



## *BARE HARE DUATHLON*

*(CLOTHING OPTIONAL)*

*Open to ages 13 and above*

*JUNE 20, 2010*

*9:00 AM*

Get outdoors at the Sunny Rest Resort, 425 Sunny Rest Drive, Palmerton, PA 18071, and DO the DU. B.A.R.E.~Butts A'Runnin Race Enterprises is proud to be DUing this third annual event. Dennis Joffe of Queen City Timing will be DUing the all new timing this year. It will be chip timed. Email or call us if you have any questions. Loads of fun is to be had *DUing the DU!*

### DISTANCES:

- 1.5 Mile Run (on paved roads)
- 9 Mile Mountain Bike (on mountain trails) for the Professionals.
- 4.5 Mile Mountain Bike (on mountain trails) for the Novice.
- \*\*\*\*HELMET is required\*\*\*\* You MUST USE a Mountain Bike\*\*\*\*
- 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:

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, it's a race not an exam. Course will be well-marked.

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.  
Course will be well-marked.

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

**CHARITY:**

This event will benefit the American Cancer Society.  
For those who wish to donate only, you may do so by sending your donation to: Sunny Rest Resort, 425 Sunny Rest Drive, Palmerton, PA 18071. Please make your check/money order payable to: Sunny Rest Resort and reference that it is for a donation to the American Cancer Society. Thank You.

**OTHER INFO:**

\*We will DO the DU.....RAIN OR SHINE! Race is done on the resort grounds.

**\*PLEASE REMEMBER YOUR BIKE HELMET!**

\*You will receive parking instructions at the front gate.

\*No refunds or transfers.

\*Register early to be guaranteed a commemorative t-shirt. (First 150)

\*There will be bike racks to mount your bikes on.

\*Post race food & refreshments free for participants & volunteers.

\*There will be ample parking, restrooms & showers available.

\*Please mount & dismount your bikes at the appropriate mount/dismount line.

\*No riding in the transition area.

\*Water will be on the course. If you prefer anything else, please bring.

\*Please bring a couple of towels. Please use your own towel to sit on.

\*Must be nude to use the pool, hot tub or sauna.

\*May stay on resort until 9 PM after event ends. If staying later, you must pay the day fee charge & an overnight fee, if you desire an overnight stay, depending if rentals are available.

\*Please be aware that the Bike course is OFF-ROAD and you must use a MOUNTAIN BIKE.

\*You must purchase a wristband for \$20.00 to bring a non-participating guest. Include with your entry fee or buy on race day.

\*A Nude & Non-Nude Group Photo will be taken of those who wish to participate for a fee of \$15.00. Include with your entry fee or buy on race day.

\*There is food & drink available at the restaurant on the grounds.

\*There will be bike and EMT support if needed.

\*If you've pre-registered or coming on the grounds of Sunny Rest to register, you must participate in the event or the daily grounds fee must be paid. You will be identified by your wrist band.

\*Those under 18 must have a parent or guardian present to sign for them. You must be thirteen or older to participate in the DU. ID's will be checked.

\*Please call Race Directors for all Duathlon info, not the resort. Only call the resort to make reservations or for info on the resort. Thanks!

\*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.

Get out there & let's "DU" it!

#### TIMES:

\*Entrance into Sunny Rest will begin at 7:00 AM for the DU.

\*7:30 AM - 8:30 AM Check-in, packet P/U. Race Day registration.

\*Pre-race instructions at 8:45 AM.

\*9:00 AM - LET'S DO THE DU!

\*Awards ceremony to follow ending of event.

#### AWARDS:

\*Subject to change at Race Director's discretion. There will be no duplication of awards.

#### AGE GROUPS:

Overall Male & Female

Male & Female: 13-16, 17-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

All walk finishers will receive a commemorative medal for their accomplishment.

+PLUS LOTS OF DOOR PRIZES & OTHER SPECIAL AWARDS+

#### SUNNY REST RESORT & CAMPGROUND:

More than 100 camping & RV sites complete with water & electric hookups. Tenting sites with electric. Or if you prefer, there are over 20 motel rooms, complete with private bath, air conditioning, refrigerator and cable TV. The resort spans over 190 secluded acres and is a tranquil, clothing-optional retreat located in the beautiful Pocono Mountains.

For this event you may enjoy camping for a reduced fee from Friday to Sunday. Or if you prefer the motel, room rates will also be discounted. 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:**

Prices for 4.5 novice...\$40 early by 6/11,..\$45 late online until 6/18 & \$50 race day.

Prices for 9 mile prof....\$50 early by 6/11...\$55 late online until 6/18 and \$60 race day.

(Late fees payable online only or on race day)

Walk: \*\$15 early by 6/11, \$20 late online until 6/18 & \$25 race day.

Registration is available online at [www.sportoften.com](http://www.sportoften.com). Early fees due by June 11, 2010 and then late fees will apply online until midnight June 18, 2009 and on race day.

Mail Check/M.O. with fees & registration before 6/11/2010 to:

Butts A'Runnin  
P. O. Box 6872  
Statesville, NC 28687-6872

*\*Thank You for Your Support of our endeavors to bring you these unique BARE events, we appreciate\**

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

"DO THE DU" NATURALLY! "A unique freedom you'll remember for a lifetime"