



# Rustic Rage

## Off-Road Duathlon and Relay

**Finishing is up to you!**

Sunday, May 21<sup>st</sup>, 2017

**Breakaway Sports** will be holding an off-road duathlon that will be a bit more adventurous than your average duathlon. You will get wet and dirty. This race is for individuals and 2 person teams, with one member doing both run legs and the other doing the Mt biking. The race takes place at Rustic Park in Birdsboro, PA.

**Pre-Registration:** Pre-registration deadline is May 14<sup>th</sup>.

**Pre-reg goods:** Tech Race shirt and other goods, plus hot catered food at the finish.

**Race day registration:** 7:30-8:45am.

**Race starts** at 9am

**Race details:** 3 mi Trail Run/ 10 mi Mt Bike/ 3 mi Trail Run

### **Awards/ categories:**

**Individuals-** 14-17 with parent signature, 18-29, 30-39, 40-49 and 50+.

**Team Divisions:** Coed, Male, Female and Masters (both members 40+).

\*\* Coed masters only if more than 3 teams.

- 1<sup>st</sup> place in each category/ division.
- 2<sup>nd</sup> and 3<sup>rd</sup> place based on number of pre-registered - 5 and 10, per category respectively).

**Entry fee:** \$40 for individuals, \$60 for teams.

**Directions:** Find your way to Birdsboro, PA. Then, at the intersection of Rte 724 and Rte 345, take North Furnace St, which becomes Hay Creek Rd for 1 mile to Rustic Park. You can't miss it.

<http://www.birdsboropa.org/>

If you have any questions, please call 610-413-8772 or email [bulrich1@aol.com](mailto:bulrich1@aol.com).

**[www.makebreak.com](http://www.makebreak.com)**

Race photos on our facebook page "Rustic Rage" and "Breakaway Sports".