



Biathlon Demo Day and “Summer “ Biathlon Competition

Saturday Oct 30th 2010

This will be a full day of activities designed to introduce/educate and test you on the sport of Biathlon. It is the same day as our “Dust em Off” Ski Swap so the Highlands will be a busy place!

Schedule of Events:

10:00 to 11:30am **Biathlon 101**– a hands-on opportunity to experience and learn the challenges in this sport. Cost is \$5.00 per person proceeds going to Biathlon Canada. No reservations or registrations necessary. Trained Biathlon coaches will be on hand to teach proper use of rifles as part of a mandatory safety demonstration.

11:30am Watch our own Trailblazer Team in a short exhibition race to see how it’s done!

11:45am **Media Contest** – We welcome local media to give Biathlon a try! No Charge You will be given a short educational safety tutorial and lets see what kind of Biathlete you could be!

12:00–1:00pm **Biathlon 102** . Using what you learned this morning and after watching the “pros” you will have a chance to enter a small fun race and get a feel for what it all about! No additional cost and everyone wins a prize!

2:30pm **Summer Biathlon Competition**. This is for air rifle only, and will be using existing nordic trails and a Sprint format. Competitors must be members of Biathlon Ontario. HTB Ski Team members are \$10.00, all other Biathlon Members is \$20.00. Day Membership for Biathlon Ontario is an additional \$10.00 if you do not have a membership already. HTB in conjunction with Biathlon Ontario has a small number of Air Rifles available if you do not have your own and pellets will be free. Registration deadline for this Competition is Thursday Oct 28th , at 6:00pm. On Line registration is available through www.highlandsnordic.ca under Special Events. Categories as per Biathlon Ontario on attached waiver

Any questions on the day please contact us at Ph/Fax: 705 444 6959 or email to trailblazers@highlandsnordic.ca.

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