

Oil Creek State Park Summer Biathlon

August 14, 2009

Mandatory First Timers Safety Clinic at 8:30 AM

Race Starts at 10 AM

Location: Oil Creek State Park Cross-Country Ski Area, Petroleum Center

Course: 6K Cross Country Run with 2 shooting stops!

First timers welcome. All equipment provided

Open to all athletes age 12 and over who complete the mandatory pre-race safety clinic.

Sponsored by: Friends of Oil Creek State Park, Great Lakes Energy and PA Biathlon Club

Proceeds from event benefit "Friends of Oil Creek State Park Volunteer Group"

What is a Summer Biathlon and how does it work?

The 6K running race is divided into three parts. First: The timing starts with waves of two runners leaving every minute and running an approximately 1.2 mile loop. As you approach the shooting range at the end of the first running loop, you will walk the last 50 meters, catch your breath lie down in the prone position and pick up an easy to use .22 caliber target rifle. You shoot 5 shots at a 3.5-inch metal knock down target 25 meters away. For each missed target you are required to run a 70-meter penalty loop after the shooting stop. Second: After this first shooting stop, you walk rapidly out of the range and run the same 1.2-mile loop again. The second time at the range you will shoot 5 shots at the same target from the standing position and run the 70-meter penalty loop for each missed target. Third: Once you've completed the standing position, you walk out of the range and run the 1.2-mile loop a final time ending at the finish line. **Remember every second counts!**

For more info on Biathlon visit: www.usbiathlon.com or www.biathlete.org

SCHEDULE:

7:00-8:00 AM: Check-in for first-time participants

7:00-9:00 AM: Check-in for experienced participants

7:30-8:00 AM: Zero for personal rifles

8:30 AM: Familiarization Safety Clinic (mandatory for first Time participants)

9:00-9:30 AM: Confirmation of zero for personal rifles

10:00 AM: Race begins

CLINIC: All first-time participants are required to attend the pre-race biathlon familiarization/safety clinic. You will learn the rules of the sport; correct shooting positions, safety procedures, and race strategy. The clinic will start promptly at 8:30 AM on race day.

AWARDS: Prizes will be awarded to the first three overall men and women. There will also be age group awards in each of the following age categories: 12-13, 14-19, 20-29, 30-39, 40-49, 50-59, 60+.

ACCOMMODATIONS:

HOTELS:

Quality Inn & Conference Center, 1411 Liberty St, Franklin, PA 814/437-3031

Super 8 Motel, Rt. 8 Franklin, PA 814/432-2101

Arlington Hotel, 1 Seneca St., Oil City, PA 814/677-1221

Comfort Inn, 511 W. Central Ave., Titusville, PA 814/827-0041

Caboose Motel, Perry Street, Titusville, PA 800/827-0690

Holiday Inn Express, Route 257, Cranberry, PA 16319 814/677-2640

CAMPING:

Oil Creek State Park, Tenting and Adirondack type shelters (walk in only) 814/676-5915

Oil Creek Camp Ground, 340 Shreve Rd., Titusville, PA 814/827-1023

REGISTRATION: The field size will be limited to the first 80 registrants. Entries received after the limit has been reached will be returned promptly. T-shirts are guaranteed to the first 50 registrants. Registration fee \$18.00 for entries received through August 2, 2008. August 3 through race day entry, fee is \$20.00. Make check payable to: John Sims (in memo line write: "Oil Creek State Park Biathlon")

CONTACT: John Sims Phone# 814/354-2802 or e-mail: pjam@venustel.com

PARK INFORMATION: Oil Creek State Park, 305 State Park Road, Oil City, PA 16301, 814/676-5915, e-mail: oilcreeksp@state.pa.us Web: www.dcnr.state.pa.us/stateparks/ click on find a park or www.orgsites.com/pa/focsp

DIRECTIONS:

From South: Take Route 8 North thru Oil City to Rouseville at the red light turn right on to Route 227 East. Proceed on Route 227 East for approx. 2.8 miles to the Village of Plumer. Turn left at a sign marked "Oil Creek State Park" onto Petroleum Center Road and follow directions to the Cross-Country Ski Area, which is on the right.

From North: Take Route 8 South thru Titusville. Five mile below Titusville turn left at the Oil Creek State Park" sign (Tune Town concert ground). Take this road 4 miles to Petroleum enter. At stop sign turn left onto SR1004 to Plumer, cross old metal bridge, go past park office and proceed to the top of the hill, approx. 1.2 miles. Cross-Country Ski Area is on left.

2008 Oil Creek State Park Summer Biathlon Official Entry Form

Detach and mail to: John Sims, 259 Aaron Road, Venus, PA 16364

Registration Fee \$18.00 until 8/2/08, \$20.00 from 8/3/08 to 8/9/08

Make check payable to: John Sims (write in memo line "Oil Creek State Park Biathlon")

***** Please Type or Print Clearly *****

Name (Last, First) _____ Age (as of 8/9/08) _____

Street Address _____ City, St _____ Zip _____

Telephone _____ E-Mail _____ Gender: M F

Current 5K Time _____ T-Shirt Size: S M L XL

Have you competed in a biathlon before? Y N

___ Check here if you will bring your own rifle. Must be a bolt or lever action with 5-shot magazine (need 2 clips)

RELEASE: In consideration of the acceptance of my entry, I, for myself, my executors, administrators and assigns, do hereby release and discharge Summer Biathlon, United States Biathlon Association, Oil Creek State Park, Great Lakes Energy, PA Biathlon Club and any other sponsors, organizers, and volunteers from all claims or damages, demands, or actions whatsoever in this event. I declare that I am physically fit and sufficiently trained to participate in this event.

Entrant's Signature _____ Date _____

(Parent or Guardian must sign if entrant is under 18)