

CHILLY, SILLY & A SHORT DRIVE FROM PHILLY: PRETZEL CITY SPORTS' 14TH ANNUAL

# “CHILLY CHEEKS”

11K TRAIL RUN READING, PA

SUN., JAN 26, 2020 \*\* 10 A.M. \*\* NO ENTRY LIMIT

**New for 2020: option of a hoodie instead of a shirt. OR BOTH!**

Some folks just don't think certain "things" belong in the same "sentence". Many purists scoff at the thought of a pizza topped with ranch dressing, goat cheese, artichoke hearts, pineapple, Lebanon bologna, etc. Yet, they have NO problem with it being topped by little smelly fish, cause "that's the way they eat it in the "old" country". Others can't accept "rappers" recording with "country stars". They turn off the very pleasant Over and Over by Nelly & Tim McGraw and totally tune out the year's biggest hit by Lil Nas X & Billy Ray Cyrus. And yet, the two genres seem natural for joint projects since most rappers are from poor, undereducated sections of the "inner-city" and many country singers are from poor, undereducated sections of the "outer-outer-outer city". Still others get P.O.'d when they see that Olympic athletes, the best in the world, get paid and yet they have no problem with the minimum salary of \$480,000 for an NFL rookie on the bench all year. Amazingly, there are EVEN some naive runners that think that "trail running" & "the Winter" have no business being in the same sentence. BOY, are they wrong! Winter is one of the BEST times to run trail because the trails are less overgrown, there's less competing traffic from mountain bikers/hikers/dogwalkers and if it seems like you overdressed, you can always take something off (often illegal when running in July due to local & state laws-you are "locked in" to whatever you put on that morning). For these and many other reasons, the Chilly Cheeks 11K Winter Trail Race remains one of our most popular races. The "Cheeks" is mishmash of single/double track trails littered with leaves, snow, rocks and roots. It's been run in both "Miami in July"-like weather and in -10 wind chill with 18 inches of snow on the ground. Despite this uncertainty, the Cheeks draws 250-350 crazies each year to the beautiful trails of Mt Penn to run in whatever God/Allah/Buddha/Oprah throws at us. It helps that it has all the "perks" of every PCS event: GREAT aide stations w/alternate beverages, smutty on-course signs, a course that Stevie Wonder could follow, 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 we hold on a "per mile" basis. Still, it can't be THAT hard since people that do a 15 minute mile on a steep downhill road course still manage to finish it while the sun is still up. A finish in the Chilly Cheeks is something you can be PROUD of, much like the fact that you know every word to the theme song of "Fresh Prince of Bel Air". So leave the warmth of your bed or bunker or hostel or lean-to, and come on out and show us just how tuff you ARE! **LEGAL B.S.: You race at your own risk and you are responsible for your welfare & getting back to the start at all times!!** Suffer an amputation? Please crawl to an aide station so we can drive you back and re-attach it with Gorilla Glue. Since the race can be a bugger, we suggest that only those that are 18+ 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 hope their daughter grows up to be "just like Cardi B", anyone who defends the rights of Vapors, and anyone who thinks the Dallas Cowboys have even a "sniff" at the Super Bowl. They DO have a "sniff" but it's more like what you'd smell in a pasture.

**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:

- WITH UNISEX LONG SLEEVE TECH SHIRT ONLY: \$34 if postmarked by Fri, Jan 10, 2020. Afterwards, \$40 while shirts last (inc. day of race), \$34 when gone.
- WITH UNISEX HOODIE SWEATSHIRT ONLY \$44 if postmarked by Fri, Jan 10, 2020. Afterwards, \$50 till 1/16 NOT AVAILABLE AFTER 1/16!! ONLY GET A SHIRT FROM THEN THRU RACEDAY
- COMBO: WITH BOTH UNISEX HOODIE SWEATSHIRT AND UNISEX LONG SLEEVE TECH SHIRT: \$52 if postmarked by Fri, Jan 10, 2020. Afterwards, \$58 till 1/16 NOT AVAILABLE AFTER 1/16!! ONLY GET A SHIRT FROM THEN THRU RACEDAY

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 or if you "unsubscribed" to our email service, you're screwed. It'll be posted on the home page of [www.pretzelcitysports.com](http://www.pretzelcitysports.com) too. **If postponed, it'll be held THE NEXT SUNDAY**; same time, same place, better weather. No refunds, mailed shirts or awards; no outside alcohol, no pets inside building, no whiners, no Segways on the course & no people that think that snow on the ground is any reason to cancel a race. 'Cause we won't! **If it is the least bit wet or muddy, bring extra shoes for inside! 'Cause if we" trash" the floor, we have to pay extra for the venue.**

## 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:** Whichever clothing option you select with a memorable design and no sponsors on the back, a 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](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: 0-39: 7M, 7F 40-49: 5M, 5F 50-59: 5M, 4F 60-67: 4M, 3F 68+: 2M, 1F

Clydesdale Awards: Top 3 M & F regardless of age. Weight Mins: 210 lbs for men, 160 lbs for women.

**GPS/TomTom INPUT:** 143 Spook Lane, Reading, PA 19606 or "Spook Lane & Hill Rd" or "Hill Rd & Glen Rd". Next to Stokesay Castle, one of Reading's better known landmarks

As noted earlier, you are responsible for your welfare & getting back to the start/finish at all times!! You WON'T get lost but on the off-chance you get a little confused, we DO NOT look for lost runners; find your own way back!

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, Drunk History or any Eagles game). Normal Office Hours: M-F 8 am till 4 pm, but also "in" most nights & weekends

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READABLE printing is appreciated \*\*\*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 Tech Shirt Size: XS S M L XL 2X Hoodie Size: S M L XL 2X (circle one or both -XS requests of either based on manufacturer availability)

Phone: (\_\_\_\_) \_\_\_\_\_ A.M. or P.M. (circle one or both) Clydesdale? \_\_\_\_\_ Yes \_\_\_\_\_ No

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.)