

MERIDIAN

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2ND ANNUAL

EPIC | SUMMER CAMP

AUGUST 18-20, 2017



OUR GOAL

BRING ATHLETES TOGETHER IN A TEAM-BUILDING ATMOSPHERE TO ENJOY THE OUTDOORS, PRACTICE BIATHLON AND CROSS-COUNTRY TRAINING SKILLS AND STRETCH THE BOUNDARIES OF HOW TO TRAIN IN THE SUMMER.

When: August 18-20, 2017

Where: Lumsden, Saskatchewan (20 min north of Regina)

Who: Biathletes and Cross-country athletes of all ages (8-88)

Cost: \$150.00

Registrations accepted no later than August 16, 2017

Schedule:

FRIDAY 12:00PM TO 6:00PM

SATURDAY 7:00 AM TO 3:30PM

SUNDAY 9:00 AM TO 3:00PM

This can be shortened for our younger (and older) athletes.

Lunches will be provided

Training Events (subject to change):

Shooting, Roller skiing (possibly), Trail running, Hiking, Mountain biking, Paddling, Orienteering

Coaches:

Event guided by Doug Sylvester, Gregg Campbell, Duane Banman and Natasha Boyes

Gear needed:

Rifle and ammunition
Mountain Bike (and helmet)
Outdoor clothes for all elements
Running shoes

Boats will be provided - bring life jacket if you have one.
Roller Skis



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Register on Zone4.ca Registration now open