

PRETZEL CITY SPORTS' 22nd YEAR OF "GIVING THE RUNNING COMMUNITY THE BIRD!" OUR COURSE WITH ROCKS, ROOTS AND REGURGITATED CRANBERRY SAUCE; THE

# 'DIRTY BIRD'

## 10 Mile & 20 Mile Trail Races

Sun, Dec 7, 2025 \* 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**

There may have been times in life when you have been referred to as a "turkey", as if it was a DEROGATORY term.???!! Like when your "beloved" first brought you home to meet Mom and Pop and Pops later asked "where the heck did she find THIS turkey??" Or your neighbor lamented that she was developing a "turkey neck" just like yours. Or someone at work inappropriately stated that a pregnant co-worker looked like she was "stuffed like a turkey". WHY people have chosen to use this term as anything less than "high praise" is beyond us!! Ben Franklin proposed that the turkey be our national symbol. Dang, THAT is pretty high praise, even though the bifocal-ed patriot wasn't important enough to warrant a role in the hit show "Hamilton". A "turkey" in bowling means you threw 3 strikes in a row; pretty darn GOOD! "Wild Turkey" is a top-shelf bourbon and turkey meat has lots of protein, is low in fat and has very few calories unless you deep fry it or lather it in gravy or mayo. Yes, being called a "turkey" is like being called a "superstar", an "overachiever" or "the least sweaty person in your Weight Watcher class". That's why you should be PROUD to be one of the "turkeys" that do the 2025 Dirty Bird Trail Run. This race takes place just 10 days after T-Day during which you will have eaten leftover turkey, stuffing, yams, etc in almost ANY & EVERY form other than what God & Gordan Ramsey intended. The Dirty Bird is your chance to burn all that off! We'd like to tell you we have this race 10 days after T-Day since you'll still be eating leftovers that long. But that's not why. Our sad-sack state government a few years ago opened up state lands on the Sunday of Thanksgiving weekend for deer hunting with rifles, thus threatening the "in-the woods" safety of anyone that wants to see Bambi die of old age. So, come on out and run 10 miles to lose 10 pounds of post holiday "lard" or 20 to lose 20. After a short road piece to stretch out the field, you'll enter a slightly rolling course; not "South Jersey " flat but not like Nepal either. 85% of the course is on rocky trails, 12% is on dirt road and 3% is on paved road. So, you have plenty of places to pass others. It is a moderately difficult trail run with only really 3 hills (nicely spaced) and long sections where you can REALLY open it up. Yes, it has rocks and roots, uneven surfaces and branches under which you have to duck. But if it DIDN'T, we'd be calling it a ROAD run. And who needs another one of THEM???!! Join the other "turkeys" to race in whatever conditions Mother Nature conjures up that day! **LEGAL "DRESSING": YOU RACE AT YOUR OWN RISK & ARE SOLEY RESPONSIBLE FOR GETTING YOUR DRUMSTICKS OUT OF THE WOODS!** We're runners too and our spindly arms are too weak to carry you out of the woods if you get hurt, so if you break a wishbone, beg other runners to drag your carcass to an aide station. Also, we don't look for people that get lost that day so we can get to Sunday evening church (you buy that?) but you won't get lost; Stevie Wonder could follow this course. BLINDFOLDED! (not that it would matter) **PLEASE NOTE:** Since this is a medium-tuff race, we'll allow teens to enter too IF they have a parent/legal guardian with them at the race. No exceptions; the medics can't work on "under 18's" without permission (not that they'll have to, kids are all made of rubber!) And "under 18's" can only do the 10 miler. Entry is also closed to anyone wearing Dallas Cowboy regalia or polka dots & plaids at the same time or running in Crocs with more than 5 Jibbitz attached to them. **ALSO, WE USE A 10 MILE LOOP FOR THE RACE. THOSE THAT WISH TO DO 2 LOOPS (BE A 20M FINISHER) MUST START A 2<sup>ND</sup> LOOP BEFORE 2 HR, 10 MINUTES INTO THE RACE AND SHOULD NOT GO THRU THE CHUTE; JUST CONTINUE ON INSTEAD. THOSE NOT ABLE TO MAKE THIS CUTOFF MUST FINISH IN THE 10M. NO NEED TO DECIDE YOUR MILEAGE IN ADVANCE, CAN MAKE THAT DECISION IN MID-RACE.**

# **Mandatory Online registration at [www.pretzelcitysports.com/online-registration](http://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 9 a.m. to 9:50. Fee of \$40 WITH a long sleeve cotton shirt OR \$35 WITHOUT a shirt, if entered by Wed, Nov 19, 2025. Afterwards, including raceday, \$45 WITH shirt and \$40 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"). NO one under 18 is permitted to do the 20 miler. 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 pet), 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. PLUS, UNLIKE YOUR MOM, WE REFUSE TO SERVE ANY LEFTOVER TURKEY ITEMS MORE THAN 10 DAYS LATER!

**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 (no later than 7 AM on raceday) . Our regrets in advance to those that get "burnt" from driving in the night before but PCS won't "control" this; the Park staff will. **IF POSTPONED, THE NEW DATE IS THE NEXT SUNDAY, even though it conflicts with Reading's Shiver by the River, race #1, due to hunting being permitted in the park on Saturday! SAME TIME & 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"

**10M:** 0-39: 6M, 6F 40-49: 5M, 5F 50-59: 5M, 5F 60-69: 4M, 4F (60 & over for women) 70+: 3M,  
**20M:** 0-39: 4M, 4F 40-49: 3M, 3F 50-59: 3M, 3F 60 +: 3M, 2F

**Clydesdales: Top 3 M and F Clydes in 10 Miler, Top 3 Clydes regardless of gender in the 20 miler**  
**Clydesdale Qualifying Weight:** Men: minimum of 210 lbs. or 185 if 5 ft., 9 inches tall or less. Women: minimum of 160 lbs., 145 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 Race starts behind Hopewell Lake at Pool.

Course Records:

**10 Miles:** M: Rob Hampson Havertown, PA 1:02:12 F: Sarah Brzostek Reading, PA 1:27:11  
**20 Miles:** M: Nick Geigle, West Chester, PA 2:20:41 F: Dana Glodek, Malvern, PA 2:54:07

**Questions? Concerns? 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 or the postgame show), [www.pretzelcitysports.com](http://www.pretzelcitysports.com)**