

The Mountain Post Challenge "Hero Series"

Participate in all eight races to become
a better, fitter and stronger you!

This series will offer a great challenge
for everyone, at all fitness levels, with
free training opportunities available
through Fort Carson MWR to help
prepare participants for each event.

1. Mountain Bike Race- 16 April

Start time: 9 a.m.

Venue: Cheyenne Mountain State Park
(across the road from Ft Carson Gate 1)

Cost: \$5 for DoD ID holders, \$20 for non-DoD

Description: This is a great race for everyone
looking for to race mountain bikes the first
time.

Categories:

Male & Female

Age: 13-17, 18-25, 26-40, 41+

Beginner & Intermediate (beginner for kids)

Eligibility: Fort Carson community and the
public

Info & Registration: Lead Race POC is Trevor
McConnell at (719) 526-5176 or
trevor.mcconnell@us.army.mil

2. 5/10K Competitive Run & First Army Ten Miler Qualifier-30 April

Venue & Routes:

Both races start @ the Fort Carson Special Events
Center (bldg. 1829)

10K Course- dirt running trail, "there-and-back"
course with rolling changes hills. Start & finish @
the Special Events center.

5K Course- dirt running trail, loop course with
rolling changes and hills. Start & finish @ the
Special Events Center.

Cost: \$5 per person (free for under 5)

Eligibility: Open to all DoD ID card holders and
their guests

Info & Registration: Lead Race POC is Rick Garcia at
(719) 526-2151 or richard.garcia@us.army.mil
<http://www.mwrfortcarson.com/recreation-and-sports.php>

3. Triathlon Team Event-21 May

Start time: 8 a.m.

Venue & Routes:

Swim: Location is the Fort Carson Outdoor
Pool-distance is 750M (15 laps).

Bike: The route is on paved roads for 15 miles.
Must use mountain bike frames & knobby tires
with min. 1.5 inch width (no road tires!). The
off-road train contains steep hills, flat surfaces &
rocky trails. Start & finish @ the Outdoor Pool.

Run: Loop course over grass, road & dirt surfaces-
distance is 6.2 miles. Start & finish @ the Outdoor
Pool.

Cost: \$20 per person

Description: Event consists of 3 person teams with
each team member participating in 1 event
(swim, bike, run).

Eligibility: 16 yrs of age or older, DoD ID card
holders & their guests

Info & Registration: Lead Race POC is Rick Garcia @
(719) 526-2151 or richard.garcia@us.army.mil
<http://www.mwrfortcarson.com/recreation-and-sports.php>

4. Iron Horse Week 10K Trail Run -June (exact date TBD)

Start time: 10K Run- 8 a.m. start

Venue & Routes:

Both races start at the Fort Carson Special Events
Center (bldg. 1829)

*10K Course-*a dirt running trail, "there-and-back"
course with rolling changes hills. Start and finish
will be @ the Special Events center.

Cost: FREE

Eligibility: Active Duty Military Only

Info & Registration: Lead Race POC is Rick Garcia
at (719) 526-2151 or richard.garcia@us.army.mil
<http://www.mwrfortcarson.com/recreation-and-sports.php>

5. Biathlon: Turkey Creek Ranch Mountain Bike Race & Trail Run-16 July Register by 8 July

Start time: 8 a.m.

Venue & Route:

Bike: 12 mile dirt roads & single track trails. Dirt
roads consist of flat & rolling hills. The course has
noticeable rock & steep inclines and descents
where dismounts are recommended. The course
is intermediate/advanced terrain.

Run: The 3.7 mile course on dirt terrain with
small drops, rocky & steep climbs. It is an intense
challenge for beginners and challenging enough
for advanced athletes. The course is 100% dirt
trial & road.

Cost: \$5-register by July 8 at the McKibben gym

Description: Racers are encouraged to join the
Ft. Carson Adventure Training & Education (APE)
program for a "Free Race Ride" held through the
local area with the purpose of teaching the basic
techniques of mountain biking & racing.

Eligibility: DoD ID card holders and their guests
Info & Registration: Sean Gillotte at (719) 526-
2597 or sean.m.gillotte@us.army.mil



THE MOUNTAIN POST CHALLENGE HERO SERIES

2011



8. Turkey Trot Run-19 November

Start time: 8 a.m.

Venue & Routes:

Both races start @ the Fort Carson Special Events Center (bldg. 1829)

10K Course-dirt running trail, "there-and-back" course with rolling changes hills. Start & finish @ the Special Events center.

5K Course-dirt running trail, loop course with rolling changes and hills. Start and finish @ the Special Events Center.

Cost: FREE

Eligibility: DoD ID card holders & their guests

Info & Registration: Lead Race POC is Rick Garcia at (719) 526-2151 or richard.garcia@us.army.mil
<http://www.mwrfortcarson.com/recreation-and-sports.php>

RACE PREPARATION/TRAINING OPPORTUNITIES:

Training with MWR Fitness & Recreation

If you've never done a multi-day endurance ride, don't start without visiting the Fort Carson MWR facilities for training! If you're looking for guidance in running, swimming and biking, contact the Fort Carson Outdoor Recreation Team, Fitness Centers, and Aquatics, to put together a specific training program.

Swim Portion Training- In May and August, group lessons will be provided by the WSI certified staff at the Fort Carson Indoor Pool. The lessons will help people prepare to swim 500m for the swim portion of the triathlon. Lessons will be for groups of 4-8 people and \$30 per person. Lessons will be held Mondays and Fridays from 1730-1800. April dates are 2, 6, 9, 13, 16, and 20. August dates are 8, 12, 15, 19, 22, and 26. Preregistration is required. For those wanting more individualized training, private lessons are offered. There will also be workouts provided for those wishing to train on their own.

Bike & Run Portion Training-Starting in March there will be organized training twice a week to prepare individuals for the 5/10 k, 10-miler, triathlon, biathlon, and the Turkey Trot Run. Workouts will be broken up into three categories such as beginner, intermediate, and advance trainings to assure we accommodate all participants. Sports and fitness employees will lead workouts and have handouts for those who wish to train on their own. The sports staff main goal is to motivate and try to enhance the performance for all participants.

Point of Contacts for Training Assistance:

Outdoor Recreation Adventure Team: (719) 526-5176

Forrest Fitness Center: (719) 526-2706

Waller Fitness Center: (719) 526-2742

McKibben Fitness Center: (719) 526-2597

Garcia Fitness Center: (719) 526-3944

Indoor Swimming Pool: (719) 526-3107

6. Triathlon (500M Swim, 3.1 mile Run)- August 27

Start time: 8 a.m.

Venue & Routes:

Swim: Distance is 500M (10 laps) , venue is the Outdoor Pool.

Bike: Loop road course with rolling changes & hills, distance is 12.4 miles. Start & finish @ the Outdoor Pool.

Run: Loop course over grass, dirt & road surfaces, distance is 3.1 miles. Start & finish @ the Outdoor Pool.

Cost: \$20 per person

Eligibility: 16 years of age or older, DoD ID card holders & their guests

Info & Registration: Lead Race POC is Rick Garcia at (719) 526-2151 or richard.garcia@us.army.mil
<http://www.mwrfortcarson.com/recreation-and-sports.php>

7. Adventure Race-Mystery Endurance Challenge September 17

Beginner Sprint Distance for Men & Women

Classic Distance for Men & Women

Cost: \$5 per person

Description: Teams will test their physical fitness and mental fortitude as they engage in this multi-event adventure race. Each team, while timed, will be given a task to perform all the while, never knowing where they will go next or what problem they will have to solve to move ahead. Course elements may include endurance challenges such as running, paddling, rock climbing and mountain biking.

Eligibility: DoD ID Card Holders and their guests.

Info & Registration: Lead Race POC is Trevor McConnell at (719) 526-5176 or trevor.mcconnell@us.army.mil

Register at least two days prior to the event at the Fort Carson ITR Office at bldg. 2429, Specker Street. Tel: (719) 526-5366