

PRETZEL CITY SPORTS' 19TH 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 4, 2022 * 10 AM * French Creek State Park, Birdsboro, PA

Due to the slight chance of a state limit on attendance by raceday, if a new Covid variant appears, online registration is mandatory. Raceday registration is probable but you must register online until then, so that entry can be closed on a moment's notice, if need be.

Christmas this year should be one of our most challenging ones in recent times. There will be shortages of many of the products that our kids bug us for until our ear wax melts. And there will be shortages of people to wait on us at stores; God forbid if you need something behind a locked display case or on a shelf so high that only Joel Embiid could reach it. Now, some people do all their shopping online. However, there are already shortages of delivery drivers and warehouse workers. Planning to mail Xmas cards? The post office already cannot get enough employees, despite permitting employees to those really cute blue shorts with stripes down the side. Worst of all, there will be **SERIOUS** shortages of extra cash (thank you, inflation) to purchase gifts for our loved ones or even people that we don't like such as our Boss or Mother-in Law. Fortunately, there are **NO** shortages of beautiful trails at French Creek State Park. We have a TON of them and most of them in the Dirty Bird are **NOT** used for our other 2 races at this park. This “Thanksgiving-themed” race, moved into Dec when PA began allowing 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 some 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 Jeopardy is tied to selecting a replacement for Alex Trebek, even though he died **TWO FRIGGIN YEARS AGO!!** If he was a Pope, he'd have been replaced months ago!! Everyone starts together 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 pumpkin bread and/or Oyster stuffing? 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; our plan is to alternate whether we run it clockwise or counter clock wise; won't decide the direction we are running it in **THIS** year until about 1 month before the event but when we do, it will probably alternate directions from year to year. **SCENIC & VERY** runnable. **NOTE: YOU ALONE ARE RESPONSIBLE FOR YOUR WELFARE DURING THIS RACE.** Pull a nosehair during the race? Drag your bones to an aide station so we can drive you back rather than carry you. Get lost?? You **WON'T** but if you do, be like Spock; use some logic and get yourself back to the Mothership. 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 can name the current 50 Lieutenant Governors in the United States (get a life!), anyone who tries on shoes at running stores and then orders them online (fraud!) and anyone who thinks that this upcoming Nov. election will solve a damn thing. Because it won't!

Mandatory Online registration at <https://www.pretzelcitysports.com/online-registration/>
Open until midnight on the Wed of race week. Nominal service fee applies.

ENTRY/FEE: Race starts at 10 A.M.; registration in parking lot back behind the pool & Hopewell Lake; from 8:45 a.m. to 9:50. Fee of \$37 WITH a long sleeve cotton shirt OR \$32 WITHOUT a shirt, if entered by Thurs, Nov 10th. Afterwards, including raceday, \$42 WITH shirt and \$37 with NO shirt or when they run out. (VERY limited number of extra shirts will be printed so if you don't want to be shut out of a shirt, pre-enter even if it's after the cutoff date!) Cash or check only on raceday; VERY little internet or cell connection in park so no credit cards. No mailing of shirts or awards; no refunds. Race goes on rain or shine; (may delay race start if "lightening"). Minimum age of 16 years old suggested for those that run the 15k, NO one under 18 should consider doing the 30k. Racing with a pet IS permitted IF you stay toward the back for the first ¼ mile or so and it ISN'T a ferret, goldfish, domesticated lion, etc. It ALSO MUST be on a VERY short leash at all times, unless its name is Earnie. **NOTE: MANY OF OUR SIGN-IN STAFF ALSO HELP AT REMOTE SPOTS ON THE COURSE. TO GET THEM OUT THERE ON TIME, IT'S CRUCIAL THAT RUNNERS BE REGISTERED BY 9:50!!**

GOODIES: Instant results, lots of awards, results on pretzelcitysports.com the next business 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. Lots of goodies afterwards with the possibility of hot food; not confirmed yet.

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 ensure that the trails will not be damaged.

AWARDS: 1ST & 2ND M & F overall for both races plus the following"

15k: 0-39: 6M, 6F 40-49: 5M, 5F 50-59: 5M, 5F 60-69: 5M, 3F 70+: 3M, 2F
30k: 0-39: 4M, 4F 40-49: 3M, 3F 50-59: 3M, 3F 60-69: 3M, 2F 70+: 2M, 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 Print out the directions in advance if you can; like we said, both cell service and internet service sucks in the park.

Dirtiest Bird: Ron Horn, rhornpcs@aol.com (preferred means of contact) or 610-779-2668 day or night (just not during an Eagles game), www.pretzelcitysports.com

For great Running-related gifts and attire, check out

www.thegiftedrunner.com