



WASHINGTON BIATHLON ASSOCIATION

PRESENTS

2019

Intermediate and Advanced Skate Skiing Technique Clinic

FOR WBA MEMBERS WHO ARE EXPERIENCED SKIERS

THIS 1-DAY CLASS IS LIMITED TO 12 PARTICIPANTS

REGISTRATION BY WEBSCORER IS REQUIRED

ACCESS WEBSCORER VIA THE WBA WEBSITE OR AT WEBSCORER.COM AND SEARCH BIATHLON

January 20th, 2019

at the

Stevens Pass Nordic Center

www.wabiathlon.org

Washington Biathlon Association
Biathlon Skate Skiing Clinic Entry Form
 January 20th, 2019
(pre-registering by webscorer is required for this event)

(Please print clearly)

NAME _____ DOB/AGE _____ / _____

Address _____

City _____ State _____ Zip _____

Phone _____ E-MAIL _____

Please Circle: Male Female

Due to insurance coverage regulations, membership in the United States Biathlon Association is required for all participants at the Biathlon Day. Annual (\$50) and day (\$10) memberships will be available at the site. For this event membership is included in the entry fee.

Day One – Skate skiing (includes ski clinic & trail pass)

WBA Annual Membership (required)

SPNC Season Pass holder discount

\$25	
\$15	

TOTAL

\$

REGISTRATION BY WEBSCORER IS REQUIRED AS THE CLINIC IS LIMITED TO 12 PEOPLE
ACCESS WEBSCORER VIA THE WBA WEBSITE OR AT WEBSCORER.COM AND SEARCH BIATHLON
SEND PAYPAL PAYMENT TO: bryn.black@wabiathlon.org or mail in a check

Please make checks payable to: (Note: We are not able/equipped to take credit or debit cards.)

Washington Biathlon Association
 PO Box 1716
 Issaquah, WA 98027-0069

Event Cancellation: Biathlon races are almost NEVER cancelled. We race in ALL types of weather. The clinic will be held unless the weather hampers instruction to the point that it is not effective. Dress in layers for tough weather.

WASHINGTON BIATHLON ASSOCIATION Season Release of Liability

I recognize that biathlon, cross country skiing, running and rifle marksmanship can be hazardous sports. I acknowledge there are risks and hazards associated with involvement in the Washington Biathlon Association. The risks can include, but are not limited to, damage to property, physical injury and death. I state that I am, and those minors that I sign for are in proper physical condition to participate in strenuous activity. I acknowledge and accept the risks associated with shooting, skiing and running and I agree to release and hold harmless all members, organizers, sponsors and officers of the Washington Biathlon Association, New Stevens LLC, The Stevens Pass Nordic Center and the U.S. Forest Service and all members of the staff of any venue sites involved in biathlon training, practice, or competition from any liability for any and all accidents or injuries of whatever nature, connected to or arising from or coming to or from any association function, workout or other event. I recognize that Biathlon involves the use of firearms and I certify that I am not disabled or barred from using or possessing firearms by any state or federal law or by ruling of any court. A parent or legal guardian must sign the release of liability for all participants under the age of eighteen.

Signature _____ Date _____

For (minor under eighteen) name _____

Parent or Guardian Signature _____ Date _____

EVENT PARTICULARS:

Motivation: The objective will be to improve skate skiing technique for more efficient use of energy and faster race times. Many of us seek continual improvement in our shooting skills—let's have that outlook for skiing too!

Eligibility: WBA members who are experienced skate skiers.

Clinic Site: The Stevens Pass Nordic Center is located on U.S. Hwy 2, five miles east of the summit of Stevens Pass. Do not buy a trail pass at the Nordic Center; it is covered in your entry fee.

The Instructor: Scott Waichler is a WBA member and a Level 3 Professional Ski Instructors of America (PSIA) and Level 100 USSA cross-country ski coach. Scott is based in Winthrop, WA and coaches for Methow Valley Nordic SEF.

Clinic Day Format and Schedule

9:00 to 9:30 am: On site check-in at the Nordic Center (**pre-registering is required for this event**).

9:30 am to 3 pm: We will ski together up to the range area to warm up and take advantage of the terrain variety there. In the morning we will review key aspects of good skate skiing technique and do some fun exercises as a group. In the afternoon participants will rendezvous with Scott for one-on-one attention at preset times and location. You will hopefully end the day with a clearer understanding of your strengths and weaknesses, and some useful ideas for continuing to improve your technique.

Lodging: With a few exceptions the nearest lodging is in Leavenworth, 30 miles east of the Nordic Center. Leavenworth offers numerous choices and varied rates. Check on line at www.leavenworth.org.

WASHINGTON CUP SERIES Beginning January 12th with a biathlon competition at Stevens Pass Nordic Center the WBA will host five race weekends of racing at Stevens Pass Nordic. The winter competition series features nine points races of varying length and format. The International Biathlon Union season points system will be in effect for nine of the races and racer points will be totaled to determine the state champions in age groups as well as a ranking list. A biathlete must compete in five of the races to qualify for the points list and season medals. Join us for exciting Biathlon competitions this season.