



Colorado Biathlon Club and Snow Mountain Ranch/YMCA of the Rockies

2010 SUMMER BIATHLON

SUNDAY, SEPTEMBER 12, 2010

Running and rifle marksmanship  Mountain biking and rifle marksmanship





Events for runners and cyclists of all ages!

WHAT IS SUMMER BIATHLON? Summer Biathlon is the warm-weather version of the Winter Olympic sport of biathlon. It combines running or mountain biking with rifle marksmanship. The running or cycling course includes four shooting bouts using a .22 rifle. Competitors under 13 years of age use air (pellet) rifles, and race a shorter course with two shooting bouts. Rifles, ammunition, and instruction are provided for all competitors who need them. Note that the rifle is NOT carried in summer events.

WHO CAN PARTICIPATE? Anyone who can safely run or ride a cross-country trail. Beginners are encouraged and welcomed! No previous shooting experience is required. See course descriptions below for race distances and age groups. Competitors who have not previously attended a USBA safety certification clinic or briefing must attend a safety clinic from 8:30AM to 9:30AM on race day. **NOTE: ALL COMPETITORS 15 AND YOUNGER MUST BE ACCOMPANIED ON THE RANGE BY A PARENT OR COACH.**

YOU DO NOT NEED YOUR OWN RIFLE: .22 rifles and ammunition are provided for those who need them. Air rifles are provided for youth competitors under 13 years of age.

COURSE AND EVENT DESCRIPTIONS:

-  Ages 12 and under: 3K run event, 5K mountain bike event (two shooting bouts each event)
-  Ages 13-16: 4.5K run event; 10K mountain bike event (four shooting bouts each event)
-  Ages 17 and over: 6K run event; 15K mountain bike event (four shooting bouts each event)
-  HELMETS ARE REQUIRED FOR MOUNTAIN BIKE EVENTS!

All events are on dirt trails at 8700' elevation or higher. These are high-altitude events. Please prepare accordingly! Each event for competitors 13 and over is divided into five running or riding segments, with four stops at the range. After your first running or riding loop, you'll enter the range and take five shots (one for each of five targets) from the prone position. As you leave the range, you'll run (or ride) a 100 meter penalty loop for each target that you missed. After that, you're back out on the trail for your second running or riding leg. When you enter the range the second time, you'll take five more shots from the prone position. Once again, you'll run (or ride) penalty loops for any missed targets. The next two running/riding loops will each be followed by five shots in the standing position. Then it's back out on the trail for the last leg of your run or ride and on to the finish line!

Competitors 12 and under will run or ride three legs, with two shooting bouts, both in the prone position.

Children 10 and under will be assessed time penalties of 40 seconds rather than running or riding penalty loops.

SPORT AND MATCH CATEGORY DEFINITIONS: Sport racers will shoot at standing (11.5cm) winter targets in both the prone and standing positions. No cuffs or slings are allowed. **If you are using a Club rifle, by default you are in the sport category.** Match racers must have their own rifle, cuff and sling. They will shoot at the standard winter targets for each position (4.5cm prone, 11.5cm standing). Match competitors: Please remove the harness from your rifle in order to avoid interference with other rifles on the rack.

AGE GROUPS/AWARDS: Prizes will be awarded in the Sport and Match categories to the top male and female finishers in each event (run and mountain bike). Age groups winners will be recognized in the following categories:

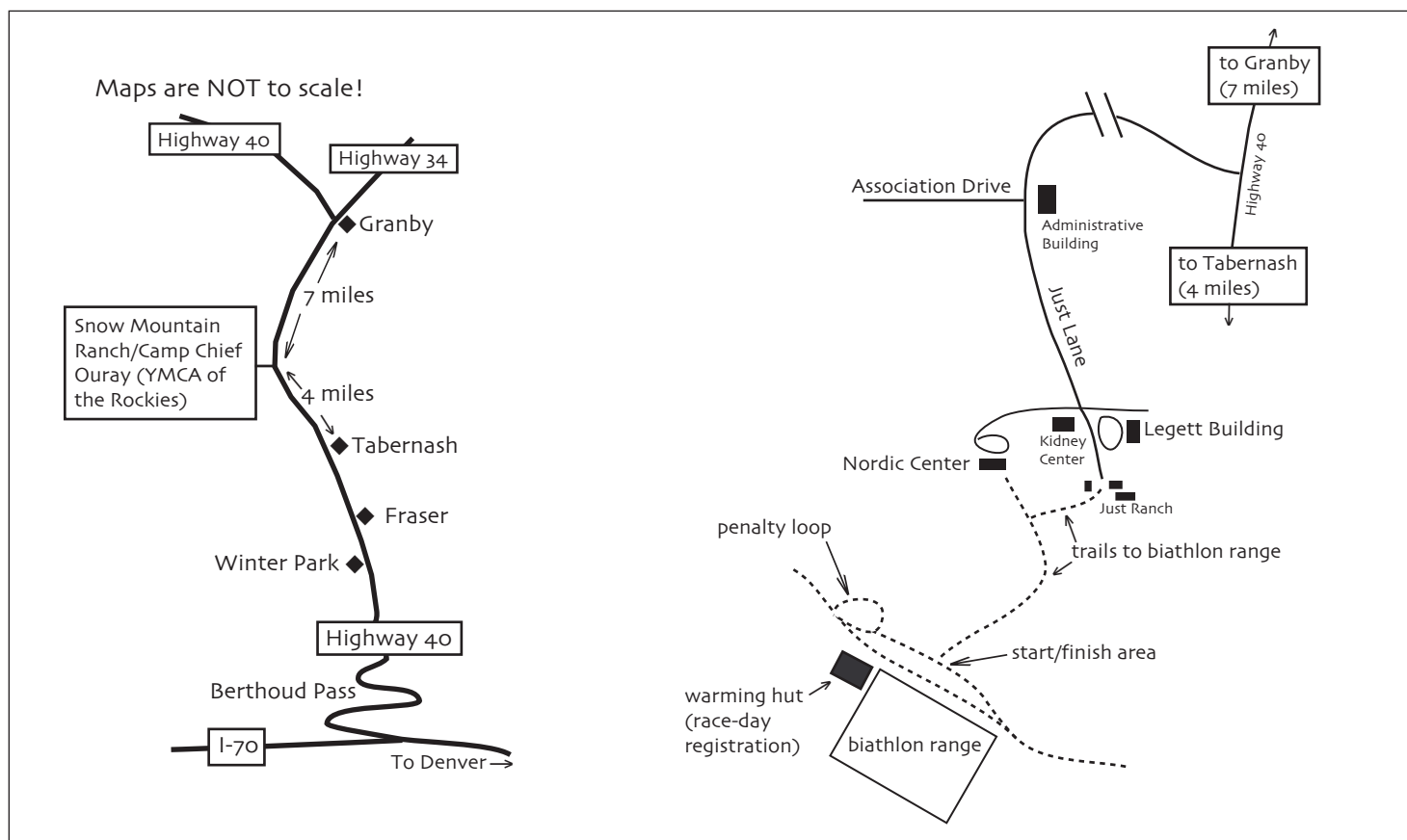
12 and under  13 - 16  17 - 20  21 - 29  30 - 39  40 - 49  50 - 59  60 and over

RACE-DAY SCHEDULE, SUNDAY, SEPTEMBER 12, 2010:

8:00AM - 8:30AM	Race-day registration at biathlon range warming hut and bib pickup. PRE-REGISTRATION IS STRONGLY ENCOURAGED!
8:30AM - 9:30AM	Safety clinic (REQUIRED for all first-time competitors)
9:30AM - 10:15AM	Zero for run event
10:15AM - 10:30AM	Competitor pre-race meeting at the range
10:30AM	Running event start (may be split into waves if necessary)
12:00PM - 12:30PM	Zero for mountain bike event, followed by competitor meeting
12:45PM	Mountain bike event start (may be split into waves if necessary)
2:30PM	Awards/results

DIRECTIONS TO THE RACE VENUE: Snow Mountain Ranch is located on the south side of Colorado Highway 40 about 75 miles west of Denver. Take I-70 west from Denver to US 40 over Berthoud Pass and through Winter Park, Fraser and Tabernash. Snow Mountain Ranch is about four miles west of Tabernash. Follow the signs for Summer Biathlon parking (either at the Legett Building or Nordic Center) and then **WALK** to the biathlon range for all activities. See the maps below for range area details.

PLEASE NOTE: There are **NO** restroom facilities at the range. Restrooms are available at the Administrative Building, Legett Building, and/or Nordic Center. We will have water, Gatorade and snacks at the range.



NEED MORE INFORMATION?

- Course maps are online at <http://www.coloradobiathlon.org/summer/>
- Look at the Frequently Asked Questions (FAQ) page on the CBC web site (<http://www.coloradobiathlon.org/faq/>)
- Contact Brian Woodard (773.960.5585; volunteers@coloradobiathlon.org)
- Find information about Biathlon nationwide at the USBA web site (<http://www.usbiathlon.org>)

THANKS TO OUR SPONSORS:

 Snow Mountain Ranch/
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