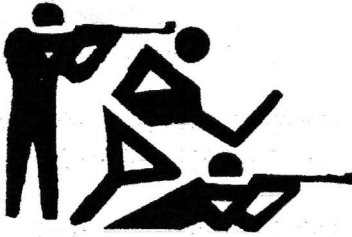


SUMMER



BIATHLON

# PA Summer Biathlons Sponsored by PA Biathlon Club

Nescopeck Hunting and Rifle Club  
Pine Street Nescopeck, PA 18635

July 16, 2022- 9:30am Start--8am Beginners Clinic

Directions: I-80 to exit 256 or I-81 to exit 145 then north on Rt 93 to Pine St. (7.7 miles)

Registration Fee--Pre-entry \$20--Race Day \$25 Checks Payable to Frank Gaval

**All equipment provided--T-shirts-Refreshments**

**This is a foot race over rugged terrain. No baby strollers, bikes, pets, etc.**

### Description of Event

5k Run--25m shoot--70 m Penalty Loop--5K race starts with waves of 1 or 2 runners

At your own pace run first loop, walk zone, lay down and shoot 5 shots (.22 cal rifle)--each target missed run a penalty loop--repeat the run- enter range for standing shooting- run penalty loops for misses. Return to course for final loop to finish line.

Awards: 1<sup>st</sup> Overall Male & Female-- Top 3 in age groups (12-13, 14-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+--1<sup>st</sup> place Male and Female Masters

Other Races: Altoona, June 25, 2022 .....Oil Creek State Park, August 13, 2022

Entry Form--Mail to Frank Gaval, 369 Turkey Path Road, Sugarloaf , PA 18249

Call 570-788-4219 or email [barbl23@ptd.net](mailto:barbl23@ptd.net)

NAME \_\_\_\_\_ Age \_\_\_ Male \_\_\_ Female \_\_\_

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

EMAIL \_\_\_\_\_ Shirt size M \_\_\_ Lg \_\_\_ XL \_\_\_

I am a first time competitor and will attend clinic \_\_\_\_\_ Have my own rifle \_\_\_\_\_

Release--In consideration of the acceptance of my entry, I for myself, my executors, administrators and assigns, do hereby release and discharge Summer Biathlon, US Biathlon Association, Nescopeck Hunting and Rifle Club, Insta Results, Lupini Farms, Boro of Nescopeck and other sponsors from all claims or damages, demands, actions whatsoever in this event and I am physically and sufficiently trained to participate in this event.

Signature \_\_\_\_\_ Date: \_\_\_\_\_