

**Bend Structural Engineering 5k Freestyle
and
Guy Mattioda Memorial Biathlon**
Hoodoo Ski Area – Sisters, Oregon
Saturday, February 8, 2025

Venue: Hoodoo Nordic Center – <https://maps.app.goo.gl/Vg8tMAuNb556mqks6>

Nordic Area in Relation to Hoodoo Lodge:



Race Fees and Trail Passes:

- ❖ \$20 per skier –The fee includes an amount to cover biathlon costs.
- ❖ Coaches and volunteers on skis are given complimentary passes
- ❖ OISRAN will pay Hoodoo for all the passes and pick up the passes prior to the race to be picked up by teams at race registration table. Please make checks payable to OISRAN or pay with cash on day of race
- ❖ All persons on skis must have a trail pass. It is your release of liability.

Race Format:

- ❖ 4.9K Individual Skate race, mass start, Boys start at 10:00 am, followed by girls start at approximately 10:20
- ❖ 2.75K Short Course Option
- ❖ 1.6K Paintball Biathlon (3 x 5 Target Tests, 2 x 800M laps)

Bibs:

- ❖ Southern League racers wear pre-assigned bibs for the individual race.
- ❖ Any racers from other leagues will be assigned bibs for the individual race that will need to be picked up at check-in and returned after the biathlon.
- ❖ **ALL individual bibs will be collected at the end of the race from all teams**

Start lists and results will be posted on:

<https://www.webscorer.com/oisran>

<https://oisran.org/2024-25-race-results/>

Overtaking skiers: Because the individual race is a **Mass Start**, a competitor who is being overtaken is not required to give way on the first demand, but the overtaken skier must not obstruct the skier who is overtaking them. **EXCEPTION** - A skier in a relay race (mass start) who is being overtaken must give way on the first demand IF the skier being overtaken is in a different leg. (Race Rule 10.6.3).

In the **biathlon**, an interval start race, a competitor who is overtaken must give way on the first demand.

Links to the Course Maps are on the OISRAN website at this location:

<https://oisran.org/race-schedules/>

Spectators: Spectators may not walk on the groomed ski trails. If spectators wish to observe the race on the course they must be on skis or snowshoes. If on snowshoes - stay as far to the side of the trail, outside of the classic tracks.

Public Use: This is a public use area, and anyone can ski during the race. The course will not be closed, but monitors will be available to direct traffic. Please be considerate of the public and stay out of their way as much as possible.

Food will be provided: Muffins, Bagels, Fruit, hot Chocolate, water, sports drinks, and snacks will be available at the food tent.

Biathlon:

Summary of Start Timing Procedures (Reference OISRAN Race Rule 13.1)

- ❖ **Racer starts on the “GO” command**, after a verbal countdown and an audible beep from the timing software.
- ❖ Any early start that is greater than 3 seconds early will be penalized by a 15-second time penalty.
- ❖ The notes of the start supervisor will be used to recalculate any early start that is less than 3 seconds early.
- ❖ **Racers gain no advantage by starting before “GO,” and they risk a 15-second penalty.**

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.
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5. **SQUEEZE** the trigger.
6. **ADJUST** sight picture for next shot if necessary.
7. Return Paintball Marker back into **SAFETY MODE**.

OISRAN Biathlon Guidelines can be found here: <https://oisran.org/wp-content/uploads/2022/06/Paintball-Biathlon-Guidelines.pdf>

TIMELINE

9:00 am	Course is ready for practice Forerunner is on the course
9:15 am	Course Monitor's Meeting (meet at the Finish line)
9:30 am	Timing Crew Meeting (meet at the timing tent)
9:45 am	Coaches meeting (meet at the timing tent)
10:00 am	Start of Boys 5K Individual Race – Mass Start (2 waves)
~10:20 am	Start of Girls 5K Individual Race – Mass Start (2 waves)
~11:30 pm	Start of Biathlon (Boys and Girls are mixed)
Immediately after Biathlon Finish	Jury Meeting if Needed
~1:45 pm	Southern League Awards Ceremony



Guy
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