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**Lake Placid to Host 2009 Summer Biathlon National Championships
Youth Paintball Competition & World Championship Team Trials**

Lake Placid, N.Y. – The 2009 Summer Biathlon National Championships & World Championship Team Trials will be held July 8-12, 2009 in Lake Placid at the Olympic Sports Complex at Mt. Van Hoevenberg. Summer biathlon is the challenging sport that combines trail running and rifle marksmanship.

The schedule includes mass start, sprint and pursuit format events for men and women in junior, senior, master and grand master classes. Running distances vary per event and class. A special treat for families with youth ages 8-13 is a paintball competition conducted under the supervision of NY Biathlon staff.

Schedule

Friday, July 10 – 9:30 AM Mass Start – Men 6K; 10:30 AM Mass Start – Women 5K
Saturday, July 11 – 9:30 AM Sprint – Women 3K; 10:00 AM Sprint Men 4K
Saturday, July 11 – 12:00 Noon Youth Paintball Event – 8-11 years 2K; 12-13 years 3K
Sunday, July 12 – 9:30 AM Pursuit – Men 6K; 10:30 AM Pursuit – Women 5K

For the complete schedule of all activities, a competitor entry form, lodging information, and post race results, go to the NY Biathlon summer biathlon website at <http://summer.nybiathlon.org/>

Youth can register for the Youth Paintball Event in person until 11:00 AM on Saturday, July 11 at Mt. Van Hoevenberg.

The site of many National and International events since the 1980 Olympics, the Mt. Van Hoevenberg biathlon shooting range and wooded trails are suited for event competitors and spectators.

The 2009 Summer Biathlon National Championships are hosted by the biathlon clubs of New York in cooperation with the Olympic Regional Development Authority and the United States Biathlon Association.

Event sponsors include: Altius Handcrafted Firearms, Blue Line Sport Shop, High Peaks Cyclery Nordic Specialists, Tippmann Sports, LLC., New York Biathlon (NYSSRA Nordic, Inc.), Lake Placid Biathlon Club, Polar Bear Biathlon Club, Saratoga Biathlon Club, Syracuse Biathlon Club, and Western NY Biathlon Club.

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