

New Year's Blast Biathlon Race

combining cross country skiing & rifle marksmanship

Pursuit Race format
Monday, December 28, 2009
Mazama, WA

Offering biathlon rifle safety clinics for new participants
Rifles available to use

All ability levels welcome
Ages 9 years old & up

Sponsored by
Methow Valley Biathlon

METHOW VALLEY BIATHLON
Pursuit Race Format & Safety Clinics
DECEMBER 26-28, 2009
MAZAMA, WA

Beginners Encouraged & Welcome - Biathlon Equipment Provided

Come and learn the challenging sport of Winter Biathlon, combining Nordic Skiing with Rifle Marksmanship. Biathlon is open to all athletes age 9 and over who have completed a **MANDATORY biathlon safety clinic**. Safety clinics will be offered Saturday, Dec 26th at 4pm and also Sunday Dec 27th, 1pm(after the Ski Rodeo) at the Mazama Ranch House chicken coop & move to the biathlon range. Pre-registration for the safety clinic is required and costs \$10.00 per person. Upon pre-registraion, more details will be provided.

<u>Saturday Dec 26</u>	4:00 pm Safety clinic - Mazama Ranch House chicken coop, (pre-register)
<u>Sunday Dec 27th</u>	1:00pm Safety Clinic (pre-registration is required) Mazama Ranch House chicken coop Training opportunity for experienced biathletes with their own rifles.
<u>Monday, Dec 28th</u>	9:00am - 9:30am Registration & bib pick-up (at the range) 10:00 - 11:00 Rifle Zeroing 11:15 Pursuit Format Biathlon Race (Individual interval starts) 1:15 Awards (or approx. 30min after the last finisher) 1:30 - 2:30 Open range coaching, questions & answers

The race distance depends on age & ability. See entry form for age classes with distances & shooting bouts. Only .22LR caliber manual feed (bolt or lever action) rifles with detachable 5 shot magazines are allowed under biathlon rules. Rifles will be available for anyone that does not have their own. Please check the section on the entry form if you need to use a club rifle. Only standard velocity .22 caliber ammunition is allowed. No hollow point, jacketed or high velocity ammo allowed. Ammunition will be available to buy at the range if needed but on a limited basis due to current shortages.

Safety Clinic All first time participants are required to attend one pre-race biathlon safety clinic. At the clinic, the rules and safety procedures will be examined as well as proper shooting positions, rifle operation and safety. Contact race organizer if you are new to the sport and need to take this clinic. Pre-registration is required & costs \$10.00 per person.

Race Registration Fees - Fee is \$25 for 19yr & over , \$15.00 for 9-18 years (see entry form). Prices include trail pass. Pre-registration is preferred. Registration tent will be at the range on race day for bib pick-up etc. US Biathlon membership is required (annual \$50-adult, \$25-junior) or you can be a member for a day for \$10. You can go to www.usbiathlon.com/forms/memberform.html for membership forms & fees or they will be available at the time of registration.

Directions The range is a 1.5km ski east from the Mazama trailhead. There will be a snowmobile shuttle available for non-skiers needing help out to the range. Please contact race organizers if you will need a shuttle.

Information For further information on this event contact Betsy Devin Smith, 509-996-3159, biathlon@methownet.com. For lodging, contact Methow Valley Central Reservations 1-800-422-3048 or www.extrabeds.com.

For information on Biathlon events in Washington visit www.wabiathlon.org. For events throughout the U.S., contact U.S. Biathlon at 1-800- BIATHLON, or www.usbiathlon.org.

Methow Valley Biathlon Association
New Year's Blast Biathlon Race Entry Form
 December 28, 2009

NAME _____ DOB/AGE _____ / _____

Address _____

City _____ State _____ Zip _____

Phone _____ E-MAIL _____

Due to insurance coverage regulations, membership in the United States Biathlon Association is required for all participants. Annual adult -\$50, junior (9-21) -\$25 or day membership (\$10).

ENTRY FEE : \$25, Youth 9-18yrs= \$15 \$ _____

MVBA Membership (Optional) \$ _____ Support your Club!

(Jr \$20, adult \$30, family \$45 /year Nov.1 to Oct. 31)

Safety Clinic \$ _____

USBA Membership Fee (see above), or provide your USBA Member# \$ _____ USBA# _____

TOTAL ENCLOSED \$ _____

Please make checks payable to: Age Class (circle) 9-10 11-12 13-14 15-16
 Methow Valley Biathlon

17-18 19-20 21+

mail to: 19100 Hwy 20

Winthrop, WA 98862

Male Female

Open Recreation

or

e-mail registration to: biathlon@methownet.com

& pay at clinic/race day.

I do not have a rifle & need to use a club rifle _____

I need a biathlon safety clinic _____ , Sat Dec 26, 4pm _____ or Sun Dec 27, 1pm _____

Category	Age	Distance	Shoot	Pursuit Course
Men	21+	12.5km	PPSS	blue,blue,green, green, green
Women	21+	10km	PPSS	blue,green,green,green,green
Junior Men	19-20	12.5km	PPSS	blue, blue,green,green,green
Junior Women	19-20	10km	PPSS	blue,green,green,green,green
Youth Men	17-18	10km	PPSS	blue,green,green,green,green
Youth Women	17-18	7.5km	PPSS	green,green,green,green,green
Sr Boys/Girls	15-16	6km	PPSS	green, green, red, red, red
Jr Boys/Girls	13-14	5km	PPP	green, green, red, red
Juvenile boy/girl	11-12	4km	PPP	red, red, red, red
Midget boy/girl	9-10	3km	PPP	red, red, red, yellow
Open Rec mixed	17+	5km	PSP	green, green, red, red

PLEASE READ & SIGN THIS ACKNOWLEDGMENT AND ASSUMPTION OF RISK & RELEASE

I _____, know that running, mountain biking, biathlon, nordic and freestyle skiing are action sports carrying significant risks of **serious** personal injury, death or property damage. I also know that there are mental, mechanical and environmental conditions and risks which independently or in combination with my activities may cause property damage, or severe or even fatal injuries to me or others.

I agree that I am alone responsible for (a) my safety while participating in competitive events and/or training for competitive events and (b) providing, utilizing, and maintaining that equipment necessary for the safe enjoyment of my participation in such events and specifically acknowledge that the following persons or entities including the Methow Valley Sport Trails Association, Sun Mountain Lodge, Inc., Methow Valley Biathlon Association, Washington Biathlon Association, U.S. Biathlon Assoc., Foster's Homeowners Assoc, U.S. Forest Service, the Washington National Guard, the ski area, the landowners, the promoters, the sponsors, the organizers, the promoters clubs, the officials and any agent, representative, officer, director, employee, member or affiliate of any person or entity named above are not responsible for my safety. I specifically **RELEASE** and **DISCHARGE**, in advance, those parties for any liability whether known or unknown, even that liability may arise out of negligence or carelessness on the part of persons or entities mentioned herein. I agree to accept all responsibility for the risks, conditions and hazards which may occur whether they now be known or unknown.

Being fully **aware** of the risks, conditions and hazards of the proposed activity as a competitor, coach or official, I **HEREBY AGREE WAIVE, RELEASE AND DISCHARGE** any and all claims for damages for death, personal injury or property damage which I may have or which may hereafter accrue to me as a result of any participation in competitive events or training for competitive events, against any person or entity identified above whether such injury or damage was foreseeable or not, including any such claims regarding the design or condition of any equipment used by me in such recreation and/or competitive events without regard to whether such equipment is specified or recommended by such persons or entities identified above.

I further agree to forever **HOLD HARMLESS** and **INDEMNIFY** all persons and entities identified above, generally and specifically, from any and all liability for death, personal injury or property damage resulting in any way from my participating in competitive events, or training for competitive events.

I currently have, and I agree to maintain throughout the time that I recreate, train and compete, valid and sufficient medical and accident insurance, I understand that this is solely my responsibility and I release all persons and entities identified herein from providing this coverage for me.

I agree that I will accept and abide by the rules and regulations imposed by the organizers of any particular competition. This Acknowledgment and Assumption of Risk and Release shall be binding upon my heirs and assigns.

I recognize that biathlon involves the use of firearms and I certify that I am not disabled or restricted from using or possessing firearms by any state or federal law or by the ruling of any court.

Date _____

Signature _____

By signing this Acknowledgment of Risk and Release as Parent/Guardian, I am consenting to the competitive participation in recreation or competitive skiing and training and acknowledge that I understand that any and all risk whether known or unknown, is expressly assumed by me and all claims, whether known or unknown, are expressly waived in advance.

Date _____

Parent/Guardian Signature (if participant is under age 18) _____