



Foothills NORDIC Biathlon Masters' Invitational

March 20-21, 2010 in Canmore, Alberta

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

Saturday - Mass Start (men 6km, women 5km PPSS)

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

12 noon-12:45 official zero, 1:05 men's race starts, 1:15 women's race starts

100m penalty loops

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

Award will follow immediately after the race in the start / finish area

Sunday - Pursuit Type Sprint (men 4km, women 3 km PS)

Sunday's competition is a continuation of Saturday's (but arrangements can be made to race on Sunday only)

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

noon-12:45 official zero, 1:05 men's race starts, 1:15 women's race starts

100 m penalty loops

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

Award 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 passes are required and can be purchased at the Day Lodge

Canmore Nordic Centre range passes are required and must be picked up from the Day Lodge

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

\$ 10 for one race or \$15 for both races for anyone registered in an FNCS

Masters' Biathlon program in 2009 or 2010.

cash or cheque to FNCS paid on race day.

Fun Race Details

- Two categories: men and women
- Rifle carrying - 3 options: 1. carry your rifle for the race, 2. use the sr boy/girl format, 3. 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 request one when you register (for those in need, ammo will be provided along with the rifle)
- 'Medals' for the top 3 finishers in each 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 11:55am on Saturday and / or Sunday.

Registration

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

include your name, email address and phone number

Deadline Thursday March 18, 2010 at midnight, There will be a limit of 40 participants