

Official Entry Form

Washington Biathlon Race Series, Event # 3, July 9, 2005, SPAA Range Tukwila, WA
Race Entry Fee \$20

Rifle Safety Certification Clinic – free – Friday Evening, July 8, 7:00 pm at SPAA.
Make Checks Payable to Washington Biathlon Association
Mail to WBA, PO BOX 1716, Issaquah, WA 98027

Name _____ Age _____* (Circle) Male Female

Address _____ Phone _____

City _____ State _____ Zip Code _____

Expert _____ Novice _____

Email Address _____

USBA membership # _____ USBA day membership only _____

RELEASE: In consideration of the acceptance of my entry, I, for myself, my executors, administrators and assigns, do hereby release and discharge the U.S. Biathlon Association, the Washington Biathlon Association, Seattle Police Athletic Association, and any other sponsors from all claims or damages, demands, actions whatsoever in this event or in transit to or from this event and I certify that I am physically fit and sufficiently trained to participate in this event. **I recognize that Biathlon involves the use of firearms and I certify that I am not disabled or restricted from using or possessing a firearm by any state or federal law or by the ruling of any court.**

Entrant's Signature _____ Date _____

* parent/guardian's signature also required if entrant is under 18 years of age.

SEATTLE SUMMER BIATHLON

Race # 3

July 9, 2005

Hosted by WBA

Seattle Police Athletic Association Range Tukwila, WA

Summer Biathlon combines Cross Country Running with Rifle Marksmanship

2005 Summer Biathlon Schedule
July 9, 2005 Seattle, WA
August 13, 2005 Seattle, WA
October 29-30, 2005 Machias, WA

Check www.wabiathlon.org for additional information.

Summer Biathlon is a copyrighted name referring to the sport that combines running and shooting. The standard race distance is 5 kilometers. Bolt action, .22 caliber rifles are used with the standard shooting distance being 50 meters. Summer Biathlon races use the same format as Winter Biathlon (an Olympic sport), except that cross-country running is substituted for cross-country skiing.

Competitors, begin by running a 1K loop that brings them to the shooting range. There they fire 5 shots, at a metal knock-down target, from the prone position (laying down). A 100m penalty loop is assessed for each missed target. Another loop is run and the competitor returns to the range. This time five shots are fired from the standing position. The race ends with a dash to the finish. Scoring is based on the competitor's total elapsed time, which includes any penalty loops run for missed targets.

How do I get started in Biathlon?

It's easy to get involved in Biathlon. We have several events each summer (run/shoot) and winter (ski/shoot). Your first exposure to biathlon might be as a spectator or volunteer at one of our races. This will help you to better understand this exciting sport. As a race participant, we recommend that you start with one of our summer events. Our summer events are designed to allow us to give more individualized attention, as well as ensuring that you obtain the necessary rifle safety certification. Rifles are available for use at all our summer events.

Rifle Safety Certification Clinic

A Rifle Safety Certification clinic will be held at SPAA on **Friday, July 8, 2005 at 7:00 pm**. All first time participants are **required** to attend a pre-race biathlon safety clinic. This clinic, which lasts about an hour, is free. You do not need to own or bring a rifle in order to participate. Biathlon rules and safety procedures will be explained. Proper shooting positions, race strategy, rifle operation, and range safety will also be covered.

4 KM Mass Start with 3 Shooting Stops

On Saturday, July 9, 2005 a 4Km Prone-Standing-Standing, mass start race for experts and a 4Km Prone-Prone-Standing race for novices will be held. Additionally, for those interested, there will be a team relay race (open to all racers, three or four racers/team with team compositions based on first race finishes, 1st/last and so on, format TBD) The registration fee for the entire program is \$20. Entries will be accepted by mail or you can reserve your spot via email and take care of the paperwork the morning of the event.

If you plan to pay your fee at the venue, *please* also email or call to let us know that you will be participating. Email: jtseabrook@wabiathlon.org or call (425-922-6611)

Make checks payable to: Washington Biathlon Association, and mail with this form to;
Race Director, WBA
PO Box 1716
Issaquah, WA 98027.

ELIGIBILITY Summer Biathlon is open to all WBA, United States Biathlon Association members, as well as interested newcomers, age 14 and over, who are legally entitled to possess a firearm AND who have completed a MANDATORY Rifle Safety Certification clinic.

USBA Membership is required to participate in all Washington Biathlon Association events. Our insurance comes to us via the United States Biathlon Association. Membership forms are available by visiting www.usbiathlon.org.

An annual membership is \$25 and is recommended if you plan to participate in more than one biathlon race (summer and/or winter) in the coming year. Day memberships in USBA are available for \$10. We will have USBA membership applications (including day membership forms) available at check -in.

Day membership fees for first time racers will be covered by WBA. Current USBA members, please have your USBA membership cards with you.

RACE DAY SCHEDULE

9:00 am - Check-in begins
9:30 am - Mandatory Racers' Briefing
9:45 am - Zeroing period begins
9:45 am - Equipment check opens
10:30am - Zeroing period ends
10:45am - Expert race start
TBD - Relay race start
1:30 pm - Awards
2:00 pm - Range Closes

Lodging – Contact the race director, Jack Seabrook (jtseabrook@wabiathlon.org) or call (425-922-6611) for information on lodging if needed. There are numerous hotels/ motels in the South Seattle area, so use your web search tools to find something to your liking. Camping is available on site with prior coordination.

Location – This event will be held at the Seattle Police Athletic Association's range, 11030 E. Marginal Way South, Tukwila, WA. Phone number at the range is (206)684-7474, ext #4 (ask for Sgt. Verhar).

Directions – can be found by visiting
www.spaarange.com/Diving%20Directions.htm

or

Take I-5 South from Seattle and get off at exit #158 (Boeing Access Road). Go west on Boeing Access Rd. and take a left on E. Marginal Way South. Go about .2 miles and look for SPAA sign and entrance road on your left. Facilities are behind commercial buildings.

When you enter the SPAA facility look for Biathlon signs, which will direct you to parking area.