

Get outdoors at Sunny Rest Resort and DO the DU. Gary & Sue Butts of B.A.R.E.~Butts A'Runnin Race Enterprises is proud to be DU-ing the second annual Clothing-Optional (Must be 18+) Duathlon set in the Pocono Mountains. This event will be timed by Pretzel City Sports of Reading, PA. Event will benefit the American Cancer Society. 3 person teams may be used, M/F. Please be sure to bring a couple of towels and YOUR BIKE HELMET. You may bring a guest for \$15.00. A nude or non-nude group photo will be available for \$12 if you wish to participate in the taking. Ample parking, showers & restrooms. Bike & EMT support will be on hand. Entrance into Sunny Rest will begin at 7:00 AM. You will receive parking instructions at the gate. 7:30 AM - 8:30 AM Check-in, packet P/U, Race Day registration\*\*Pre-race instructions at 8:45 AM\*\*AT 9:00 AM—Get out there & let's "DU" it!

**DISTANCES:** 1.5 Mile Run (on paved roads)\*\*9 Mile Mountain Bike (on mountain trails) for the Professionals or 4.5 Mile Mountain Bike for the Novice\*\*5K Trail Run

++++There will also be a separate 1.5 Mile Fun Walk on paved roads for those that wish to participate, but not Do the Du. All finishers will receive a commemorative medal for their efforts++++

**COURSE DESCRIPTION:** Please be aware that the Bike course is OFF-ROAD and you must use a MOUNTAIN BIKE or suitable bike for mountain trails and you MUST WEAR A HELMET—Courses will be well marked.

**First Run:** 1.5 Miles **Level:** Beginner

The run will wind through the mostly paved roads of Sunny Rest Resort, with a challenge towards the end (Cardiac Hill) about a 100-yard up-hill run on paved surface.

+++The Fun Walk will also follow this same course and will head to the finish line in front of Irv's house+++

**Transition 1:** Will be on the open grassy area in front of Irv's house.

**Mountain Bike: Professional:** 9 Miles **Novice:** 4.5 Miles **Level:** Intermediate

2 loops on wide groomed (4 wheeler ATV type) paths, passing will not be a problem. Path surface is a mix on hard pack soil, rocks and exposed roots. Much of the course has long stretches of beginner friendly trails; however there will be several challenging, rock/exposed root climbs and descents. "You will know you're in a mountain bike race"! Helmets are required for the bike (ANSI/SNELL). All climbs and descents will be well-marked to give you warning. There is also a few small stream crossings and mud puddles, they are shallow and easily pass-able, generally just a few feet in width. A little mud is part of the fun! A beginner mountain biker can complete this course; they may need to dismount on a couple of the climbs, no problem.

**Transition 2:** Will be on the open grassy area in front of Irv's house.

**Second Run:** 3.1 Miles **Level:** Beginner/Intermediate

The run will be a single loop on trails with same terrain as the mountain bike leg.  
2 water stops at 1/3 points.

When you cross that finish line, you will have completed "Du-ing" the only clothing-optional Duathlon presented in the world!

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**AWARDS:** Changes can be made at Race Director's discretion. Overalls, 5 yr. age groups, Masters divisions. Teams 1, 2, 3 (Not eligible for age group awards) No duplication of awards. Lots of Door Prizes & other Special Awards We do not publish full names or list towns in our results unless requested to do so or if we have your permission. This is to protect your privacy. If you "DU" on Sunny Rest, it stays on Sunny Rest.

**SUNNY REST RESORT & CAMPGROUND:** Over 100 tent camping sites with electric & RV sites complete with water, electric or sewer hookups. Over 20 motel rooms, complete with private bath, air conditioning, refrigerator and cable TV. For this event you may enjoy camping for a fee of \$40 from Friday to Sunday. Room rates for the motel will be 25% off. Please call Sunny Rest Resort to make your reservations at 610-377-2911 or 866-Sunny-50 (866-786-6950). Visit their website: [www.sunnyrest.com](http://www.sunnyrest.com)  
Email: [sunnyrest@sunnyrest.com](mailto:sunnyrest@sunnyrest.com). Please make your reservations early. They do fill up quickly!

**Registration:** Online at [www.sportoften.com](http://www.sportoften.com). Early fees due by June 12, 2009 for mail-ins. Late fees will apply online until midnight June 18, 2009 and on race day.

**Early Fees:** \$40 /Individual---\$70/ Teams **Late Fees:** \$50/ Individual---\$80/ Teams (Payable online only or on race day)

\*\*Mail Check/M.O. with fees & registration to:

**Butts A'Runnin**

Thank You for Your Support of our endeavors to bring you these unique BARE events.

P. O. Box 6872

Questions? Race Directors: Gary & Sue Butts Phone: 704-880-4561 Email: [buttsarunnin@aol.com](mailto:buttsarunnin@aol.com)

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