

## **Biathlon Ontario Training Camp**



**When:** August 6<sup>th</sup> to 8<sup>th</sup>, 2010

**Where:** Sudbury area (see below for maps and directions)

- Delki Dozzi cycling track
- Sudbury Game and Fish Protective Association
- Walden Cross Country Fitness Club
- Dynamic Earth

**Who:** This camp is intended for Biathlon Ontario athletes competing with .22 rifles

**Equipment:**

- .22 rifle
- 700 rounds of ammunition
- roller skis, poles and helmet
- ski walking poles (slightly shorter than for classic skiing)
- drink belt
- heart rate monitor
- weather-appropriate clothing for training
- swim suit and towel

**Accommodations:** We will attempt to arrange billeting with host families in the area

**Costs:** Including two lunches, two dinners, and day pass for Dynamic Earth: estimated \$200 not including accommodations, \$230 if billeted. Estimates are based on 16 athletes attending, to be finalized at registration deadline.

**Membership & Participation Waiver:** The athlete must be a current member of Biathlon Ontario and must bring the completed Participation Waiver to the camp (& Biathlon Ontario Athlete Agreement if not already signed.)

**Coaches:** Michelle Armitage and others to be determined

**Registration:** *before July 29th,*

email Dave Endleman (organizing coach) at [endleman.d@sympatico.ca](mailto:endleman.d@sympatico.ca)  
AND Tim Hurley (VP Technical, Biathlon Ontario) at [tim.hurley@ae.ge.com](mailto:tim.hurley@ae.ge.com)

Advise Dave of billeting requests and special dietary needs as soon as possible

Mail Cheque for \$200 or \$230 payable to Biathlon Ontario to:  
Gloria Bursey  
87 Springwater Dr.  
Kanata, Ontario  
K2M 1Y2

## Schedule:

### Friday August 6<sup>th</sup>

- 13:30 - Arrival, introductions and briefing at Delki Dozzi track
- 13:45 - Roller skiing technique and balance work with video
- 16:30 - Drive to Sudbury Game & Fish
- 17:00 - Dinner, further review of video, athlete goal setting for the camp
- 18:30 - Zeroing, precision and biathlon shooting
- Combination training—easy with ski walking
- 20:30 - Wrap-up for the day
- leave with billeting families

### Saturday August 7<sup>th</sup>

- 8:30 - Arrival and setup at Sudbury Game & Fish
- 8:50 - Briefing
- 9:00 - Zeroing, precision and biathlon shooting
- Combination training—increasing difficulty with ski bounding & strength circuit
- 11:30 - Swim for recovery and relaxation
- 12:00 - Lunch
- Relax
- 13:45 - Drive to Naughton
- 14:30 - Distance roller ski on Simon Lake Road
- 17:00 - Stretching and relaxation
- 17:30 - Dinner at Walden chalet
- Evening learning session
- 20:30 - Wrap-up for the day
- Leave with billeting families

### Sunday August 8<sup>th</sup>

- 8:45 - Meet in Dynamic Earth parking lot
- Briefing, pictures with the Big Nickel
- 9:00 - Tour Dynamic Earth, snack and stay hydrated
- 10:45 - Leave Dynamic Earth, drive to Delki Dozzi track
- 11:00 - Warm-up
- 11:30 - Time trial: double poling vs legs only vs skiing
- 12:30 - Lunch and camp wrap-up
- Departure

Directions to Delhi Dozzi track from the intersection of Hwy 17 and Hwy 69

Regional Road 46

Glover Ave

Add Destination - Show options

Get Directions

### Driving directions to Glover Ave

**Suggested routes**

|  |                |               |
|--|----------------|---------------|
| <b>Regional Road 46 and Martindale Rd/Regional Road 40</b> | <b>10 mins</b> | <b>6.9 km</b> |
| Regional Road 46   | 11 mins        | 8.2 km        |

**Regional Road 46**

- Head **west** on **Regional Road 46** toward **Ida St** 4.8 km
- Turn **left** at **Martindale Rd/Regional Road 40** 1.2 km
- Turn **left** to stay on **Martindale Rd/Regional Road 40** 200 m
- Turn **right** to stay on **Martindale Rd/Regional Road 40** 450 m
- Turn **left** at **Lorne St/Regional Road 55** 14 m
- Take the **1st right** onto **Rowat St** 140 m
- Slight **right** at **Glover Ave** 120 m

Glover Ave

Save to My Maps

3 Mary Street, G... | delki dozzi park...

Directions from Delki Dozzi to Sudbury Game & Fish Protective Association  
 Note that Brodill Lake Rd is also known as Kasten Lake Rd

A Glover Ave

B Unknown road

➔

[Add Destination - Show options](#)

**Driving directions to Unknown road**  
 16.9 km – about 28 mins

A Glover Ave

1. Head **east** on **Glover Ave** toward **Rowat St** 📷 120 m
2. Slight **left** at **Rowat St** 📷 140 m
3. Turn **left** at **Lorne St/Regional Road 55** 📷 14 m
4. Take the 1st **right** onto **Martindale Rd/Regional Road 40** (signs for ON-69) 📷 450 m
5. Take the 3rd **left** to stay on **Martindale Rd/Regional Road 40** 📷 200 m
6. Turn **right** to stay on **Martindale Rd/Regional Road 40** 📷 1.2 km
7. Turn **right** at **Regent St/Regional Road 46** 📷 1.6 km
8. Turn **right** at **Long Lake Rd/Regional Road 80**  
Continue to follow Regional Road 80 📷 6.0 km
9. Turn **left** at **McFarlane Lake Rd** 📷 550 m
10. Turn **right** at **Raft Lake Rd** 📷 1.9 km
11. Continue onto **Brodill Lake Rd** 4.2 km
12. Turn **right**  
Destination will be on the right 500 m

The map shows a route starting at Glover Ave, heading east, then turning left at Rowat St, left at Lorne St/Regional Road 55, right at Martindale Rd/Regional Road 40, right at Regent St/Regional Road 46, right at Long Lake Rd/Regional Road 80, left at McFarlane Lake Rd, right at Raft Lake Rd, and finally right at Brodill Lake Rd to reach the destination. The map includes labels for various lakes (Middle Lake, Silver Lake, Crooked Lake, Luoma Rd, Edgewater Rd, Forest Lake, Pine Lake, Linton Lake, Crowley Lake, Little Raft Lake, Raft Lake Rd) and roads (SW Bypass, Long Lake Rd, Regional Road 80, Regional Road 46, Regional Road 55, Martindale Rd, Regent St, McFarlane Lake Rd, Brodill Lake Rd, Kasten Lake Rd). A scale bar at the bottom indicates 1 km and 1 mi.

3 Mary Street, G... | delki dozzi park...

## Directions to Naughton chalet from Sudbury Game and Fish Protective Association

### Driving directions to Walden Cross Country and Fitness Club

**Suggested routes**

|                                 |                |
|---------------------------------|----------------|
| <b>Trans-Canada Hwy/ON-17 W</b> | <b>35 mins</b> |
| 27.9 km                         |                |
| <b>Regional Road 55</b>         | <b>43 mins</b> |
| 32.2 km                         |                |

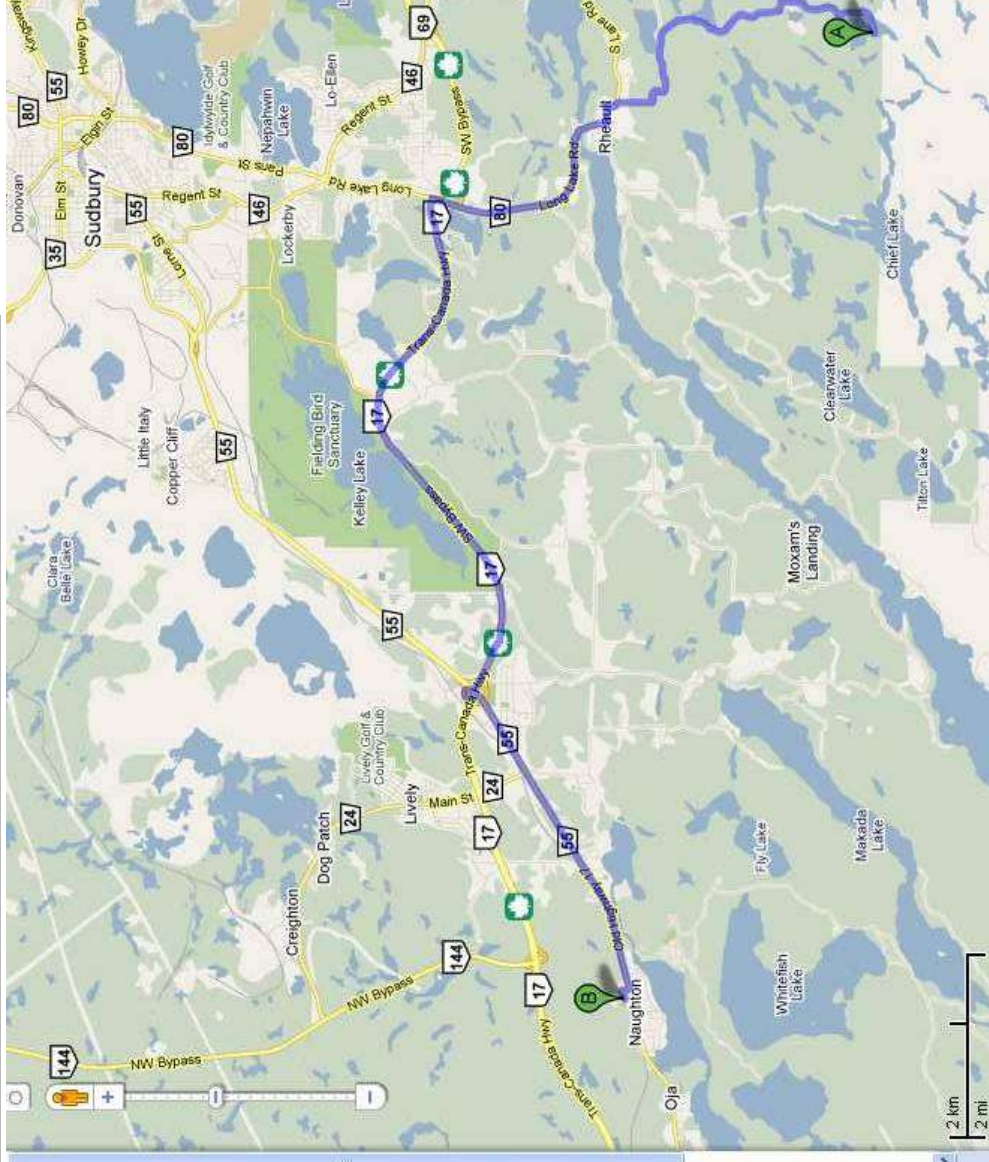
Unknown road

1. Head **east** toward **Brodill Lake Rd** 500 m
2. Turn **left** at **Brodill Lake Rd** 4.2 km
3. Continue onto **Raft Lake Rd** 1.9 km
4. Turn **left** at **McFarlane Lake Rd** 550 m
5. Turn **right** at **Regional Road 80** 4.1 km
6. Turn **left** to merge onto **SW Bypass/Trans-Canada Hwy/ON-17 W** toward **Sault Sainte Marie** 9.9 km  
Continue to follow **Trans-Canada Hwy/ON-17 W**

7. Take the **Regional Road 55 W** exit toward **Lively** 500 m
8. Merge onto **Regional Road 55** 6.0 km
9. Turn **right** at **St Louis Ave** 120 m
10. Turn **left** at **Denis Ave** 170 m

Walden Cross Country and Fitness Club  
2 Denis Ave  
Greater Sudbury, Ontario

3 Mary Street, G... | delki dozzi park...



## Directions to Dynamic Earth from Delki Dozzi

### Driving directions to Unknown road

2.6 km – about 3 mins

- A** Glover Ave  
Greater Sudbury, ON
1. Head **south** on **Glover Ave** toward **Rowat St** 60 m
  2. Slight **left** at **Rowat St** 140 m
  3. Turn **right** at **Lorne St/Regional Road 55**  
Continue to follow Regional Road 55 1.8 km
  4. Slight **right** to merge onto **Big Nickel Mine Dr/Regional Road 34** toward **ON-144 N/Timmins** 400 m
  5. Turn **right** 230 m  
Destination will be on the right

**B** Unknown road

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[Route](#)

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These directions are for planning purposes only. You may find that construction projects, traffic, weather, or other events may cause conditions to differ from the map results, and you should plan your route accordingly. You must obey all signs or notices regarding your route.

3 Mary Street, G... delki dozzi park...

