

# 21st Annual Steamboat Pentathlon - March 10, 2012

## Schedule Of Events

Friday, March 9, 2012:

- 5:30pm **MANDATORY** Pre-Race Meeting at Olympian Hall  
(Cross the Yampa River on 5th Street, take first right on Howelsen Parkway, Olympian Hall is in Lodge on 2nd floor)
- 6:00pm Packet Pick-up at Olympian Hall at Howelsen Hill immediately following pre-race meeting

Saturday, March 10, 2012:

- 9:00-9:45am Alpine Practice Runs
- 9:15-9:45am **MANDATORY** Check-In
- 10:00am Race Start
- 12:00pm Lunch at Howelsen Lodge
- 1:00pm Awards Ceremony
- 2:00pm Post Race Party @ Sweetwater Grill

## Course Descriptions

### STANDARD COURSE

- Stage 1 - Alpine Skiing (400 vertical feet) Alpine skiers charge 400 feet up Howelsen Hill on foot, put on their choice of alpine, nordic, telemark or snowboard equipment & race down 400 vertical feet to the transition area to begin the snowshoe course. This course is an expert run, expect hard-packed conditions.
- Stage 2 - Snowshoeing (2.5 miles) Snowshoers travel south from the transition area up "Long John" following a path through meadows and then proceeding down a beautiful winding path back to the transition area.
- Stage 3 - Cross Country Skiing (4 miles) Nordic racers will traverse on an intermediate/expert mountain course on a groomed track utilizing a portion of the Håkan Spår loop and the Bluffs loop. Skiers may choose either classic or skate-skiing style.
- Stage 4 - Mountain Biking (12 miles) Racers bike on a winding road which follows along the scenic Yampa River for an out-and-back course. The road remains open to traffic, so caution is of utmost importance when competing in this portion of the race. Helmets are mandatory & drafting will not be permitted. Only 26 x 1.9" or larger size tires are allowed.
- Stage 5 - Running (5 miles) Racers run along a paved surface on the Yampa River Core Trail for an out-and-back course. Race participants return to the finish line in the transition area at Howelsen Hill.

### SHORT COURSE

- Stage 1 - Alpine Skiing (400 vertical feet) Alpine skiers charge 400 feet up Howelsen Hill on foot, put on their choice of alpine, nordic, telemark or snowboard equipment & race down 400 vertical feet to the transition area to begin the snowshoe course. This course is an expert run, expect hard-packed conditions.
- Stage 2 - Snowshoeing (1.5 miles) Snowshoers travel south from the transition area up "Long John" and then proceed down a beautiful winding path back to the transition area.
- Stage 3 - Cross Country Skiing (2.25 miles) Nordic racers will traverse 1 lap on an intermediate/expert mountain course on a groomed track utilizing a portion of the Håkan Spår loop. Skiers may choose either classic or skate-skiing style.
- Stage 4 - Mountain Biking (7.4 miles) Racers bike on a winding road which follows along the scenic Yampa River for an out-and-back course. The road remains open to traffic, so caution is of utmost importance when competing in this portion of the race. Helmets are mandatory & drafting will not be permitted. Only 26 x 1.9" or larger size tires are allowed.
- Stage 5 - Running (2 miles) Racers run along a paved surface on the Yampa River Core Trail for an out-and-back course. Race participants return to the finish line in the transition area at Howelsen Hill.

## Divisions Available:

### Individual Standard Course

Male: 18-29, 30-39, 40-49, 50-59, 60+  
Female: 18-29, 30-39, 40-49, 50-59, 60+

### Individual Short Course

Male: 17 & under, 18-29, 30-39, 40-49, 50-59, 60+  
Female: 17 & under, 18-29, 30-39, 40-49, 50-59, 60+

### Team

Standard Course: Male, Female, Coed, or Dynamic Duo  
Short Course: Male, Female, Coed, Dynamic Duo, or \*Youth

\*Youth is all participants 17 years and younger as of December 31, 2012.

## Entry Fees

	<u>Received by:</u>	<u>2/16/12</u>	<u>after 2/16/12</u>
• Youth Individual (17 & under)		\$50	\$70
• Adult Individual		\$90	\$110
• Adult Dynamic Duo		\$155	\$175
• Youth Team (17 & under)		\$150	\$170
• Adult Team (male, female or coed)		\$225	\$245

## How to Register

- Register online at [www.steamboatpentathlon.com](http://www.steamboatpentathlon.com)
- Mail completed registration form with payment to: City of Steamboat Springs Parks & Recreation  
(Do not mail after February 16th) PO Box 775088, Steamboat Springs, CO 80477
- Fax forms with credit card payment to 970-870-0173 or drop off at the Parks, Open Space & Recreational Services Office  
245 Howelsen Parkway, Steamboat Springs, CO (Office Hours: Monday - Thursday, 7:30 am - 5:30 pm)

**Registration Deadline:** Monday, March 5, 2012, received no later than 5:30 pm



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## Individual Entry

Circle one:      Standard Course                  Short Course

Circle one:      Adult (18+)                                  \*Youth (17&U)

\*Youth is all participants 17 years and younger as of Dec. 31, 2012. All Individual Youth will do the Short Course.

Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

E-mail \_\_\_\_\_

Home Phone \_\_\_\_\_

Cell Phone \_\_\_\_\_

Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_

Gender:          M          F

Adult T-Shirt Size: (circle one)    S    M    L    XL

Waiver Signature \_\_\_\_\_

(Parent/Guardian if under 18)

## Payment Information

	BY FEB 16	AFTER FEB 16	
Youth Individual (17&U)	\$50	\$70	= \$ _____
Adult Individual	\$90	\$110	= \$ _____
Adult Dynamic Duo	\$155	\$175	= \$ _____
Youth Team (17&U)	\$150	\$170	= \$ _____
Adult Team (male, female, coed)	\$225	\$245	= \$ _____

**Extra Lunch Tickets\***

# of Lunches \_\_\_\_\_ x \$5 each lunch = \$ \_\_\_\_\_ Extra Fee

= \$ \_\_\_\_\_ **Total Due**

**Method of Payment:**

Cash

Check # \_\_\_\_\_

Credit Card# \_\_\_\_\_

Exp. Date \_\_\_\_/\_\_\_\_/\_\_\_\_ CVV #(security digits): \_\_\_\_\_

Signature \_\_\_\_\_

\*Racers' lunch is included in registration fee. Extra tickets available for family/friends via early purchase only. Tickets will not be available for purchase at event.\*

**Questions? Call 970-979-4300 or go to the website**

**www.steamboatpentathlon.com**

**WAIVER:** I expressly understand and agree that neither the City of Steamboat Springs, CO, a municipal corporation, nor any of its officers, agents, volunteers, assistants, or employees shall be held responsible or made the subject of any claim seeking to assess damages or liability for or arising from personal injury or property damage or loss of any other sort to myself or other person in whose behalf this form is now signed as a result of actual or proposed participation in the above-named program and I hereby agree to indemnify and hold the City of Steamboat Springs, its officers, agents, volunteers, assistants, or employees harmless on account of any such claim. I hereby give permission to the City of Steamboat Springs, CO to use my name and photographic likeness in all forms and media for advertising, trade, and any other lawful purposes and forfeit all compensation for use.

## Team Entry

Circle One:      Standard Course                  Short Course

Circle One:      Male          Female          Coed          Duo          \*Youth (17&U)

\*Youth is all participants 17 and younger as of Dec. 31, 2012. All Youth individuals & teams 17&U will do the short course.

Team Name \_\_\_\_\_

Total Number of Racers: (circle one)          2          3          4          5

Team Captain's Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

E-mail Address \_\_\_\_\_

Home Phone \_\_\_\_\_          Cell Phone \_\_\_\_\_

Gender:    M    F                                  Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_

Adult T-Shirt Size: (circle one)    S    M    L    XL

Waiver Signature \_\_\_\_\_

(Parent/Guardian if under 18)

  

**Racer #2** Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

E-mail Address \_\_\_\_\_

Home Phone \_\_\_\_\_          Cell Phone \_\_\_\_\_

Gender:    M    F                                  Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_

Adult T-Shirt Size: (circle one)    S    M    L    XL

Waiver Signature \_\_\_\_\_

(Parent/Guardian if under 18)

  

**Racer #3** Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

E-mail Address \_\_\_\_\_

Home Phone \_\_\_\_\_          Cell Phone \_\_\_\_\_

Gender:    M    F                                  Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_

Adult T-Shirt Size: (circle one)    S    M    L    XL

Waiver Signature \_\_\_\_\_

(Parent/Guardian if under 18)

  

**Racer #4** Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

E-mail Address \_\_\_\_\_

Home Phone \_\_\_\_\_          Cell Phone \_\_\_\_\_

Gender:    M    F                                  Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_

Adult T-Shirt Size: (circle one)    S    M    L    XL

Waiver Signature \_\_\_\_\_

(Parent/Guardian if under 18)

  

**Racer #5** Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

E-mail Address \_\_\_\_\_

Home Phone \_\_\_\_\_          Cell Phone \_\_\_\_\_

Gender:    M    F                                  Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_

Adult T-Shirt Size: (circle one)    S    M    L    XL

Waiver Signature \_\_\_\_\_

(Parent/Guardian if under 18)

For Office Use Only: Date: \_\_\_\_/\_\_\_\_/\_\_\_\_          Pd Initial: \_\_\_\_\_