

# Elk River Biathlon Novice Clinic

Saturday, February 29th, 2020

*Sponsored by Minnesota Biathlon and Twin Cities Biathlon*

- **11:00AM:** Come see experienced biathletes compete at a 9km, 5-lap race from a close-up, range-side view.
- **12:00PM - 12:45:** **Mandatory** safety instruction and rifle practice.
- **1:00PM:** Untimed, low-key 2.4km race. Three ski laps, two shooting stages!

## Woodland Trails Biathlon Range

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

**\$40 / participant**

In-person cash or check made out to Minnesota Biathlon.

### What's Included

- Rifle safety and marksmanship instruction.
- Shooting practice.
- A low-key, non-technical, and untimed "race" to test out your new skills.
- Rifles and ammunition will be provided by the club.

### Prerequisites

- Parental permission if under the age of 18.
  - For participants under the age of 14, a parent **must** be present during the clinic.
- Basic cross-country ski proficiency.
  - You don't have to be fast!
  - You should be able to ski a few kilometers and negotiate easy hills and turns.
- There is no minimum age to register, but:
  - The rifles will be adult-sized.
  - Attendees **must** be able to listen and carefully follow coach directions for the duration of the clinic.

### What to Bring

- Skis, poles, and boots.
  - Skate gear is strongly preferred, but classic can work.
- Gloves. Mittens will interfere with riflery.
- Appropriate clothing to the weather.
- A snack.
- A positive attitude!

### Interested? Have questions?

Contact Brian Wray at [brian@minnesotabiathlon.com](mailto:brian@minnesotabiathlon.com), or sign-up online (save some paper!) at

<https://forms.gle/tmB1xCWX3vcfmBVGA>