

Summer Ski and Mountain Bike Training with Minnesota Biathlon

Want to train for Skiing and Mountain Biking this Summer?

MN Biathlon will be offering a summer ski program for ages 13-25 that includes a serious dose of Mountain bike training and racing. If you are looking to improve your ski racing, as well as your biking, this is the place for you. Need some more variety in your summer training? We will do be doing lots of explosive and core strength training, rollerskiing, running, ultimate, and lots of mountain biking. The terrain we mountain bike on will range from easy to moderately difficult. You can attend 3-7 sessions per week. For those interested in specific biathlon training, there will be additional shooting training on Tuesdays. Coaching staff includes Piotr Bednarski, John Kurtz, Jill Troutner, and Dennis Ostroot, as well as guest athletes.

West Side Program: June 23- Aug 8th

Monday: 7am-9am: Elm Creek Park, Maple Grove, bounding and rollerskiing

Monday: 7pm-9pm: Bloomington River Bottoms, Bloomington Ferry bridge parking. For directions go to <http://www.morcmtb.org/trailreviews/metro/riverbottom.shtml>. Mountain biking..

Tuesday: 7am-9am Mountain biking- sprints, technical skill development. Meet at Hillside Trails in Elk River. See directions at <http://www.bikeblast.com/ELKRIVERMAP.html>.

Wednesday: 7pm-9pm, Meet at Benilde-St Margaret's H.S., St Louis Park. Running and mountain biking

Thursday: 7am-9:15am Elm Creek Park, Maple Grove. Acorn Picnic Area (near swimming area). Strength and skate rollerskiing.

Thursday: 6pm-7:30pm. Buck Hill Mnt Bike race series- we will do a limited number of races- exact race dates to be announced

Friday: 7am-9:15am. Elm Creek Park, Maple Grove. Acorn Picnic Area. Strength and Mountain biking

Equipment: you will need classic and skate rollerskis (for rollerski days), waterbottle carrier, stopwatch, helmet, Some loaner rollerskis are available. Heart rate monitor is a good idea, but not required. Training log is required- bring your own, or MN Biathlon can provide for \$25. Mnt Bike needed for biking days..

Camps:

We will offer three training camps in conjunction with the summer program:

- 1) June 17-20- Grand Rapids Shooting Camp- focus will be on specific biathlon training- namely shooting. We will shoot primarily indoors, establishing good position and technique. Secondary focus will be on rollerskiing- training and technique. Approx cost will be \$150

- 2) July 24-27- North Shore Trail Running Camp- trail running and rollerskiing in Grand Marais. The focus of this camp is big volume- primarily in the form of point to point running along the hills of the North Shore.. Cost including transport \$140 (camp cost is approximate)
- 3) August 11-14- Mt. Biking Camp, Grand Rapids. Focus of this camp is big volume- in the form of Mt Biking and rollerskiing. Cost including transport \$140 (camp cost is approximate).

Cost for Summer Ski Training:

West Side:

3 sessions per week \$290
 5-7 sessions per week \$ \$400

There will be no training July 4th

Biathlon:

MN Biathlon encourages all athlete interested in checking out biathlon to come to our recruiting camp, April 12-13 in Grand Rapids, MN. Go to www.minnesotabiathlon.com for all the details.

We will organize additional training sessions, 1-2 times per week in Hastings. Talk to Piotr at 952/924-0381 for details. MN Biathlon can provide some loaner biathlon rifles. There will be shooting training in Elk River on Tuesdays, 10am-11:15am

**Summer Ski Training- Minnesota Biathlon
 Membership Registration/Waiver Form**

Name _____ Birthdate _____ Grade _____

Street _____ City _____ State, ___ Zip

Phone _____ fax _____ - _____ email!!!

Age _____

Parents' name and office phone (in case of emergency) :

Medical info we should know (medication, allergies) :

3 day program \$290
 5 day program \$400
 June camp \$150 (cost approx)
 July camp \$140 (cost approx)
 Aug camp \$140 (cost approx)

Total Amount enclosed: _____

Checks made payable to Minnesota Biathlon and Mail to 5032 28th St Louis Park, MN 55416

WAIVER AND RELEASE OF LIABILITY

Identification of Risk. I, _____, know nordic skiing and biathlon, involves risks of serious injury, including permanent disability and death. I understand that

these injuries might result not only from my actions, but the actions, inactions, or negligence of others.

Assumption of Risk. I agree that I am responsible for my safety while participating in biathlon training and competition. I assume all risks, both known and unknown, connected with my participation.

Waiver. Being aware of the risks and willing to assume them, I waive, release, and hold harmless Team Birke, Minnesota Biathlon, Cross Country Skiing and Biathlon Community Olympic Development Programs, Minneapolis Ski Club, United State Biathlon Association, City of Elk River, Camus, their affiliate clubs, directors, officers, employees, coaches, sponsors, advertisers, and owners/lessors of used premises from all claims for liability, injury, loss, or damage connected with my participation in biathlon training and competition. I intend for this waiver and release to also apply to my relatives, personal representatives, heirs, beneficiaries, next of kin, and assigns.

Insurance. I currently have, and agree to maintain throughout the time I participate, sufficient medical and accident insurance. I understand that this is my responsibility and release any one else from providing it for me.

I have read this agreement carefully, understand that I give up substantial rights by signing it, and sign it voluntarily.

_____ Date _____

Participant's signature

For participants under age 18:

I consent to the above person's participation in biathlon training and competition. I acknowledge that I assume all risks, known and unknown, and waive all claims in advance.

_____ Date _____

Parent/guardian's signature