

# 'DIRTY BIRD'

## 15K & 30K Trail Races

**Sun, Dec 3, 2023 \* 10 AM \* French Creek State Park, Birdsboro, PA**

**Online registration ONLY so that we have a central source of emails to use for contacting people in the case of a postponement due to weather**

Better late than never!! So sayeth tax filers, gift givers and young lovers waiting for that telltale sign that they will NOT be parents; at least not yet. And so it is with the Dirty Bird, a Thanksgiving weekend event that is a FULL WEEK after Thanksgiving weekend. When the geniuses at the Pennsylvania Fish and Game decided that PA state parks over that holiday weekend should ONLY be welcoming toward people carrying firearms, we were forced to move the race back to the 1<sup>st</sup> Sunday in Dec. But in reality, it doesn't really matter WHEN we hold the Dirty Bird since it is still one "TURKEY" of a race! This "Thanksgiving-themed" race is a Fall favorite amongst the trail running community; it often gets 300-400 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 gives you OPTIONS, unlike the PREVIOUS weekend when you would be wise to NOT exercise your option to run thru the park wearing a moose hat. You'll declare a preferred distance you plan to run when you enter but you are no more tied to that distance than Britney Spears is tied to a marriage vow. Everyone starts together and runs the 15k course. Get to the end of that loop in 2 hrs, 10 minute or under? Run a 2<sup>nd</sup> loop if you'd like and figure in the 30k awards instead. Still generating sweat that has the distinct smell of nutmeg & cranberry sauce? 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; may alternate the direction that we run that loop from year to year. SCENIC & VERY runnable. **NOTE: YOU ALONE ARE RESPONSIBLE FOR YOUR WELFARE DURING THIS RACE.** Expose a bone during the race? Drag it (and the rest of you) 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 Columbus and follow the eventual stars back to the finish (without wiping out total populations of indigenous people). Since this race requires a certain degree of common sense/semi-maturity and since we do not look for lost runners, we discourage (but do not forbid) those under 16 from entering. Other discouraged from coming are anyone who can name the order in which all 50 states entered the Union (get a life!), anyone who thinks that Saturday Night Live has been remotely funny for the past 15 years and anyone who thought that Bitcoin was a great place to put their entire IRA, although it's probably unnecessary to list this last restriction since they probably don't have enough money left to pay the entry fee anyway.

**Mandatory Online registration at**

**<https://www.pretzelcitysports.com/online-registration>**

Open until midnight on the Wed of race week. Nominal service fee applies.

**Projected Sunday Dates for Other Upcoming Pretzel City Sports Winter Trail Races:**

01/28/24: Chilly Cheeks 11K    2/24/24: Ugly Mudder 6.55M    3/24/24: "Half Wit" Half Marathon/Quarter Marathon

**ENTRY/FEE:** Race starts at 10 A.M.; registration in parking lot back behind the pool & Hopewell Lake; from 9 a.m. to 9:50. Fee of \$39 WITH a long sleeve cotton shirt OR \$33 WITHOUT a shirt, if entered by Mon, Nov 20. Afterwards, including raceday, \$45 WITH shirt and \$39 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. Rain or shine; (may delay race start if "lightening"). Minimum age of 16 suggested if running 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, dachshund (or any other very shorted legged dog), etc. 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](http://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. NO LEFTOVER TURKEY ITEMS SERVED 10 DAYS AFTER THANKSGIVING!

**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 gerbils, escaped axe murderer on the course, 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](http://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 staff will. **IF POSTPONED, THE NEW DATE IS THE FOLLOWING SATURDAY! SAME TIME AND PLACE.**

**IMPORTANT NOTE # 2:** PCS shares the Park staff's desire to limit the long term impact of any race on its trails. If the trail conditions & weather that weekend require us to do so, we reserve the right to adjust the course, its distance and/or its "percent of trails versus road" to ensure that the trails will not be damaged.

**AWARDS:** 1<sup>ST</sup> & 2<sup>ND</sup> 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](mailto:rhornpcs@aol.com) (preferred means of contact) or 610-779-2668 day or night (just not during an Eagles game), [www.pretzelcitysports.com](http://www.pretzelcitysports.com)**

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