



**Date:** Saturday,  
October 24, 2009

**Time:** Novice Safety  
Session at 11:15 am  
**Zero** at 11:15 am  
**Start** at 12:30 pm

**Location:** ENSC  
Biathlon Facility in  
Strathcona Science  
Park, 17<sup>th</sup> St just South  
of Yellowhead Trail

**Format:** Mass Start  
(TWO shooting bouts)

**Race Entry Fees:**  
\$25 per person

**Equipment to bring:**  
running shoes

**Register at:**  
albertabiathlon.com



## Edmonton Nordic Ski Club presents THE URBAN SUMMER BIATHLON RACE

If you are an active lifestyle junkie who enjoys new challenges and are willing to push yourself to the new limits this is the race you want to be a part of. You will get to test your physical and mental skills while running on a race course with stops for two shooting bouts. This race is open to general public including kids (9 years old or older), adults and NOVICE athletes with NO previous biathlon experience.

### The competition categories are as follows:

Midget Boys & Girls – 1.5 km  
Juvenile Boys & Girls – 1.5 km  
Junior Boys & Girls – 3 km  
Sr. Boys & Girls – 5 km  
Youth Men & Women – 5 km  
Open Men & Women – 5 km  
Masters Men & Women – 5 km  
Open Novice Kids (9 -16 years old) – 1.5 km (air rifles only)  
Open Novice Adults (17+ years old) – 1.5 km (air rifles only)

**A limited number** of race day registrations for Open Novice Categories will be available. Please bring cash or cheque if you decide to register on site.

**No previous biathlon experience is required to participate in this race.** The air rifle, race and safety instruction will be provided prior to the competition. Air rifles and ammunition will be provided to the Novice Category athletes only. Novice athletes **must** be present at the safety session.

Come and experience the thrill of biathlon in a fun, no pressure environment and get energized for the upcoming 2010 Winter Olympic Games in Vancouver!

For more information or questions and inquires please contact:

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Edmonton Nordic Ski Club

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