



**19th Annual**  
**Steamboat Pentathlon**

March 20, 2010

City of  
**Steamboat Springs**   
Parks, Open Space and Recreational Services

# 19th Annual Steamboat Pentathlon - March 20, 2010

## Schedule Of Events

Friday, March 19, 2010:

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

Saturday, March 20, 2010:

- Alpine Practice Runs 9:00-9:45 am
- Lunch at Howelsen Lodge 12:00 pm
- Mandatory Check-In 9:15-9:45 am
- Awards Ceremony 1:00 pm
- Race Start 10:00 am

## 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: 19-29, 30-39, 40-49, 50-59, 60+  
Female: 19-29, 30-39, 40-49, 50-59, 60+

### Individual Short Course

Male: 18 & under, 19-29, 30-39, 40-49, 50-59, 60+  
Female: 18 & under, 19-29, 30-39, 40-49, 50-59, 60+

### Team

Standard Course: Male, Female, Coed, or Dynamic Duo  
Short Course: Open (adult) or \*Youth

\*Youth is all participants 14 years and younger on March 20, 2010. All Youth teams will do the short course

## Entry Fees

### Received/postmarked on or before March 4, 2010

- \$60 per adult individual
- \$45 per youth individual

### Received/postmarked on or after March 5th until March 15, 2010

- \$75 per adult individual
- \$60 per youth individual

## How to Register

- Register online at [www.steamboatpentathlon.com](http://www.steamboatpentathlon.com)
- Mail completed registration form with payment to:  
(Do not mail after March 8th)  
City of Steamboat Springs Parks & Recreation  
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 are Monday - Thursday 7:30 am - 5:30 pm)

**Registration Deadline:** Monday, March 15, 2010, received no later than 5:30 pm

**Top Finishers** Top finishers in each category will be recognized at the post-race awards ceremony

**Need Lodging?** Call Central Reservations at 1-800-922-2722

# 19th Annual Steamboat Pentathlon - March 20, 2010

## Individual Entry

Check one:  Standard Course  Short Course

Check one:  Male  Female

Name \_\_\_\_\_

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

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

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

Day Phone \_\_\_\_\_

Evening Phone \_\_\_\_\_

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

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

Waiver Signature \_\_\_\_\_  
(Parent/Guardian if under 18)

## Payment Information

**Adult Pre-Registration Deadline:** Thursday, March 4th, 5:30pm  
# of Racers \_\_\_\_ x \$60 each adult = \$\_\_\_\_\_ Entry Fee

**Youth Pre-Registration Deadline:** Thursday, March 4th, 5:30pm  
# of Racers \_\_\_\_ x \$45 each youth = \$\_\_\_\_\_ Entry Fee

**Adult Late Registration Deadline:** Monday, March 15th, 5:30pm  
# of Racers \_\_\_\_ x \$75 each adult = \$\_\_\_\_\_ Entry Fee

**Youth Late Registration Deadline:** Monday, March 15th, 5:30pm  
# of Racers \_\_\_\_ x \$60 each youth = \$\_\_\_\_\_ Entry Fee

**Extra Lunch Tickets\***  
# of Lunches \_\_\_\_ x \$5 each lunch = \$\_\_\_\_\_ Extra Fee  
= \$\_\_\_\_\_ **Total Due**

Method of Payment:  Cash  Check # \_\_\_\_\_

Credit Card # \_\_\_\_\_  
Exp. Date \_\_\_\_/\_\_\_\_

Name on Card \_\_\_\_\_

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 Kate Warnke, Sports Coordinator  
970-879-4300 ext. 354 or kwarnke@steamboatsprings.net  
**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

Check One:  Standard Course  Short Course

Check One:  Male  Female  Coed  Duo  \*Youth

\*Youth is all participants 14 years and younger on March 20, 2010. All Youth teams will do the short course

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

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

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

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

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

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

Day Phone \_\_\_\_\_ Evening Phone \_\_\_\_\_

Gender:  Male  Female 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 \_\_\_\_\_

Day Phone \_\_\_\_\_ Eve Phone \_\_\_\_\_

Gender:  Male  Female 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 \_\_\_\_\_

Day Phone \_\_\_\_\_ Eve Phone \_\_\_\_\_

Gender:  Male  Female 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 \_\_\_\_\_

Day Phone \_\_\_\_\_ Eve Phone \_\_\_\_\_

Gender:  Male  Female 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 \_\_\_\_\_

Day Phone \_\_\_\_\_ Eve Phone \_\_\_\_\_

Gender:  Male  Female Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_

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

Waiver Signature \_\_\_\_\_  
(Parent/Guardian if under 18)

**Office Use Only:** Date \_\_\_\_\_ Payment \_\_\_\_\_  
602469 Initial \_\_\_\_\_

City of Steamboat Springs  
Parks Open Space & Recreation  
PO Box 775088  
Steamboat Springs CO 80477

## **19th Annual Steamboat Pentathlon - March 20, 2010**

**[www.steamboatpentathlon.com](http://www.steamboatpentathlon.com)**

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