



## PA. SUMMER BIATHLONS

SPONSORED BY



NESCOPECK HUNTING & RIFLE CLUB  
PINE ST. NESCOPECK, PA. 18635

DATES: SAT. MAY 18, 2019 -9:30 AM START--8AM BEGINNERS CLINIC

SAT, JULY 13, 2019 -9:30 AM START--8AM BEGINNERS CLINIC

DIRECTIONS: I-80 TO EXIT 256--OR I-81 TO EXIT 145--NORTH - RT 93 TO PINE ST-7.7 MI.

REGISTRATION FEE--PRE-ENTRY \$20.--RACE DAY \$25.--CHECKS PAYABLE TO FRANK GAVAL  
ALL EQUIPMENT PROVIDED--T-SHIRTS--REFRESHMENTS

----- THIS IS A FOOT RACE -- PLEASE NO BABY STROLLERS, BIKES, PETS. ETC. -----

### DESCRIPTION OF EVENT

5K RUN--25M SHOOT--70M PENALTY LOOP--THE 5K RACE & TIMING START WITH WAVES  
OF 1 OR 2 RUNNERS--AT YOUR OWN PACE RUN THE FIRST LOOP, WALK ZONE, LAY DOWN  
SHOOT .22 CALIBER RIFLE 5 SHOTS--EACH TARGET MISSED RUN A PENALTY LOOP--REPEAT  
YOUR RUN--ENTER RANGE ( THIS TIME SHOOT SANDING-RUN PENALTY LOOPS FOR MISSES  
FINISH RACE WITH YOUR LAST RUN

AWARDS: 1ST OVERALL MALE & FEMALE--TOP 3 AGE GROUPS-- ( 12-13, 14-15,16-19,20-29,30-39,40-49  
50-59,60. -----1ST MALE & FEMALE MASTERS

OTHER RACE DATES----- ALTOONA JUNE 22-----OIL CREEK STATE PARK AUG 10

---

ENTRY FORM--MAIL TO FRANK GAVAL--369 TURKEY PATH RD. SUGARLOAF, PA. 18249

CALL 570-788-4219-----E-MAIL BARB123@PTD.NET

NAME \_\_\_\_\_ AGE \_\_\_\_\_ MALE \_\_\_\_\_ FEMALE \_\_\_\_\_

ADDRESS \_\_\_\_\_ PHONE \_\_\_\_\_

E-MAIL \_\_\_\_\_ SHIRT SIZE--MED \_\_\_\_\_ LG \_\_\_\_\_ XLG \_\_\_\_\_

I AM A FIRST TIME-COMPETITOR & WILL ATTEND CLINIC ----- HAVE MY OWN RIFLE \_\_\_\_\_  
RELEASE--IN CONSIDERATION OF THE ACCEPTANCE OF MY ENTRY, I FOR MYSELF, MY EXECUTORS, ADM-  
INSTRATORS & ASSIGNS, DO HEREBY RELEASE & DISCHARGE SUMMER BIATHLON,U.S. BIATHLON  
ASSOCIATION, NESCOPECK HUNTING & RIFLE CLUB, INSTA RESULTS,LUPINI FARMS, BORO OF NESCOPECK  
& OTHER SPONSORS FROM ALL CLAIMS OR DAMAGES, DEMANDS, ACTIONS WHATSOEVER IN THIS EVENT  
& I AM PHYSICALLY & SUFFICIENTLY TRAINED TO PARTICIPATE IN THIS EVENT.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

MAY \_\_\_\_\_ JULY \_\_\_\_\_