



GUY MATTIODA 5K CLASSIC & 1.6K SKATE BIATHLON

Saturday, FEBRUARY 4, 2023

Venue: Hoodoo Ski Area <https://goo.gl/maps/QaM1sY9vr8NVTdQS7>

Race Fees: \$20. This includes a fee to cover biathlon costs. Coaches and volunteers **on skis** are given complimentary passes. Mt. View/Sarah Swaney will pay Hoodoo for all the passes and pick up the passes prior to race. Your team will pay the full amount due for your racers by cash or check payable to Mt. View Community Club when you check in and receive trail passes. All persons on skis must have a trail pass. It is your release of liability.

Coaches' online seeding:

https://docs.google.com/spreadsheets/d/1EHlb4YqDks9nP6aQwUkhc0Mo2402EjZTdl6_D8IQLw/edit#gid=0

Must be completed by Wednesday, February 1st at 6:00 pm.

Questions? contact [David Tranby](#)

Race Format: 5K Classic, interval start (11:00 am)
1.6K Skate Biathlon, interval (immediately after 5K Classic race)

High school racers' Bibs: Bibs for Southern League racers are pre-assigned for the whole season of league races. **Guest racer(s) pick up bib(s) for this race at check-in and return bib to bib box at Finish.**

Start lists and results will be posted on Webscorer: www.webscorer.com

Live timing for 5K Classic Race can be found **HERE**.

TIMELINE	
10:00 a.m.	Course is ready for practice
10:30 a.m.	Forerunner check in with Dave Munson
10:30 a.m.	Course Monitor's Meeting (at start line)
10:30 a.m.	Timing Crew Meeting (near timing tent)
11:00 a.m.	Start of 5K Classic Race, Individual Start, 20-sec intervals Boys & Girls mixed
12:15 p.m.	Paintball Volunteers meet w/Dave Munson at West edge of Paintball range
12:30 p.m.	Start of Paintball Biathlon, Individual Start, 30-sec intervals Boys & Girls mixed



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Summary of Start Timing Procedures (Reference OISRAN Race Rule 13.1 and [Board Decision by email vote February 1, 2023 for more details](#))

The Starter will not place a hand on the racer's shoulder.

Racer starts on the "GO" command, after a verbal countdown and an audible beep from the timing software.

False starts can be penalized by a 15-second penalty.

The originally assigned time on the start list will be used for the start time for late racers.

Overtaking another skier in an interval start race (Reference OISRAN Race Rule 10.6.2)

The racer being overtaken in an interval start race must give way on the first demand, whether it is a classic race or a skate race.

PAINTBALL MARKER SAFETY:

- 1) Treat all PAINTBALL MARKERS as if they were **LOADED** (No Horseplay)
- 2) Keep your finger off the **TRIGGER** until you are ready to FIRE.
- 3) Point the PAINTBALL MARKER only at the TARGET that you intend to SHOOT (**THE LASER RULE**).
- 4) Be 100% sure of your target (**SITUATIONAL AWARENESS**).

PAINTBALL MARKER SHOOTING TIPS

1. Control your BREATHING.
2. RELEASE Paintball Marker SAFETY.
3. Establish SIGHT PICTURE. | | |
RED FRONT SIGHT.
BLACK REAR SIGHTS.
4. Focus on **FRONT SIGHT**,
then **FRONT SIGHT** onto CENTER OF TARGET.
O
5. **SQUEEZE** the trigger.
6. **ADJUST** sight picture for next shot if necessary.
7. Return Paintball Marker back into
SAFETY MODE.



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Location of volunteer parking



Location of race course in relation to the Lodge