



FoothillsNORDIC

Biathlon Masters' Invitational

Sunday March 25, 2012 in Canmore, Alberta

Come and try a fun biathlon race especially for adults and active biathlon club coaches

Mass Start (Prone, Prone, Standing, Standing)

Men & Women 8.25km (2.5km, 2.5km, 1.25km, 1.25km, 1.25km)

Men & Women 6.25km (1.25km, 1.25km, 1.25km, 1.25km, 1.25km)

11-11:50 am instruction for those who would like some and open practice time

12 noon-12:45 official zero,

1:05 8.25km race starts,

1:15 6.25km race starts

100m penalty loops

Beginners will be allowed to shoot prone with a rest on small targets or free hold on big targets

Awards & Draw Prizes will follow immediately after the race in the start / finish area

Biathlon Alberta memberships www.biathlon.ca (or another province's biathlon membership)

Are required (if you are not a current member you can buy day memberships on the day – see attached form)

Canmore Nordic Centre trail & range passes are required and can be purchased at the Day Lodge

Race Entry Fee - \$10 / race for general public.

\$ 5 for anyone registered in an FNCS Masters' Biathlon program 2011-12.

cash or cheque to FNCS paid on race day.

Fun Race Details

- Four (4) categories: men 6.25km, men 8.25km, women 6.25km, & women 8.25km
- Rifle carrying - 2 options: 1. carry your rifle for the race, 2. have your rifle laying in your designated lane for the whole race
- Rifle loans - FNCS does have rifles that can be borrowed for the day (please note you will be sharing with other participants), please request one when you register
- For those in need, ammo will be provided along with the rifle at no extra cost
- 'Medals' for the top 3 finishers in each of the 4 category
- Draw prizes - there will be a few draw prizes for competitors and volunteers

Volunteers

we will need help; if you have a friend, spouse or child who would like to help - please pass their name along with your registration.

Volunteers will meet on the range at 11:45am on Saturday and / or Sunday.

Registration

to robyn2007@gmail.com / 403-681-8097

include your name, email address and phone number

Deadline Thursday March 23, 2012 at midnight, There will be a limit of 40 participants