

Saturday March 28th, 2009 - Mass Start @11:00 AM

BELT CREEK HEADWATERS RELAY

Winter Tri

Test your athletic abilities in this multi-sport winter triathlon!

\$40
Individual
\$20 Per Relay
Team Member

DOWNHILL SKI - XC SKI - RUN - BIKE

Downhill ski 3/4 mile - transition to a 8 mile cross country ski - transition to a 3.5 mile run - transition to a 5 mile bike.

Course Description: The racers start en mass with a 30 yard dash from the start to their pre-positioned skis on top of Porphony Peak. Racers will then downhill, or cross country, ski approximately 3/4 mile from Porphony Peak to the beginning of the O'Brien Creek XC Ski trail. Racers will then XC ski the O'Brien trail approximately 8 miles to the town of Nelhart. Racers will then run up US Highway 89 3.5 miles to the Many Pines Campground turn off. Finally, racers will mount their bikes and ride uphill (1300 feet of elevation gain) approximately 5 miles to the Kings Hill Pass Finish Line.

Safety: Riders must obey all traffic laws and wear a helmet at all times when racing or warming up on US HWY 89. The courses will be open to traffic so always remember that you are responsible for your own safety on the highway.

Entry Fee: \$40 for an individual registration OR \$20 per relay team member (with a max of \$60 per team).

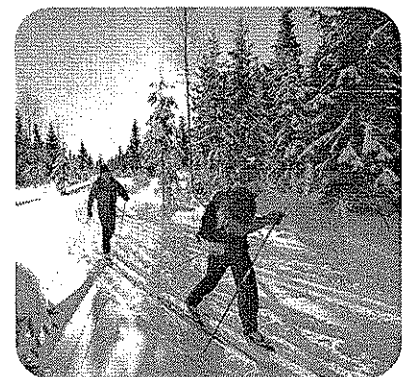
Contact info: Mike Rydell 406-868-5028 rydell9@mac.com or John Juras johnjuras@gmail.com

Proceeds: All proceeds from race will go towards the Barney Rice Memorial Foundation. A 501(c)3 foundation setup in remembrance of Barney Rice. Sole purpose of foundation is to give a helping hand to youth in need.

Corporate Sponsors: Vigilante Endurance, Showdown Ski Area, Big Horn Wilderness

Supporting Organizations: Vigilante Tri, GF Bike Club, GF Ski Patrol, GF Ski Club, & US Forest Service.

Registration: RACE DAY ONLY 8:30 AM - 10:30 AM



True test of endurance
Cross Country Skiing is one of the most demanding aerobic activities on the planet. Combine that with an uphill run & bike & you've got yourself a REAL test!

For more info: www.vigilantetri.com