



Directions to Event:

From Wichita, KS, proceed southwest on K-42 to Schulte at MacArthur Rd. Go west to Lake Afton Park. For participants arriving from the west on US 400, exit at Garden Plain and proceed south approximately 3 miles to MacArthur Rd. then 1/2 mile east. The event will be held at the Young Hunter Safety shooting range west of the Observatory on the north side of MacArthur Rd. and the lake.



Derby Running Club

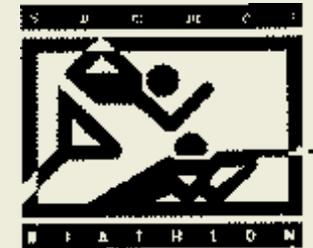
101 N. Brookforest
Derby, KS 67037
Phone: (316) 641-1822
E-mail: ljlrnich@aol.com

Thanks to the following sponsors



2021 Summer Biathlon

Sunday, August 1, 2021
Lake Afton Park
Young Hunter Safety Range



A Fun Event for Runners and Shooters* of All Ages and Abilities.

Join us for this exciting alternative to the basic 5K road race.

* Rifles, ammunition and expert instruction on-site.

2021 Summer Biathlon

| |
|------------|
| Run Number |
|------------|

Entry Form

Name _____
Address _____
City _____ State _____ Zip _____
Telephone _____
Age _____ Sex M F
T- Shirt size (circle one) S M L XL
5K Running Time _____

Entry Fee: \$30 in advance, No day of race entries

T-Shirts to the first 50 registrants

Mail completed entry form with payment to:

Derby Running Club
101 N. Brookforest
Derby, KS 67037

OR:

REGSITER ONLINE AT
Runsignup.com

Packets will be issued on race day

Waiver:

I know that running and rifle shooting are potentially dangerous activities. I should not enter unless I am medically able and properly trained. I also agree to attend the mandatory safety clinic. I assume all risks associated with this event including but not limited to falls, contact with other participants, the effects of the weather (including high heat and/or humidity), injury due to firearms, traffic and the condition of the roads, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I and anyone entitled to act on my behalf, waive and release the Derby Running Club, First Gear, Inc., The Kansas State Rifle Association, Sedgwick County, KS and Young Hunter Safety and all volunteers and other sponsors and professionals associated with this event from all claims and liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence on the part of persons named in this waiver. I grant permission to all race sponsors and officials to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature _____ Date _____

Parent's Signature (if under 18) _____

Information Contacts: Larry Richardson (316) 641-1822 or Tim Byrnes (316) 264-3907.

Schedule of Events

- 7:00 a.m. Packet Pick Up
- 7:30 a.m. Mandatory Safety Clinic
- 8:00 a.m. Zero Rifles and Practice
- 9:00 a.m. Race Starts
- 11:00 a.m. Awards

Awards and Age Groups (male and female)

14-under, 15-19, 20-29, 30-39, 40-49, 50-59 & 60-up

Unique hand-made awards, created by Tim Byrnes, will be awarded to first overall male and female and first male and female sharpshooter.



The
NRA Foundation
Teach Freedom...



Summer Biathlon

Summer Biathlon was invented by a group of traditional winter biathletes (cross country skiing and rifle shooting) as a way to continue their training during the warmer months of the year. The type of Summer Biathlon that we have here is the basic type consisting of three running stages separated by two short shooting bouts.

Runners are sent off in pairs at one minute intervals. The order of start seeding is determined by an individuals' 5K running time with faster runners starting earlier than slower runners. This is done to minimize congestion in the shooting range area.

Once a runner starts, he or she will cover a distance of 1500 meters. Upon completion of this first leg, a runner walks to the shooting range and fires 5 shots in the prone position (lying down) with a .22 rifle at 5 knock down targets. (A scorer will keep track of hits for each person.) Runners then exit the range and run a 2000 meter leg. They then reenter the shooting range and fire 5 shots at the same targets, this time in the standing position. Runners then exit the range and run a final 1500 meter leg to the finish line. Your starting time will be deducted from your finishing time resulting in a net running time. Then, for each shot you hit successfully, you earn a time deduction of :15 seconds for prone and :30 for each hit in standing. Runners are then sorted by net time and awards are determined for overall and age group winners from the net time order.

Rifles and ammunition are furnished. However, you may use your own rifle subject to the following restrictions: bolt-action, iron sights and a 5-shot clip.