

PRETZEL CITY SPORTS' 18TH YEAR OF WORKING OFF THE CALORIES AFTER ALL THE TURKEY & FRUITCAKE IS FINALLY GONE (EXCLUDING THOSE TURKEYS AND FRUITCAKES RUNNING THE RACE), THE

“DIRTY BIRD”

15K & 30K Trail Races

Sun, Dec 5, 2021 * 10 AM * French Creek State Park, Birdsboro, PA

FIELD WILL BE LIMITED TO WHATEVER THE STATE IS ALLOWING BY RACE DAY, IF APPLICABLE. SO ENTER EARLY.

Online registration only, in case race has to be closed immediately if a limit exists & is reached. Race day entry OK if no limit is imposed, but NOT guaranteed.

These past 18 months, we've dealt with a HUGE series of questions pertaining to our health; are we safe yet, do the vaccines work, how do I get a shot, are there long term effects, am I safe outdoors but not indoors, should I wear a mask while having sex, am I wearing a mask during sex for the right reasons, etc. But there are a LOT more unanswered questions than just those pertaining to our HEALTH. For example, how did singers as bad as Neal Young and Joe Cocker get recording contracts? And who exactly watches the CW Network? Do those light bulbs that cost 4 times the previous amount REALLY last 10,000 hrs? And how do I verify that and what can I do if they don't? Will any judge decide that Brittany Spears can manage her own finances yet? Will we ever go more than 2 years without the cost of stamps going up? Will the Eagles suck as bad in 2021 as they did in 2020? ALL EQUALLY compelling uncertainties that just SCREAM to be answered. But there IS one "question" that has been answered for some time; should you do the Dirty Bird 15k/30k trail run? YES!! This "Thanksgiving-themed" race that had to be moved into Dec when the state began allowing rifle hunting in its parks on Thanksgiving Sat & Sun is a Fall favorite amongst the trail running community; it often gets 400+ runners to frolic thru the rustic trails and past the beautiful lakes of French Creek State Park. And for good reason! In addition to the course being beautiful and the race support being top-notch, this race (unlike state mandates in recent times) gives you OPTIONS!! For, despite the fact that you'll declare a preferred distance when entering, you are no more tied to that distance than American Airlines is tied to their printed flight schedule. Everyone starts at the same time and runs the 15k course. Get to the end of that loop in 2 hrs, 10 minute or under? Run a 2nd loop if you'd like and figure in the 30k awards instead. Still generating sweat that has the distinct smell of cranberry sauce from a week ago? Finish in the 15k. Each lap has 2 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 section 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. SCENIC & VERY runnable. **NOTE: YOU ALONE ARE RESPONSIBLE FOR YOUR WELFARE DURING THIS RACE.** Get a "ouchy"? Drag your wounded limb to an aide station so we can drive you back rather than carry you. Get lost?? You're an adult! This isn't the Gobi Desert and just about any road you eventually reach will go back toward your car. Since this race requires a certain degree of common sense/semi-maturity and because we do not look for lost runners, we discourage (but do not forbid) those under 16 from doing this race. Other discouraged from coming are anyone who's so "plant based" that they don't recognize that cigarettes are plant-based too and anyone who thinks that there will ever be a bipartisan bill passed in Congress during our lifetime.

MANDATORY ONLINE ENTRY ONLY-AT WWW.PRETZELCITYSPORTS.COM

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

ENTRY: We race at 10 A.M.; packet pickup starts at 9 A.M. **For either event:** \$35 if entered by Sat, Nov 20 with a long-sleeve tech 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! Sizes available: S thru 2X. We race in any and all weather;** no refunds, no mailed shirts/awards, no racing w/pets unless you stay in last for the ½ mile, no alcohol in park & no entries from weenies & wimps. **If the Covid situation at that time warrants it, you must have a face covering on at all times while at the race except while running (must wear at the start & possibly for the 1st 100 yds. and must pull it back up when reaching the finish).**

GOODIES: Instant results, 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 depends on the status of Covid precautions generally acceptable by that time. All food served will be individually wrapped; which is cumbersome to achieve with hot food cooked outside.

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 those that gets “burnt” from driving in the night before but PCS won’t “control” this; the Park will. **IF POSTPONED, THE NEW DATE IS 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 & 2nd M/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.

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Insurance Provided by Road Runner Clubs of America