

Ski Fast and Shoot Straight! **Come Try a Novice Biathlon Race**

With Minnesota Biathlon

Novice Biathlon Race Schedule- 2004

Instruction and Equipment Provided for Novices

www.minnesotabiathlon.com

Sunday, February 15, 2004

Snowflake Nordic Center - Duluth, MN

Distance: 6k for all women, 7.5 for all men and 3k for athletes 14 years old and under

*Instruction, rifle and ammunition supplied for all novices; novice athletes do not carry rifles unless they own their own rifle and wish to carry.

Cost: \$5 - 14 and under, \$10 - All Juniors (20 and under) and Minnesota Biathlon Members, \$20 Adult

Novices. Contact, Gary Colliander at garouch@aol.com

- 9:15am - Registration opens
- 10am - Range opens for instruction and zero
- *novices are required to be at the range for instruction and practice
- 10:50am - Zero period ends; Range closed
- 11am - 14 and under class race start
- 11:15am - Start for Jr./Sr./Novice Women
- 11:45am - Approximate start for Jr./Sr./Novice Men
- 12:30pm - Awards at Snowflake chalet

Sunday, March 14th, 2004

Greystone Trails, St Cloud Correctional Facility, St. Cloud, MN

7.5km For Men and Women, 3km for 14 and under

Experienced Biathletes- 2 person Relay, 7.5km

Novices- wave starts, 2 prone shooting stages, 7.5km

*Instruction, rifle and ammunition supplied for all novices;

Cost: \$5 - 14 and under, \$10 - All Juniors (20 and under) and Experienced Biathletes, \$20 Adult Novices.

Contact person, Ion Senchea at 320/224-3691. For directions go to:

<http://www.minnesotabiathlon.com/mnbdirections.html>

- 9:15-11am - Registration open
- 10am – Range opens for Experienced Biathletes
- 10:30am - Zero period ends; Range closed
- 10:45am- Relay for Experienced Biathletes begins
- 11:45am- Instruction for Novice Biathletes begins at range
- 12:30pm- Novice Race Begins, wave starts

Saturday, March 20th, 2004

Jay MacNeil Memorial Biathlon Race, Mt Itasca, Coleraine, MN

Novice Race and Biathlon Recruiting Camp- (see details on reverse)

Jay MacNeil Memorial Biathlon Race

and

9th Annual Minnesota Biathlon Recruiting Camp

Saturday, March 20th, 2004
Mt. Itasca, Coleraine, MN

What is it?

First of all, it's a chance to see what the sport of biathlon is all about- the combination of cross country ski racing combined with challenge rifle marksmanship. It's a chance to do a biathlon race and see what its all about. When you arrive, you will be able to watch a number of experienced biathletes race a mass start biathlon race. Immediately after that, you will receive some one on one marksmanship and safety instruction, and then you will get to do a novice biathlon race. Following the race, we will have lunch and a slide/video presentation about the opportunities for training and competition with Minnesota Biathlon. Later in the afternoon, you will be introduced to basic endurance exercise physiology and hear Olympic and World Junior Team members talk of their experiences on the international race circuit. You will get a clear picture of the steps an athlete must follow to make it from high school skiing, to skiing with a big on your warm up jacket. You will have a chance to meet and train with other highly motivated and talented athletes your age, and might even have some fun in the process!!

Who Is It For? What do I need to Bring?

This camp and novice race is for *highly motivated 13-18 year old athletes* who are excited pursuing high goals in nordic skiing. You do not need ANY previous marksmanship experience- just bring your ski equipment, an extra set of ski clothes, and set of post training clothing. Also, bring a notebook and something to write with. Parents and high school ski coaches are welcome to attend for free.

When and Where is it?

The camp and race will run from 9:30am-6pm on Saturday, March 20th. The novice race, lunch, slide show, lecture, etc will all take place at Mt. Itasca in Coleraine. Please go to <http://www.minnesotabiathlon.com/mnbdirections.html> for directions.

The Staff-

The U.S. Junior National Team coaches- Vladimir Cervenka and Gary Colliander will be present, along with Minnesota Biathlon CODP coaches Bill Meyer, Piotr Bednarski, Bill Snellman, Ion Senchea, Petra Cervenka, Mark Miner and Chad Salmela. There will also be a number of Jr National Team athletes who will be assisting.

How do I Register? What is the Cost? Who Can I Contact?

Fill out a registration form at www.minnesotabiathlon.com, and send it in with \$30 registration fee to Recruiting Camp, Minnesota Biathlon, 5032 28th Street, SLP, MN 55416. Day of event registration is also available. Cost just for the novice race- \$10 (juniors), \$20 (20 yrs+). Questions? Contact Piotr Bednarski, mnbiathlon@aol.com, 952/924-0381, or Vladimir Cervenka, cervenkv@hotmail.com.

Schedule

8:30am registration opens	12:45pm Lunch and Slide/Video Presentation
9:00am range opens for Experienced biathletes	1:45pm Shooting Technique
9:45am Mass Start Competition- Experienced	2:30pm Basic Training Physiology
10:30am Novice Instruction on Biathlon Range	3:30pm Slalom and Double Pole Competition
11:30am Novice Race Begins- 5 km	5:15pm Biathlon Programs- Athlete Pipeline
12:30pm Awards	6:00pm departure