



**Date:** Saturday,  
October 17, 2009

**Time:** Open practice  
at 9:30 am  
Start at 11:00 am

**Location:** Biathlon  
Range at COP

**Categories:** Kids (8-  
12 years old); Teens  
(13-15 years old);  
Families (1 adult and 1  
kid); Adults

**Format:** Relay race  
(TWO persons per  
team)

**Race Entry Fees:**  
\$30 per person (kids,  
teens and family only)  
\$40 per person for  
adults

**Equipment to bring:**  
mountain bike, water  
bottle and a huge  
smile!!! Everything else  
will be provided!



## Alberta Biathlon Club and Canada Olympic Park present THE URBAN MOUNTAIN BIKE BIATHLON RACE

If you are an active lifestyle junkie who enjoys new challenges and is willing to push yourself to the new limits this is the race you want to be a part of. For the very first time in Alberta you get to test your teamwork and mental skills while cycling on a mountain bike course with stops for shooting bouts. This race is open to general public including kids (8 years old or older) and adults.

### The rules are simple:

The participants will be competing on a mountain bike course with:

4 shooting bouts per team for kids, teens and family categories  
6 shooting bouts per team for 'adults' category

Participants in each team will be rotating after each mountain bike loop and a shooting bout, so that at the end both participants will have cycled 2 laps and shot 2 times (for kids, teens and family categories); and 3 laps on a bike and 3 shootings for 'adults' category. Those participants who miss their targets will have to cycle one penalty loop for each missed shot before tagging off their partner.

**No previous biathlon experience is required to participate in this race as the rifle and race instruction will be provided prior to the start of the competition.**

Come and experience the thrill of biathlon in the fun, no pressure environment and get energized for the upcoming 2010 Winter Olympic Games in Vancouver!

**To register please go to [www.albertabiathlon.com](http://www.albertabiathlon.com)**

For more information or questions and inquires please contact:

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