

"CHILLY CHEEKS"

11K TRAIL RUN * SUN, JAN 4, 2026 * READING, 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

A noticeable number of Millennials embrace a vocation that was virtually unheard of 20 years ago, they are "influencers" (on Instagram, Tik-Tok, etc). They don't go to an office every day, sweat in a factory producing items, toil in the blazing sun during harvest time, etc; NO WAY, JOSE! They take pictures of what they are eating, share poses of themselves at a vacation spot, party at the "club" in the latest fashions and so on. Sometimes, get this, doing so for as many as 10-20 hours A MONTH; mostly while still living at home. And if you even MENTION that 4-letter word (WORK) to them, they take off like their designer pants are on fire! We can almost guarantee you that NO influencers will be doing the Chilly Cheeks, 'cause it's a lot of WORK just to finish it! The Cheeks LOOKS rather easy at "only 11k" but it's TAIN'T! It's probably Pretzel City's TUFFEST race on a "per mile" basis. Often held in conditions more akin to building igloos, it looks like a candyass distance and yet while doing it, it will seem harder than prepping for a colorectal exam. A great test of character & fitness, yet doable by those that require a handle on the side of their La-Z-Boy just to get out of the chair. It has rocks and roots, fallen leaves, fallen runners & technical downhills/outrageous uphill, including the legendary "Mt WhaDaFug #1?!" 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? **It runs "longer" than its stated distance, especially if there's snow on the ground.** AND it has all the "perks" of every PCS event: aide stations w/alternate beverages, hot & cold unhealthy grub, 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!** Break something? Drag your mangled limb to an aide station; we don't have a chopper to Medivac you out. Get lost? Won't happen but if you do, find a road and ask one of Reading MANY homeless folks how to get back to the Liederkrantz. Those not welcome include anyone under 14 that cannot follow course markings if Dad/Mom can't keep up, people that think that "Just Available Through This TV Offer" means it won't break in the first 15 minutes and anyone who ever used the phrase "surely you won't have the race in THIS weather?!".

Registration on www.pretzelcitysports.com required

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

LOCATION/REGISTRATION: Reading Liederkrantz German Club, 140 Spook Lane, Reading, PA. Reg. opens at 8:45 a.m., race at 10. **WITH LONG SLEEVE SHIRT** Fee: \$40 if entered by Tues Dec 16, 2025. Afterwards, \$45 while shirts last; (including raceday), \$40 when gone. **WITH NO SHIRT** Fee: \$35 if entered by Tues, Dec 16, 2025. Afterwards, \$40 (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 6:30 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 SATURDAY:** 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** **Racing with a pet:** OK IF you stay toward the back for the first ¼ mile or so, pet must be comfortable around other people/animals and on a VERY short leash at all times, unless its name is Earnie. Pet CAN'T be brought into the restaurant/bar. Put Rover in the car before going inside for your beer & eats but don't leave them in there so long that they turn into a "pup-sicle".

YOU GET: Long sleeve shirt: sizes S thru 2X with 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 drinks, finish place posted immediately & results on www.pretzelcitysports.com the 1st business day after the race, EMS on site, LOADS of awards, covered finish area, etc. Hot & 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: 1st & 2nd Top M & F plus: 0-29 4M, 4F 30-39: 5M, 5F 40-49: 5M, 5F 50-59: 5M, 5F 60-69: 5M, 4F 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!

NOTE: On RARE occasions, there's weather that even WE won't hold a race in. If in doubt, a postponement will be listed on the pop-up on www.pretzelcitysports.com by 6:30 AM that Sun. Will be moved to the following **SATURDAY!**

Questions? Contact Head Cheek: Ron Horn, rhornpcs@aol.com, 610-779-2668 day or night (but NOT during an Eagles game)