

Are you completely new to biathlon and don't know if this event is for you? Here is a helpful guide with everything you need to know.

What is biathlon?

Biathlon is the Winter Olympic sport of cross country skiing and rifle marksmanship. This event is a running biathlon, which means instead of XC Skiing, you run.

It works like this; run a lap- stop in the range and shoot at some targets- run another lap- stop and shoot at more targets- run a final lap into the finish!

I'm not sure what biathlon is or how it works, is this event for me?

Yes! You will be taught everything you need to know on the day of the event! There will be a novice clinic before each race that will teach you everything you need to know.

I'm not sure if I have the necessary equipment...What do I need to bring?

All you need to bring is yourself, your running shoes, and wear clothes that you are comfortable exercising in. (the event is on grass and dirt so running shoes with good traction are recommended) Rifles and related equipment are provided.

How hard is the event? Do I need to be in good shape?

You should be comfortable jogging or walking up to 5 Kilometers (3 miles). That is about 45 minutes at an easy jogging pace or about 20 minutes at a quick running pace.

How long will the event take? What time do I need to arrive and when can I expect to go home?

The Novice clinic starts 1 hour before your race starts. This means you should arrive at the Craftsbury Outdoor center about 20 minutes before your clinic starts to get parked and find where you need to be. So if your race starts at 14:00 (2:00PM) you should plan to arrive at the center around 12:40PM. You should plan to be at the center for approximately an hour to an hour and a half from the start of your race depending on how long the race takes you and how long you would like to spend at the center after you are finished.

I'm a little worried about the shooting part, could I accidentally hurt someone?

You will be taught everything you need to know to safely operate your biathlon rifle. You will have close supervision and help operating your rifle for the entire event, including during the race.