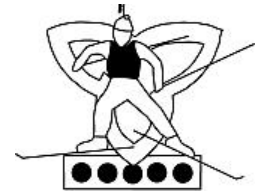


Biathlon Training Camp



- When:** Saturday, June 13th and Sunday, June 14th, 2009
- Where:** Pento Road Shooting Range in Thunder Bay, ON (Saturday)
Lappe Nordic Ski Centre (Sunday) – See maps below
- Purpose:** To develop biathlon shooting and skiing skills.
- Who:** This camp is open to all biathletes and skiers ages 12 and older.
- Cost:** \$25/person for Saturday (+ \$10 Biathlon Ontario day fee for non-members of Biathlon Canada)
No cost for Sunday.

Equipment Requirements:

1. .22 rifle or air rifle and ammunition recommended.
2. Running clothes and rain gear. (Sunscreen & bug spray are recommended).
3. Extra running shoes.

Proposed Schedule:

Saturday 0900 – 1600 Shooting training with Provincial Team coach Michelle Armitage at Pento Road shooting range.

Sunday 1000 – 1530 Ski-specific training with the Lappe Nordic Ski Club: Strength Circuit, Skate Hops, Lunch, Orienteering Race, Long Pole Walk

Registration: Reply by email to Timo Tikka at ttikka@lakeheadu.ca or to Becky Puiras at btpuiras@gmail.com. If you require accommodations, please let us know and we will arrange a billet for you. Please bring payment with you. Cheques are to be made out to Lappe Biathlon Club.

Directions to Fish & Game Club Shooting Range on Pento Road: From the Thunder Bay Expressway, Head West on Dawson Hwy (Hwy 102). Turn left on Government Road. Turn left on Pento Road (just past the McIntyre Community Centre). The range is at the end of the road.

