

Elk River Biathlon Race

Hosted by Twin Cities Biathlon

- **Sunday, March 7, 2010**
- **Open to NOVICES and EXPERIENCED**
- **Elk River Biathlon Range at Woodland Trails**
 - **Directions <http://www.minnesotabiathlon.com/mnbdirections.html>**

EXPERIENCED RACERS

- **12K Wave Start (5 X 2.3K – PPSS)**
 - **Challenging Course**
 - **With Penalty Loops**
- **Registration Starts – 8:30 AM**
- **Zero – 9:00 AM – 9:45 AM**
- **Experienced Race Start – 10:00 AM**
- **Cost - \$20.00 (Please make checks to MN Biathlon)**
- **You need to have your OWN rifle and ammo**

NOVICE RACERS! - no experience necessary!

Try Biathlon – instruction, rifle ammo provided!

- **Novice Clinic – 11:00 AM (arrive by 10:30am to register)**
 - **Instruction, Rifles, and Ammo included**
- **Novice Race Start – 11:45 AM**
 - **Harder Race - 7K (3 x 2.3K challenging course)**
 - **Easier Race - 2.5K (3 x 0.8K easier course)**
- **Cost**
 - **\$20 all juniors (under 21)**
 - **\$20 all “experienced” racers**
 - **\$30 all novice seniors (21 year and up)**
- **(Please make checks to MN Biathlon)**
- **Novices must notify Lou at l_chouinard@visi.com that they intend to attend. (There is an underscore between the l and the c “l_chou....”)**
- **Questions- Call Lou at 612-724-6009 or e-mail (address above)**

