

Elk River Biathlon Race

Hosted by Twin Cities Biathlon

- **Sunday, March 4, 2012**
- **Elk River Biathlon Range at Woodland Trails**
 - Directions <http://www.minnesotabiathlon.com/venues/>

EXPERIENCED RACERS

- **12K Wave Start (5 X 2.3K – PPSS)**
- **Registration – 8:30 AM**
- **Zero – 9:00 AM – 9:45 AM**
- **Experienced Race Start – 10:00 AM**

NOVICE RACERS - Try Biathlon - No Experience Necessary!

- **Instruction, Rifles, and Ammo provided**
- **Two Categories –**
 - **Short Course (14 and under)**
 - **Long Course (15 and up)**
- **Short Course – 2.5K (3 x 0.8K) – limited to 30 racers.**
 - **Registration 10:30**
 - **Instruction Clinic – 11:00 AM**
 - **Race Start 11:30**
- **Long Course – 7K (3 x 2.3K) – limited to 30 racers.**
 - **Registration 11:45**
 - **Instruction Clinic – 12:15 AM**
 - **Race Start 12:45**
- **Cost \$20 – Experienced and Novice under 21
\$30 - Novice - 21 +
Checks to Minnesota Biathlon**
- **NOVICES MUST PREREGISTER by e-mailing your name and age to Lou at l_chouinard@visi.com**
 - **There is an underscore between the l and the c “l_chou....”**

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Name_____ Age_____ Male/Female_____

Category (circle one): Senior Junior Youth
 Master Senior Master Veteran
 Short Course Novice Long Course Novice

Address_____ City / State_____ Zip_____

Phone_____ E-mail_____

\$20 - Experienced and Novice under 21
\$30- Novice – 21 +

Make checks payable to Minnesota Biathlon

WAIVER AND RELEASE OF LIABILITY

Identification of Risk. I, _____, know biathlon competition / training involves risks of serious injury, including permanent disability and death. I understand that these injuries might result not only from my actions, but the actions, inactions, or negligence of others.

Assumption of Risk. I agree that I am responsible for my safety while participating in this biathlon competition / training. I assume all risks, both known and unknown, connected with my participation.

Waiver. Being aware of the risks and willing to assume them, I waive, release, and hold Minnesota Biathlon, Twin Cities Biathlon, City of Elk River, Sherburne County, and U.S.B.A., and their affiliate clubs, directors, officers, employees, coaches, sponsors, advertisers, and owners/lessors of used premises from all claims for liability, injury, loss, or damage connected with my participation in this biathlon competition / training. I intend for this waiver and release to also apply to my relatives, personal representatives, heir beneficiaries, next of kin, and assigns.

Insurance. I currently have, and agree to maintain throughout the time I participate, sufficient medical and accident insurance. I understand that this is my responsibility and release any one else from providing it for me.

I have read this agreement carefully, understand that I give up substantial rights by signing it, and sign it voluntarily.

Participant's signature

For participants under age 18:
I consent to the above person's participation in this biathlon competition. I acknowledge that I assume all risks, known and unknown and waive all claims in advance.

Parent/guardian's signature