



## Ontario Cup #4 Invitation Walden/Sudbury

Biathlon Ontario's Cup #4 will be hosted by the Walden/Sudbury Biathlon Club, the weekend of March 7 & 8, 2009, at the Walden Cross-Country Fitness Club in Naughton, Ontario.

Saturday's race format will be Individual and on Sunday it will be Sprint (including penalty loop). This event is **air rifle only** (which will be made available to those who do not have their own) and will include both prone and standing positions. There will be an open participation category for anyone who wants to give the sport of biathlon a try.

The race is open to all current members of Biathlon Ontario, including day members. Please see the Registration Form on this web site.

As always, volunteers are sought to help set up, run and officiate this event.

Race fee is \$20.00 for 1 race or \$30 for both races  
Day pass for the Cross-Country Fitness Club is \$10.00

Zeroing will begin on Saturday at 12:30 p.m., race starts at 1:30 p.m.  
Zeroing on Sunday will be at 10:00 a.m., with an 11:00 a.m. race start time

For more information regarding the race, to volunteer, or to find out directions and what accommodations are available, contact:

**Alvin Punkkinen (705) 692-0967, [lively@personainternet.com](mailto:lively@personainternet.com)**

### **Directions to Walden ski trails**

#### **From the east**

To get to the races coming from east of Sudbury you would take the Sudbury bypass towards Sault Ste Marie (West). In approx 25 km on the west side of Sudbury you would take the Lively exit west (Regional road 55). Proceeding west you come to the 2nd set of lights (the Stays Inn is on the right). Once through the light you proceed 3-4 km more west and you will come across the town of Naughton (1 km after the light you will see the Village Inn on the left). In the town of Naughton you will see the general store and the ski trails are on the opposite side (right) of the road. Cross the train tracks and turn left and you are there (Walden Cross Country Ski trails).

Both the Travelway Inn and the Travel Lodge are located on Paris Street near Science North in Sudbury.

There are several restaurants in Lively and an Independent grocery store.

### **From the south**

To get to the races you would come up Hwy 69 to just before Sudbury and turn west on the bypass towards Sault Ste Marie. In approx 10 km just as you start on the 4 lane hwy you would take the Lively exit west (Regional road 55). Going west you come to the 2nd set of lights and the Days Inn is on the right. Once through the light you proceed 3-4 km more west and you will come across the town of Naughton (1 km after the light you will see the Village Inn on the left). In the town of Naughton you will see the general store and the ski trails are on the opposite side (right) of the road. Cross the train tracks and turn left and you are there (Walden Cross Country Ski trails).

The Village inn is 3km from races 692- 5021 (motel type unit)

Red Carpet inn is in Lively 4 km from races 692-3632

Travelway Inn is 14k from races 522-1122 or 1-800-461-4883

Travel Lodge is 13km from races 522-110 (has pool)