

“CHILLY CHEEKS”

11K TRAIL RUN READING, PA

SAT (FOR THE 1ST TIME) JAN 22, 2022 ** 10 A.M

Online registration only due to the possible need to close registration immediately if limits or restrictions are placed on the race by the state, due to Covid. Raceday entry probable but not guaranteed so enter early. .

So, you feel like crap and go to take a Sudafed. But you find out that the individual “pills” have been encapsulated in plastic packaging that even Willie Sutton could not break into. And after an EPIC battle between the plastic encasing and your steak knives, scissors, box cutters, chain saw, flame thrower, etc, you FINALLY get them out while you lay there in a ball of sweat with extreme pride in your achievement; and yet no longer even sure why you wanted to take them in the first place. Ironically, that PRETTY MUCH describes the sequence of emotions that one goes thru while running the Chilly Cheeks, especially the part where you feel like crap, go thru a heck of a challenge, end up in a ball of sweat, feel extreme pride in your achievement and yet can't remember why you entered it in the first place. The Chilly Cheeks is a tuff race over rock and root, fallen leaves, fallen runners, technical downhills & outrageous uphill, 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.** Yet, it is “doable” even by those that use the “couch to refrigerator” training program for the event. 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 Helen Keller & Ray Charles could finish while holding hands (that is, IF they were alive), hot and cold grub afterwards, a covered finish line area, and a cash bar on site for your post-race hydration. **IMPORTANT! WHO THE HECK KNOWS WHAT THE COVID SITUATION WILL BE BY THEN??** So, check www.pretzelcitysports.com to see if we have to implement any masks requirements leading up to race day. Even if we do, this race will STILL have the same wackiness and challenge that it has always had!. Come achieve something that SHOULD take you less time than “binge-watching” all 494 episodes ever filmed of “Law & Order-SVU”. At least we at the finish line HOPE it takes you less time!

Registration on www.pretzelcitysports.com required

(small service fee applies, closes at midnight on Wed the week of the race. Check same site race week to confirm availability of raceday sign up)

LOCATION/REGISTRATION: Reading Liederkrantz German Singing & Sports Club, 140 Spook Lane, Reading, PA. Reg. opens at 8:45 a.m., race at 10. Fee: \$35 if entered by Thurs, Jan 6, 2022, with a guaranteed long sleeve tech shirt. Afterwards, \$40 while shirts last; (including raceday), \$34 when gone. 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 SAT** same time, same place, better weather. No refunds, mailed shirts or awards, no outside alcohol allowed on site. **Also, you are responsible for your welfare & for getting back to the start/finish!!** You WON'T get lost but if you DO, you're an adult; find your own way back. Same holds true for younger runners; they should be old enough to find their way back to the start/finish.

YOU GET: Long sleeve tech 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, finish place posted immediately & results on www.pretzelcitysports.com the 1st 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: 1st & 2nd Top M & F plus: 0-39: 7M, 7F 40-49: 5M, 5F 50-59: 5M, 5F 60-67: 5M, 4F (top age group for women) 68+: 3M . Clydesdale Awards: Top 4 M & F. Weight Mins: 210 lbs for men, 160 lbs for women.

Questions? Problems? Contact Head Cheek: Ron Horn, rhornpcs@aol.com, 610-779-2668 day or night Insurance Provided by Road Runner Clubs of America (R.R.C.A.)