

### AWARDS

Top Three Male and Female Overall

Winner in Each Age Group

Winner in the Male, Female and Coed Teams.

Age Divisions: Under 16, 16-22, 23-28, 29-34,  
35-42, 43-52, +52

-Raffle prizes, food, freebies, and t-shirts.

-\$ 35 cash prize to winning male and female

### COURSE RECORDS

MEN	Matt Seeley	1:04:02 (2002)
WOMEN	Jill Walker	1:17:51 (2003)
MALE TEAM	Sowers/Seaton	1:04:52 (1996)
COED TEAM	Weyhrich/Gaunt	1:11:12 (2002)
FEMALE TEAM	Broeder/Stamm	1:20:53 (1998)

### PAST WINNERS

Male	
2006	Keifer Hahn
2005	Keifer Hahn
2004	Porter Hammitt
2003	Jacob Hartsoch
2002	Matt Seeley
2001	Jacob Hartsoch
2000	Mike Birnbaum
1999	Matt Seeley
1998	Kiefer Hahn
1997	John Hartpence
1996	John Hartpence
1995	Tony Sabia
1994	John Hartpence

Women	
2006	Joy Adams
2005	Lindsey Pickell
2004	Agnesa Minazzo
2003	Jill Walker
2002	Kelly Rice
2001	Jill Walker
2000	Georgia Gould
1999	Debbie Borden
1998	Sherry Holtz
1997	Margarita Phillips
1996	Sandol Brinig
1995	Molly Walsh
1994	Lindsey Orcutt

Team Stampede / Five Valley Velo  
PO Box 7492  
Missoula, Montana 59807

# The 14<sup>th</sup> Annual Hellgate Mountainbike Duathlon



Sunday  
October, 14th  
2007

## The Hellgate Mountainbike Duathlon

### WHAT?

A challenging Run-Bike-Run. Starts with a 4k trail run followed by a 15k mountain bike and finishing with another 4k trail run. This race is sanctioned by USA Triathlon.

### WHEN?

Sunday, Oct. 14<sup>th</sup>, 2007 at 10:30 am  
Registration and Packet Pick-Up begins at 8:30 am. Race day registration will be allowed if the race is not full.

### WHERE?

35 minutes west of Missoula, Montana at Kreis Pond Mountain Bike Trails in the Ninemile Ranger District of Lolo National Forest. Take exit 82 off of Interstate 90 then follow the signs.

Questions??? Call Jeff at 406.544.9614

Brought to you by:  
Team Stampede/ Five Valley Velo.

### THE COURSE

The run is 100% rolling trails with a large down-hill and a large uphill. The bike course is a mix of winding fast single-track, fire road climbs, and fast downhills. It is not extremely technical, however, we encourage everyone to ride the course before the race.

### OTHER STUFF

#### NO HELMET = NO RACE

- ◆ You are responsible for your bicycle. Make sure it is safe and in working condition.
- ◆ Camping is available at Kreis Pond (primitive)
- ◆ Course Map Available at [www.teamstampede.com](http://www.teamstampede.com)

Volunteers are needed! Please call 544.9614.

## **Hellgate Duathlon Entry**

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ ST \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE NUMBER \_\_\_\_\_

E-MAIL \_\_\_\_\_

AGE \_\_\_\_\_ (on race day) SEX \_\_\_\_\_

TEAM or INDIVIDUAL (circle one)

TEAMNAME \_\_\_\_\_

T-SHIRT SIZE    S   M   L   XL   XXL

#### Entry Fees:

INDIVIDUALS-	\$30 with T-Shirt
	\$25 without T-Shirt
TEAMS-	\$56 with T-Shirts
	\$46 without T-Shirts

All entries include a \$8 per athlete insurance fee.

Send this form and the appropriate fee to:  
Five Valley Velo/ Team Stampede  
PO Box 7492  
Missoula, Montana 59807