

## Equipment Needed for Biathlon

- Air rifle or .22 Biathlon rifle...available through Biathlon SK. Air rifles are borrowed... .22 rifles are rented for the season.



- Skate skis, boots, poles... available second hand, rented or purchased new.



## Biathlon SK Clubs

Biathlon Saskatchewan currently has active clubs in the following locations:

- Lumsden
- Regina
- North Battleford,
- Moose Jaw,
- Loon Lake
- Hudson Bay,
- Esterhazy

We also have possible start-up clubs in Saskatoon and Prince Albert



Visit us at:  
[www.biathlonsask.ca](http://www.biathlonsask.ca)  
for more information.



## Biathlon Programs



For more information  
Email:  
[doug.sylvester@sasktel.net](mailto:doug.sylvester@sasktel.net)  
or  
[sask.ski@sasktel.net](mailto:sask.ski@sasktel.net)



## BIATHLON SASKATCHEWAN



### Biathlon Program

Biathlon programming typically starts in late September. New athletes learn to use the rifles (air or .22) in a safe, warm environment before winter sets in. Athletes range in age from 8—88. Young athletes use air rifles and shoot on small targets that are 10m away. Athletes 12 and older use 22's and shoot on larger targets 50m away. During the fall, athletes run or bike and shoot. Athletes will learn to ski once the snow arrives. There are several friendly competitions during the Biathlon season. These competitions are tons of fun and the highlight of our year.

### Recreational vs. Competitive?

Biathlon is a fantastic sport for athletes at the recreational level as well as the competitive level. Recreational athletes compete at various locations in Saskatchewan (currently Lumsden, Regina, and North Battleford). Competitive athletes can progress to representing Saskatchewan at national events out of province. Biathlon SK currently has several athletes competing at this level as well as several athletes striving to compete on the National team at international competitions! These high performance athletes help coach and are great mentors for the younger athletes!



### Masters Biathlon Program

Many adults also join Biathlon as fun way to stay fit in the winter. Several of our provincial clubs have very active Masters programs with a dedicated practice time just for the older folks. Our Masters coach, Darwin, is a laid back, go with the flow kind of guy who loves sharing his knowledge with people new to biathlon. If you think you might be interested, try it out at an open house at your local club!



**To register: Go to <http://www.biathlonsask.ca/new-page> to see a list of biathlon clubs in the province.**

