

# 2019 Fall Biathlon Novice Clinic

Saturday, October 19th, 2019

10:00AM - 12:00PM

Woodland Trails Biathlon Range, Elk River, MN

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

<https://goo.gl/maps/fPMgDVz8HswsvDbMA>

## Interested in biathlon? Come try it out at our fall novice clinic.

- Learn about biathlon technical basics and race formats.
- Receive instruction on rifle safety and marksmanship.
- Try out what you've learned in an untimed, low-key race combining rollerskiing and marksmanship.
- Watch experienced biathletes practice their skills afterwards.
- This clinic is geared towards athletes 13 years and older who are already comfortable on rollerskis. Younger participants are allowed with some discretion *and an adult guardian present*. The rifles will be adult size.

## The following will be *provided by Minnesota Biathlon*:

- Biathlon rifles and ammunition.
- Expert coaching and advice.

## The following should be *provided by attendees*:

- Comfortable workout clothing appropriate to the day's weather.
- Some water, perhaps a light snack.
- Personal *rollerski* equipment (skis, boots, poles). ***Helmets are required!***

## **Cost: \$40/participant**

Cash or check made out to Minnesota Biathlon, paid in-person on the day of the event.

All proceeds fund biathlon range work and club operations.

Sign up online: <https://forms.gle/KXJW9S4kcEYcRjcP9>

## **Clinic is capped at 20 participants.**

When the registration cap is reached, those beyond the cap will be placed on a waitlist and notified if a spot has opened up prior to the event.

**Questions?** Contact Brian at [brian@minnesotabiathlon.com](mailto:brian@minnesotabiathlon.com) or 652-366-2952.