

# "CHILLY CHEEKS"

## 11K TRAIL RUN READING, PA

### SUNDAY JAN 28, 2024 \*\* 10 A.M

**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**

Some things just AREN'T what they seem to be at first glance. Take those "only available thru this TV offer" products. It's never long after they're first introduced that you can see them at Boscovs, Ollies, Big Lots, etc.; OFTEN at prices lower than they were on TV! Or McDonalds Big Mac "secret sauce". Not much of a secret; mix up Ketchup, Mayo & Pickle Relish at home and then see if you can detect a difference. Or the many C-cup starlets who we all thought were "genetically blessed" until we found their graduation pictures online with their A-cups just a scant 5 years ago. The Chilly Cheeks falls into this category (and we're NOT talking about the fact that it's organized by a bunch of boobs!). The Chilly Cheeks LOOKS like it might be rather easy with its "only 11k" distance but it's NOT. It's perhaps Pretzel City Sport's TUFFEST race on a "per mile" basis. Often held in conditions that make it hard to walk it, let alone run it, it looks like a fairly manageable distance and yet when you are doing it, it seems to take longer than a PBS "oldies" show interrupted by multiple "beg for money" breaks. It may be one of the most challenging almost 7 miles you'll ever run, yet it is doable by those that try Ozempic as a last resort. It has rocks and roots, 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, and you'll get a heck of a workout.** AND it has all the "perks" of every PCS event: GREAT aide stations w/alternate beverages, a course that even Stevie Wonder could follow, a hot breakfast and cold grub afterwards, a covered finish line area, and a cash bar on site for your post-race hydration. **IMPORTANT! YOU SOLEY ARE RESPONSIBLE FOR YOUR SAFETY & WELFARE IN THIS RACE!** Get wounded? Drag your bleeding body to an aide station 'cause we're too old and weak to come drag you out of the woods. Get lost? Won't happen but if you manage to be THAT clueless, find a road and ask a homeless person how to get back to the Liederkrantz. Those not welcome include anyone under 14 that cannot run by themselves (unless pre-approved), people that expect mile markers in a trail race and any runners who expect us to produce post-race food that is gluten free/peanut free/calorie free/palm oil free or organic.

## **Registration on [www.pretzelcitysports.com](http://www.pretzelcitysports.com) required**

(small service fee applies, closes at midnight on Wed the week of the race. Availability of raceday sign up highly probable)

**LOCATION/REGISTRATION:** Reading Liederkrantz German Singing & Sports Club, 140 Spook Lane, Reading, PA. Reg. opens at 8:45 a.m., race at 10. **WITH LONG SLEEVE TECH SHIRT** Fee: \$39 if entered by Sat Jan 13, 2024. Afterwards, \$45 while shirts last; (including raceday), \$39 when gone. **WITH NO SHIRT** Fee: \$33 if entered by Sat Jan 13, 2024. Afterwards, \$39 (including raceday). 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!) 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 SUNDAY** same time, same place, better weather. No refunds, mailed shirts or awards, no outside alcohol allowed on site. CASH AND CHECKS ACCEPTED ONLY ON RACEDAY; poor internet/cell service at race site. Shirt type may be changed if availability problems emerge. **Insurance Provided by Road Runner Clubs of America (R.R.C.A.). Racing with a pet:** permitted IF you stay toward the back for the first ¼ mile or so, pet must be comfortable around other people/animals and it MUST be on a VERY short leash at all times, unless its name is Earnie. Pet CAN'T be brought into the restaurant/bar. If need be, we'll bring your breakfast out to you.

**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 with varied refreshments, finish place posted immediately & results on [www.pretzelcitysports.com](http://www.pretzelcitysports.com) the 1<sup>st</sup> business day after the race, EMS on site, LOADS of awrds, covered finish area, etc. Hot breakfast & cold grub and a cash bar at the finish, where you can rehydrate to your heart's content, as long as someone else is driving.

**AWARDS:** 1<sup>st</sup> & 2nd Top M & F plus: 0-39: 6M, 6F 40-49: 5M, 5F 50-59: 5M, 5F 60-69: 5M, 3F 70+: 3M, 2F Clydesdale Awards: Top 3 M & F. 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 Xmas if necessary!

**Other Upcoming PCS Trail Races: 2/24/24: Ugly Mudder 6.55M 3/24/24: "Half Wit" Half Marathon/Quarter Marathon**

**Questions? Problems? Contact Head Cheek: Ron Horn, [rhornpcs@aol.com](mailto:rhornpcs@aol.com), 610-779-2668 day or night (but NOT during an Eagles game or the "highlights show" afterwards)**