

# October Biathlon Day-Camp

Saturday, October 12th, 2024

Woodland Trails Park

[20135 Elk Lake Rd NW, Elk River, MN 55330](https://www.google.com/maps/place/Woodland+Trails+Park,+20135+Elk+Lake+Rd+NW,+Elk+River,+MN+55330/@47.8181818,-93.0181818,15z)

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 an individual race at the same venue!

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

# Elk River Summer Biathlon #5

*Presented by Minnesota Biathlon*

**Sunday, October 13th, 2024**

Woodland Trails Park  
[20135 Elk Lake Rd NW, Elk River, MN 55330](https://www.mn.gov/locations/20135-Elk-Lake-Rd-NW-Elk-River-MN-55330)

## Individual Race

Men over age 15: **13.3km**  
All others: **11.4km**

**Five** ski laps, **four** shooting stages, **PSPS**  
40-second miss penalty, no penalty loops.  
30-second start interval.

*Shorter courses can be arranged for younger athletes at coach discretion.*

## 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/9C8hxxURNqHHcetW8>

***Volunteers needed and appreciated!***

Please contact Brian at [brian@minnesotabiathlon.com](mailto:brian@minnesotabiathlon.com) for opportunities.

Questions? Concerns? Contact [administration@minnesotabiathlon.com](mailto:administration@minnesotabiathlon.com)