

PRETZEL CITY SPORTS' 23RD YEAR OF A RACE HISTORICALLY HELD NEAR THANKSGIVING BUT MOVED OUT OF HUNTING SEASON TO APRIL SO HUNTERS SHOOT A LOT LESS OF OUR PARTICIPANTS; THE

“DIRTY BIRD”

10 Mile Trail Race

Sun, April 26, 2026 * 10 AM

French Creek State Park, Birdsboro, PA

NEW FOR 2026: SPRING DATE, ONE DISTANCE, MAIN PART OF COURSE TO BE RUN IN THE OPPOSITE DIRECTION AS 2025

Online registration ONLY so that we have a central source of emails to use for contacting folks in the case of a bad weather or safety issues

Nothing is more regal than seeing a gaggle of 75-100 Canadian Geese flying in a perfect V formation up in the sky each Fall. And how beautiful a lake looks with 50 or more of these majestic creatures lazily floating around without a care in the world. And they are very maternal; while going to great lengths to care for their young, which is heartwarming in itself. Yet, there is ANOTHER side of the Canadian Goose. They crap more than a 3 month old baby that's overloaded on strained prunes, all over everything where they graze. Entire lakes and ponds have been condemned/closed due to their “floating feces” making its water too dangerous to drink from or swim in. One such pond is even on the course of this race! And if you get close to one on a run or walk, they'll hiss at you & aggressively nip at your skin with their bills. Also, their meat is overly fatty and they propagate like rabbits. AND most of them are in this country without proper documentation! Surprisingly, the Dirty Bird has a LOT in common with the Canadian Goose. Its course is beautiful and serene, much like the lakes they reside in. And the groves of high, mature trees that you run thru are certainly majestic in their own right. And like their journey does each year thru our area, the course takes you past 2 large and peaceful lakes. Yet, like geese, the course is anything but friendly; it too has branches and briars that will nip at your skin. And you just may crap yourself like a goose when you see some of its hills & rock-strewn trails in it. And much like the goose, our post race refreshments are ALSO overly fatty and while we don't THINK our entries “propagate like rabbits”, who really knows what goes on out there in the woods?! (Some SURE DO take a lot longer than others to finish). Lastly, if you stop very suddenly on a downhill trail, you may find that you TOO have been “goosed”. 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. 80% of the course is on rocky trails, 17% is on dirt road and 3% is on paved road. So, you'll 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??!! **LEGAL “DRESSING”:** **YOU RACE AT YOUR OWN RISK & ARE SOLEY RESPONSIBLE FOR GETTING YOUR DRUMSTICKS OUT OF THE WOODS!** We're runners, not power lifters, and while we can “pose” with the best of them, our spindly biceps are too weak to carry you out of the woods if you get hurt, so if you tweak a tendon, 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 on time (you buy that?) but you won't get lost as long as no one screws with our marks. 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 adult permission. Entry is also closed to anyone who has never watched a show on a streaming device, anyone who ever worked for

a firm that made spam calls and people that will chew a raw oyster in front of you with their mouth open and swish the juices/oyster bits thru the spaces in their teeth.

Mandatory Online registration at www.pretzelcitysports.com

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

ENTRY/FEE Registration is just east of the pool parking lot behind Hopewell Lake; from 9 a.m. to 9:50. Race starts at 10 A.M.. Fee of \$44 WITH a short-sleeved shirt OR \$38 WITHOUT a shirt, if entered by Wed, April 8th, 2026. Afterwards, including raceday, \$49 WITH shirt and \$43 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, Venmo, pay pal, magic beans, etc. No mailing of shirts or awards; no refunds. Rain or shine; (may delay race start if "lightening"). 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 YOU REGISTER BY 9:50!!**

GOODIES: Instant results, lots of awards, results on pretzelcitysports.com by noon of 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 a limited amount of hot food as well; 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 gerbils, escaped axe murderer on the course, etc. DON'T confuse "bad" conditions with "normal" Spring weather that causes slow but still drive-able roads, etc.; we race in almost ALL conditions. 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 (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; SAME TIME & PLACE, PENDING PARK APPROVAL. BUT POSTPONEMENT AT THIS TIME OF YEAR IS HIGHLY UNLIKELY!!!!**

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: 1ST & 2ND M & F overall plus the following: 0-39: 6M, 6F 40-49: 5M, 5F 50-59: 5M, 5F 60-69: 4M, 4F (60 & over for women) 70+: 3M **Clydesdales: Top 3 M and F Clydes. 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 Starts behind Hopewell Lake near Pool. Go back the road next to the Ranger Station. Follow it the WHOLE way around, bear right at the parking lot.

10M Course Records:

Clockwise: M: Rob Hampson Havertown, PA 1:02:12 F: Jen Esposito Kutztown, PA 1:25:02

Counterclockwise: to be determined this year

Questions? Concerns? Dirtiest Bird: Ron Horn, 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