

“CHILLY CHEEKS”

11K TRAIL RUN READING, PA

SUNDAY JAN 19, 2025 ** 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

The 100 meter dash lasts about 10-11 seconds in major track meets. Yet, many of its entrants end up on the ground in exhaustion for several minutes afterwards. Studies have shown that the average orgasm lasts about 7 seconds; 8 or 9 or 15 seconds for a lucky few. Yet, many experiencing this euphoria often need several minutes to catch their breath afterwards (much like the 100 meter dash) and the same amount of time to regain their ability to see straight. Political commercials normally run a minute or less, yet piss us off for hours or days to come. Not everything that lasts a short time takes as short a time to recover from as it did to do it. Just like the Chilly Cheeks. The Cheeks LOOKS rather easy with its “only 11k” distance but it’s AIN’T! It’s probably 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 the 2024 Presidential campaign. It may be the most challenging “almost 7 miles” you’ll ever run, yet it is doable by those that have to wear Spanx for 24/7 (regardless of gender). 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? **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, hot & cold unhealthy 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!** Twist something? Drag your distorted carcass to an aide station; we’re too old & weak to drag you out of the woods. Get lost? Won’t happen but if you do, find a road and ask one of Reading MANY homeless people 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 send money to a Nigerian former Treasury Minister so he’ll share his loot with them (too dumb for this race) and anyone who expects us to produce post-race food that is plant based/gluten free/peanut free/calorie free/palm oil free/organic (too demanding for this race).

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 Jan 7, 2025. Afterwards, \$45 while shirts last; (including raceday), \$40 when gone. **WITH NO SHIRT** Fee: \$35 if entered by Tues, Jan 7, 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 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 **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.

YOU GET: Long sleeve cotton 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!

Questions? Problems? Contact Head Cheek: Ron Horn, rhornpcs@aol.com, 610-779-2668 day or night (but NOT during an Eagles game) Insurance Provided by Road Runner Clubs of America (R.R.C.A.).