be a slight course change due to the unavailability of one short section of the Six Penny Trail-the section that goes past the abandoned boy scout camp 3) the race will now start in front of the pool-this will alleviate parking problems that we have had in the past. 4) **THE RACE IS NOW ON A SATURDAY FOR THE FIRST TIME EVER**-due to the park having already scheduled another large event on our traditional Sunday. So, if you like FAMILIARITY or if you like CHANGE, we have BOTH!

**GOODIES:** Instant results, reg.in enclosed tent, results on [pretzelcitysports.com](http://pretzelcitysports.com) the next day, modern johns a short distance away (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 (610-582-9680) Playground nearby.

**ENTRY:** We race at 9 A.M.; reg opens at 7:45. **For either event:** \$34 if postmarked by Wed, 11/13, with long sleeve shirt, \$39 after cutoff & day of race while shirts last; \$33 when gone. Excess shirts that we order over what we need to that point are awarded on a "first entered, first gets" basis!! **So even if you miss the price break date, ENTERING BEFORE RACE DAY HELPS INSURE THAT YOU GET A SHIRT!** 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. **LEGAL "STUFFING"-YOU RACE AT YOUR OWN RISK & YOU ARE SOLEY RESPONSIBLE FOR YOURSELF WHILE HERE!** If dinged, get to an aide station so we can DRIVE you back. Entries below 16 yrs old in the 15k or 18 in the 30k require advance permission by the race director; email him at [rhornpcs@aol.com](mailto:rhornpcs@aol.com). People NOT that welcome are those that jeopardize the race by filling their Camelbacks with Fireball, those expecting our registration tent to be heated & those that think that races serving anything less than Surf & Turf aren't worth attending, 'cause our Grilled Cheese sandwiches right off the grill are PRETTY DAMN GOOD!

**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](http://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:** 1<sup>st</sup> & 2<sup>nd</sup>M/F +: 0-39: 7M, 7F 40-49: 5M, 5F 50-59: 5M, 5F 60-67: 4M, 3F 68+: 2M, 1F

**30k:** 1<sup>st</sup> & 2<sup>nd</sup>M/F +: 0-39: 5M, 5F 40-49: 4M, 4F 50-59: 4M, 4F 60+ 3M, 1F

**Clydesdales: Top M and F Clyde & Master Clydes (40+) in each race. 210 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 2<sup>nd</sup> 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 1<sup>st</sup> Park road. Enter & go to T, go right, then take 2<sup>nd</sup> 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 1<sup>st</sup> left in park.

Insurance Provided by Road Runner Clubs of America

**OPTIONAL ONLINE ENTRY AVAILABLE ON WWW.PRETZELCITYSPORTS.COM**

(small service fee applies---closes at midnight on the Wed night before raceday)

**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**

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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 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

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\_\_\_\_

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