

August Biathlon Day-Camp

Saturday, August 17th, 2024

Woodland Trails Park
[20135 Elk Lake Rd NW, Elk River, MN 55330](https://www.google.com/maps/place/20135+Elk+Lake+Rd+NW,+Elk+River,+MN+55330)

Training tracks for newcomers and experienced athletes.

Schedule

8:30a - Check-in at the biathlon range.

9:00-9:30a - Orientation and rifle safety assessment

9:30-11a - First training block

11a-12:30p - Second training block

12:30-1:15p - Lunch! Some snacks provided, bring some of your own as well

1:15-2:45p - Third training block

2:45-3:30p - Fun shooting race.

First biathlete per household:

- First-time/Novices: **\$60**, includes ammunition
 - Newcomers/Experienced with own ammo: **\$30 + club membership dues** if not already paid
- \$10** for each additional biathlete from the same household.

Payable by cash or check on the day of the event.

Things to Bring

- A filled-out membership form for the year and payment if not already remitted
- Rollerskis, boots, poles, **mandatory helmet**, other protective gear as you desire.
- Your rifle, if you own or are currently renting.
- Comfortable shoes and workout clothing appropriate for the weather.
- Water.

Come back on Sunday to race in a mass start at the same venue!

Sign-up links for both events on the next page.

Elk River Summer Biathlon #3

Presented by Minnesota Biathlon

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Mass Start Race

Wave start, approximately by category
9.3km, all categories.

Five laps, four shooting stages (2x prone, 2x standing) with penalty loops.

Schedule

9:15am - Registration opens

10:00am - Zero opens

~11:00am - Race start

\$10 per racer

Payable by cash or check to "Minnesota Biathlon" on the day of the race.

[Sign up online!](#)

<https://forms.gle/ivVXYXFbS4xVXgv8A>

Volunteers needed and appreciated!

Please contact Brian at brian@minnesotabiathlon.com for opportunities.

Questions? Concerns? Contact administration@minnesotabiathlon.com