



# WASHINGTON BIATHLON ASSOCIATION

PRESENTS

2017

## Ski & Biathlon Training

**UPDATED**

ADDITIONAL SESSIONS

FOR THOSE NEW TO THE SPORT

DUE TO RANGE SIZE THIS CLASS IS LIMITED TO 20 PARTICIPANTS

**January 7<sup>th</sup> & 8<sup>th</sup>, 2017**

at the

# Stevens Pass Nordic Center

# www.wabiathlon.org

## Washington Biathlon Association

### Biathlon Training Clinic Entry Form

January 7<sup>th</sup> and 8<sup>th</sup>, 2017

**(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 lesson & trail pass)

Day Two – Biathlon (includes trail pass, USBA & ammo)

WBA Annual Membership (not required)

WBA Membership Discount

\$40	
\$45	
\$25 (not required)	
Minus \$5 per day	

**TOTAL**

\$

**REGISTRATION BY WEBSCORER IS REQUIRED AS THE CLINIC IS LIMITED TO TWENTY 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:

**IMPORTANT:** The biathlon clinic site is 3km from the Nordic Center and there are no services there. The on-site portion of the clinic runs 10:00 to mid-afternoon. **Attendees need to bring their lunch or snack.** Water will be provided.

**Clinic Site:** The Stevens Pass Nordic Center is located on U.S. Hwy 2, five miles east of the summit of Stevens Pass. The Biathlon Range is a 3km ski from the Nordic Center. Do not buy a trail pass at the Nordic Center; it is covered in your entry fee.

**Eligibility:** This event is designed for those new to Biathlon and those interested in biathlon. It includes the mandatory safety class as well as training in range procedures, race strategy and marksmanship. It is not intended for experienced Biathletes.

**Safety Certification:** The Mandatory U.S. Biathlon Association safety certification course will be given with this clinic. If you have already taken the safety course you are encouraged to go again, as there have been some rule changes in recent seasons.

## Clinic Day Format and Schedule **UPDATE**

### Saturday group #1

9:00 to 9:30 am: On site check in at the Nordic Center (**pre-registering is required for this event**). The day consists of Skate-Ski training provided by the Ski School staff at the Nordic Center with skate skiing session and questions & answers with experienced biathletes followed by a ski waxing demo/clinic.

### Saturday group #2

8:30 to 9:00 am: On site check in at the Nordic Center (**pre-registering required for this event**). Please note we cannot accept credit or debit cards. Make checks out to Washington Biathlon Association

9:00 to 10:00 am: USBA Safety Clinic

10:00 to 10:30 am: Ski to the Range and set up range

11:00 to 12:00 noon: Rifle familiarization and zeroing

12:00 to 1:00 pm: Lunch and discussion (bring a sack lunch). We will have water, but the range is remote

1:00 to 3:00 pm: Range procedures, positions and race tactics

3:00 to 4:00 pm: Short 'fun' race

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1:00 to 3:00 pm: Range procedures, positions and race tactics

3:00 to 3:30 Short 'fun' race

4:00 pm: Range break down.

**Rifles:** Rifles will be available for those without their own. They are Izhmash Bi 7-4 and Bi 7-3 biathlon rifles. We do have left handed rifles.

**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](http://www.leavenworth.org).

**WASHINGTON CUP SERIES** Beginning January 21st with a race at Stevens Pass Nordic the WBA will host five race weekends of racing at Stevens Pass Nordic. The winter competition series features nine 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. Join us for exciting Biathlon competitions this season.