

PRETZEL CITY SPORTS' 17TH YEAR OF GIVING RUNNERS "THE BIRD"; THE

"DIRTY BIRD"

15K & 30K Trail Runs

Sun, Dec 6, 2020 * 10 AM * French Creek State Park, Birdsboro, PA

FIELD LIMITED TO THE FIRST 250 ENTRIES OR WHATEVER THE STATE IS ALLOWING BY RACE DAY, SO ENTER EARLY.

ONLINE ENTRY ONLY - AT WWW.PRETZELCITYSPORTS.COM.

RACE DAY ENTRY NOT PROBABLE!

In a frequently seen State Farm commercial, a woman sneaks downstairs at 3 in the morning to find her husband on the phone with an insurance agent named "Jake". Suspecting that her husband has "something on the side", she asks Jake from State Farm what he is wearing, to which a befuddled Jake replies "Khakis" What she REALLY should be asking is "WHAT KIND OF MORON CALLS FOR AN INSURANCE QUOTE AT 3 IN THE MORNING??!!". Similar questions have been asked about the Dirty Bird trail run. "WHAT KIND OF MORON HOLDS A THANKGIVING-ORIENTED RACE 10 DAYS AFTER THANKGIVING??!! Well, the kind that doesn't like to see runners that wear turkey headwear or antler hats SHOT, since the state of Pennsylvania now allows hunting on the Saturday & Sunday of Thanksgiving weekend. And much of the course goes RIGHT THRU sections of French Creek where hunting is allowed. The Dirty Bird Trail run is one of the most popular trail runs in the East, annually drawing 400 + folks that enjoy a challenging but beautiful experience. 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., 10 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. WE HAVE WIDENED THE START LINE TO MAXIMIZE SOCIAL DISTANCING SO YOU CAN ESTABLISH SPACING BEFORE REACHING THE FIRST TRAIL. **NOTE: YOU ALONE ARE RESPONSIBLE FOR YOUR WELFARE DURING THIS RACE.** You think we're fit enough to trek back into the distant woods to carry you out? FAT CHANCE! Please try to experience all injuries as close to our aide stations as possible. If you get lost, which you won't, head back toward the start area where we will welcome you with regret, sympathy and a semi-frozen soft pretzel. Since this race requires a certain degree of common sense & semi-maturity, we discourage those under 18 from doing this race (15 to 17 year olds OK to race ONLY IF a parent is present at the race site, entries below 15 MUST have someone run with them). Other discouraged from coming are those have trouble walking over carpet without tripping (let alone rustic trails), people that play music that others can hear while running and anyone that runs in "Depends" since there are sure to be runners downwind from you.

ONLINE ENTRY ONLY-AT WWW.PRETZELCITYSPORTS.COM

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

IMPORTANT NOTE ABOUT SPECTATORS: Since spectators count toward the total attendance we may have and it is impossible for us to estimate how many will attend, please try to limit the number of people that accompany you to the race. That allows runners to use as many of the available spots as possible.

ENTRY: We race at 10 A.M.; packet pickup starts at 9 A.M. **For either event:** \$35 if entered by Fri, Nov 20 with unisex soft style long sleeve shirt, \$40 after cutoff while shirts last; \$34 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 AS SOON AS POSSIBLE 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. **If the Covid situation at that time of year warrants it, you must have a mask or face covering to pick up your packet and to frequent “high traffic” areas afterwards such as the bathrooms, food areas, results board, etc.**

GOODIES: Instant results, reg.in enclosed tent, lots of awards, results on pretzelcitysports.com the next day, WELL marked course if no one screws with it, clean porta potties, loads of parking convenient to the registration area, 2 water stops, decent grub, course viewable at several points via car or bike, camping/cabins in park (610-582-9680) Playground nearby. Availability of hot food afterwards will depend on status of Covid precautions generally acceptable by that time of year. All food we serve will be individually wrapped, which is difficult to achieve with hot food.

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 SATURDAY!**

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: 1ST & 2ND M & F overall plus the following”

15k: 0-39: 7M, 7F 40-49: 5M, 5F 50-59: 5M, 5F 60-67: 4M, 3F (top age group for women) 68+: 2M
30k: 1st & 2ndM/F +: 0-39: 5M, 5F 40-49: 4M, 4F 50-59: 4M, 4F 60+ 3M, 1F

Clydesdales: Top 3 M and F Clydes in 15k, Top 3 Clydes regardless of gender in 30k, Clydesdale Qualifying Weight: Men: minimum of 210 lbs. or 185 if 5 ft., 9 inches tall or less. Women: minimum of 160 lbs., 140 if 5 ft., 4 inches tall or less. Honor system; bulk up during Thanksgiving if necessary!.

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. Once in park, turn left just past the ranger station. Registration/race start is in front of pool.

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, just before ranger station, take a right. Registration/race start is in front of pool.

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. Once in park, turn left just past the ranger station. Registration/race start is in front of pool.