



# Biathlon

## Adult Demo Day in Canmore

Saturday July 16, 3:30 pm to 5pm, meet on the biathlon range lane 31

Come and try a fun afternoon of biathlon in Canmore.

No pre-registration require, but if you plan to attend please contact coach Robyn at robyn2007@gmail.com so that if the demo event is postponed we can let you know.

### Cost: all paid on the day

1. You must visit the Canmore Nordic Centre day lodge before joining the group on the range – you will need to sign a range use agreement and pay a day use fee.
2. Biathlon Alberta Day Membership: \$15 paid to the coaches on the range
3. Ammunition cost: \$5 paid to the coaches

### Bring

Clothing for the weather (long sleeved shirts are best for shooting in)

Sun screen, bug spray, water and snacks, runners for easy short jogs around the range