

United States Biathlon Association  
**2009 North American Biathlon Rollerski  
Championships**

August 7<sup>th</sup> – 9<sup>th</sup>, 2009  
Ethan Allen Firing Range  
Jericho, Vermont

Hosted by

Ethan Allen Biathlon Club  
P.O. Box 1012  
Jericho Center, Vermont 05465  
[eabiathlon@gmail.com](mailto:eabiathlon@gmail.com)



## **Introduction**

The 2009 North American Rollerski Biathlon Championships are sponsored by the United States Biathlon Association and hosted by the Ethan Allen Biathlon Club. The Championships will take place at the Ethan Allen Firing Range in Jericho, Vermont on August 8<sup>th</sup> and 9<sup>th</sup>, 2009.

Ethan Allen biathlon facilities were originally built to be a state of the art facility and remain one of the top biathlon centers in the United States. The facilities include a 30 point range, 6 kilometres of paved and lighted roller skiing, and more than 18 kilometres of established wooded trails, a large meeting building as well as toilet facilities, showers, and a kitchen, and a separate building at the finish line dedicated to timing operations. The range is located approximately 30 minutes from Burlington, Vermont, a beautiful city with a population of approximately 39,000 situated on the shore of Lake Champlain and the edge of the Green Mountains. The area is easily accessed by Burlington International Airport with regular connections to major airline hubs and can be reached from most of the Northeast by interstate highways. The area is known for its outstanding recreational activities such as hiking, mountain biking, and fishing and has numerous lodging and dining options.

## **Rules**

The International Biathlon Union Event and Competition Rules will be in effect for this event, except as specifically modified by the Organizing Committee or Competition Jury. Any modifications to the rules will be discussed at the Team Captains Meeting. The organizing committee reserves the right to modify the parameters of the event based upon local conditions such as weather and trail availability.

## **Competition**

The competition will include a Sprint race on Saturday and a Pursuit race on Sunday. All races will be held on paved loops. These loops have significant downhill sections and all competitors should be comfortable and confident skiing on a rolling, paved course amongst other competitors. Competitors must bring their own ski, boots, poles helmets, and rifle. *Rifles will not be carried for this event.* Helmets must be worn by all competitors while rollerskiing. Course information will be available on site.

**Sprint Competition (Saturday):** *Woman (7.5 km, p-s), 150 m penalty loop*  
*Men (10 km, p-s), 150 m penalty loop*

**Pursuit Competition (Sunday):** *Woman (10 km, p-p-s-s), 150 m penalty loop*  
*Men (12.5 km, p-p-s-s), 150 m penalty loop*

## **Competition Officials**

Chief of Competition: Tom Lane, John Madigan

Chief of Course: To be determined

Chief of Range: Tom Lane

Chief of Stadium: To be determined

Chief of Timing: Karen Clark

Competition Secretary: Chris Ludington

Organizing Committee: *Tom Lane, John Madigan, Karen Clark, Madeline Mann, Judy Gear, Chris Ludington*

## **Schedule of Events**

The course will close 5 minutes before the start of the races and will not reopen until all competitors have completed the race course. You should consider bringing running shoes to cool down in.

### **Friday, August 7<sup>th</sup> *Arrival and Training***

Competition Office open: *0800 to 1200 hrs, 1300 to 1800 hrs*

Range and roller loops open for training: *0900 to 1200 hrs, 1300 to 1600 hrs*

Team Captains Meeting: *1900 hrs in the Walker Building*

### **Saturday, August 8<sup>th</sup> *Sprint Competition***

Competition Office open: *0700 to 1300 hrs*

Equipment Control open: *0830 hrs*

Zero (all classes): *0900 to 0945 hrs*

Sprint Competition – *Master, Senior, Junior and Youth Woman: 1000 hrs, 30 seconds intervals*

Sprint Competition – *Master, Senior, Junior and Youth Men: 1100 hrs, 30 seconds intervals*

Flower Ceremony for Sprint: *Approximately 1230 hrs in Walker Building*

Range and roller loops open for training: *1300 to 1600 hrs*

Banquet in Walker Building: *1800 to 2000 hrs*

### **Sunday, August 9<sup>th</sup> *Pursuit Competition***

Competition Office open: *0700 to 1300 hrs*

Equipment Control open: *0830 hrs*

Zero (all classes): *0900 to 0945 hrs*

Pursuit Competition – *Master, Senior, Junior and Youth Men: 1000 hrs, 30 seconds intervals*

Pursuit Competition – *Master, Senior, Junior and Youth Woman: 1100 hrs, 30 seconds intervals*

Flower Ceremony for Pursuit: *Approximately 1230 hrs in Walker Building*

*Note: Separate races may be held for younger athletes depending upon the number of entrants.*

## **Eligibility**

If correctly registered and entered by USBA Region or their Canadian Division any member of USBA or Biathlon Canada in good standing may participate in this event if they have a valid USBA or Biathlon Canada Competitor membership card. The competitors must be prepared to show their membership card for the current year at the event registration. USBA membership forms are available at <http://www.usbiathlon.org/forms/membership.pdf>

The competition is open to all biathletes 14 years of age or older on the day of the competition.

Biathletes, younger than 16, will need permission to compete, based upon ability to participate safely, from the Chief of Competition.

### **Competition Office**

The Competition Office will be open at the Walker Building located at the Ethan Allen Firing Range during the following hours;

Friday, August 7<sup>th</sup> – 0800 to 1200 hrs, 1300 to 1800 hrs

Saturday, August 8<sup>th</sup> – 0700 to 1300 hrs

Sunday, August 9<sup>th</sup> – 0700 to 1300 hrs

### **Team Captains Meeting**

There is one team Captains Meeting scheduled for this competition. It will be held at the Ethan Allen Firing Range, Walker Building at 7:00 pm on Friday, August 7<sup>th</sup>. Additional meetings may be scheduled as needed. Items to be covered at the meeting include modifications to the rules, election of jury, and start order draw for the Sprint competition. Representation at the Team Captains meeting is strongly encouraged. If anyone is unable to attend, they should plan on picking up their bibs in the morning and to be briefed on any relevant information.

### **Official Training**

The range and paved roller loops will be open to registered competitors and coaches during the following times:

Friday, August 7<sup>th</sup> – 0900 to 1200 hrs, 1300 to 1600 hrs

Saturday, August 8<sup>th</sup> – 1300 to 1600 hrs

Sunday, August 9<sup>th</sup> – Range closed following competition

### **Awards**

Awards will be presented to the top three finishers in each of the following classes for each of the races. A drawing among competitors for donated prizes will be held at the banquet.

*Boys and Girls (14 to 16 years old on August 8, 2009)*

*Youth Men and Youth Woman (17 to 18 years old on August 8, 2009)*

*Junior Men and Junior Woman (19 to 20 years old on August 8, 2009)*

*Senior Men and Senior Woman (21 to 39 years old on August 8, 2009)*

*Master Men and Master Woman (40 years and older on August 8, 2009)*

### **Liability/Insurance Waiver**

Competitors shall be responsible for adequate insurance of participants. All participants must be

appropriately insured against injuries, illness or possible damage of material. Neither the organizing committee, the Ethan Allen Biathlon Club, Ethan Allen Firing Range, Vermont National Guard, the United States Biathlon Association, nor any sponsors or volunteers, shall be liable for personal and material damage. All competitors must sign a waiver and release of liability before using the facilities.

### **Athlete Reception and Banquet**

A reception and banquet (barbecue) will be held on Saturday evening at 6:00 pm at the Walker Building.

### **Registration and Fees**

The entry fee is \$20 for one race and \$30 for both races for all competitors. This fee includes one ticket to the Saturday Athlete reception and Banquet. Additional tickets to the reception/banquet can be purchased for \$12.

Registration for this event closes at 1900 hrs on Friday, August 7<sup>th</sup>, 2009. On-site registration will be available on that day. Pre registration is encouraged and should be mailed on or before August 3, 2009. The registration form should be mailed along with a check or money order for the full registration amount to:

**Ethan Allen Biathlon Club**  
P.O. Box 1012  
Jericho Center, Vermont 05465

### **Driving Directions**

Interstate 89 is a toll free highway between Boston and Montreal. Route 7, a major north/south artery, links western Vermont with Massachusetts, New York and Quebec. Route 2 bisects Vermont westward to New York State and eastward to New Hampshire and Maine. Each of these major routes passes through Burlington, Vermont. Jericho and the Ethan Allen Firing Range are located approximately 15 miles (25km) northeast from the center of Burlington. From Burlington, Winooski or Williston, follow VT Rt. 2A or VT Rt. 15 to Essex Junction and then VT Rt. 15 to Jericho, then follow Lee River Rd. to Ethan Allen Firing Range.

Once at the base, pass through the entry gate onto new pavement. Take second right onto dirt road just past "Red House". Continue up the main road to the top of the hill. Please obey the posted base speed limit of 25 mph. There are many army personnel walking on the roads as well as army vehicles. Anyone who is caught speeding will be asked to leave the base. They are serious about this!! Public transportation to the venue is not available.

## **Lodging and Dining**

A wide selection of accommodations and dining are available in the Chittenden County, Burlington, Vermont area. Burlington is Vermont's largest city, located along the eastern shore of Lake Champlain. For information concerning lodging, please contact:

Lake Champlain Regional Chamber of Commerce  
60 Main Street Burlington, Vermont 05401  
Telephone 802 863 3489 Fax 802 863 1539

Or visit the Web at: <http://www.Vermont.org>

## **Contacts**

### **Ethan Allen Biathlon Club**

P.O. Box 1012  
Jericho Center, Vermont 05465  
[www.eabiathlon.org](http://www.eabiathlon.org)  
[eabiathlon@gmail.com](mailto:eabiathlon@gmail.com)

Chiefs of Competition:

Tom Lane: [lanetw@hotmail.com](mailto:lanetw@hotmail.com)  
John Madigan: [jpmad2003@yahoo.com](mailto:jpmad2003@yahoo.com)

### **United States Biathlon Association**

49 Pineland Dr., Suite 301 A  
New Gloucester, Maine 04260

Phone: (800) 242 8456  
[usbiathlon@aol.com](mailto:usbiathlon@aol.com)  
[www.usbiathlon.org](http://www.usbiathlon.org)

**Competitor Entry Form**  
**2009 North American Rollerski Biathlon Championships, Jericho, Vermont**

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ Sex: M / F  
Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip \_\_\_\_\_ Country \_\_\_\_\_  
Email: \_\_\_\_\_ Phone: \_\_\_\_\_ Birth date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Age: \_\_\_\_\_

USBA: or Biathlon Canada #: \_\_\_\_\_ Club or Team: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

**Race:**    Sprint – Saturday (Aug 9)       Pursuit Format – Sunday (Aug 10)

***Class/Age:***

- Masters Men: 40+ yrs     Masters Women: 40+ yrs  
 Men: 21-39 years     Women: 21-39 years  
 Junior men: 19-20 years     Junior women: 19-20 years  
 Youth men: 17-18 years     Youth women: 17-18 years  
 Boys: 14-16 years     Girls: 14 -16 years

***Entry Fees:***

- \$20 (U.S. Dollars) for one race.  
 \$30 (U.S. Dollars) for two races.  
 \$12 (U.S. Dollars) for each extra barbecue ticket.

Total amount enclosed: \$ \_\_\_\_\_ U.S. Dollars.    Checks payable to: *Ethan Allen Biathlon Club*

Please enclose payment with registration form. Mail to: **Ethan Allen Biathlon Club**

P.O. Box 1012

Jericho Center, Vermont 05465

**WAIVER AND RELEASE OF LIABILITY**

Identification of risk: I, \_\_\_\_\_, know that biathlon, consisting of roller skiing and rifle marksmanship, involves risks of serious injury, including permanent disability and death. I understand that these injuries might result not only from my actions, but the actions, inactions, or negligence of others. Assumption of risk: I agree that I am responsible for my safety while participating in biathlon training and competition. I assume all risks, both known and unknown, connected with my participation. Waiver: Being aware of the risks and willing to assume them, I waive, release and hold harmless Ethan Allen Firing Range, Vermont National Guard, Ethan Allen Biathlon Club, United States Biathlon Association, their affiliate clubs, volunteers, directors, officers, employees, coaches, sponsors, advertisers, and owners/lessors of used premises from all claims for liability, injury, loss, or damage connected with my participation in biathlon training and competition. I intend for this waiver and release to also apply to my relatives, personal representatives, heirs, beneficiaries, next of kin, and assigns. Insurance: I currently have, and agree to maintain through the time I participate, sufficient medical and accident insurance. I understand that this is my responsibility and release anyone from providing it for me.

I have read this agreement carefully, understand that I give up substantial rights by signing it, and sign it voluntarily.

\_\_\_\_\_ Date \_\_\_\_\_  
Participant's signature

**For Participants under age 18:**

I consent to the above person's participation in biathlon training and competitions. I acknowledge that I assume all risks, known and unknown, and waive all claims in advance.

\_\_\_\_\_ Date \_\_\_\_\_  
Parent/guardian's signature