

# Du North Information and Entry Form

Online Registration at [www.stridersrun.com](http://www.stridersrun.com)

**Welcome:** We are excited to offer an off-road duathlon in the north woods of Michigan. You will find this to be a very well organized event with attention to detail. This is open to both individuals and 2-person teams. Leave your cycle cross bike at home, you'll want a mountain bike!

**Date:** Saturday, September 28, 2013

**Distances:** 4.25 mile trail run, 16.3 mile mountain bike, 5.4 mile trail run

**Start Time:** 9:00 a.m.

**Maximum Participants:** 400 total (individuals and teams combined)

**Minimum Age of Participants:** Individuals 16, teams 14

**Place:** Big M Trails, Manistee National Forest, Manistee Michigan (see below for directions.)

**Fee:** \$65.00 for individuals, \$90.00 for 2-person team, prior to Sept 27. You can register on Friday, Sept. 27 at the race site during packet pick-up hours or Saturday morning prior to the race. There will be an additional \$10.00 fee on Friday and Saturday. All fees include free parking. Fees are non-refundable and they cannot be rolled over to next year, please don't ask.

**Packet Pick-Up:** Your race packet can be picked up on Friday, September 27, at Big M from 4:00 – 7:30 p.m. or Saturday morning from 7:00 – 8:45 a.m.

**Course:** The course is single track trail. We consider the course to be non-technical but challenging. The course will be well marked with turn arrows on all turns.

**Aid Stations:** There will be an aid station at transition, one aid station on Run #1 and one aid station on Run #2, no aid stations on the bike course. All aid stations will have Gatorade and water.

**Age Groups – Individuals:** 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & over.

**2 Team Categories: Category 1:** 2 females **Category 2:** a combination of 1 female and 1 male or 2 males

**Awards:** The awards ceremony will take place at 1:00 p.m. Individuals: Top 3 male and female winners will receive a cash award (amount TBD); age group winners will receive a hooded sweatshirt, additional awards to 2<sup>nd</sup> and 3<sup>rd</sup> place. Teams: Overall category winners will receive a hooded sweatshirt, additional awards to 2<sup>nd</sup> and 3<sup>rd</sup> place.

**Post-Race Food:** Each runner will be treated to fruit, hot soup, hamburgers, veggie burgers, salads, chips, and cookies. Beverages will include water, Gatorade, soda pop and of course, **COLD BEER.**

**Driving Directions To Big M:** The Big M trail system is located east of Manistee and west of Cadillac. The easiest access is from M55. If you're coming from Manistee go to the intersection of U.S. 31 and M55, go east on M55 14 miles to Udell Hills Road. Go south on Udell Hills Road for 3.4 miles to the Big M Trails, there's a sign. If you're coming from the east, go to the intersection of M37 & M55. Go west on M55 11.5 miles to Udell Hills Road. Go south on Udell Hills Road for 3.4 miles to the Big M Trails, there's a sign.

