

MN Biathlon August Camp

Hosted by Duluth Biathlon and Snowflake Nordic Ski Area

Date: Sunday, August 04, 2024

Location: Snowflake Nordic, 4348 Rice Lake Road, Duluth (1/2 mile north of the intersection of the Rice Lake and Arrowhead Roads)

Registration/Check-In: 9:00 AM to 9:45 AM at Snowflake Chalet (Late Arrivals go directly to range. Way to range marked with signs.)
Registration/Waiver forms provided.

Cost: \$20 – Cash or checks only. Make checks payable to John Gould.

Training Schedule:

10:00 till Noon: Dryfire and Shooting Drills at Range

Noon till 12:45: Lunch at Chalet (Bring your own lunch.)

1:00 till 3:00: Roller Skiing at Nearby Site

a. Agility Course

b. Technique Drills

3:30 till 4:30: Two Person Relay Race/Running Biathlon

Confirmation of attendance via email to John: jgould1952@yahoo.com necessary!

Questions? Call **John Gould** at **218-269-2854**
or e-mail: jgould1952@yahoo.com