



Welcome to the Joanne Reid Women's Biathlon Festival!

All events for the festival will be taking place at Snow Mountain Ranch in Granby, Colorado. SMR is located at over 9,000ft elevation. It is bright, high and dry! We encourage people to drink more water than usual, wear and reapply sunscreen while skiing, have sunglasses for skiing and non-skiing activities, bring lotion, and be careful with alcohol consumption.

Like other high altitude ranges, the weather at our facility can change dramatically and quickly throughout the day, so please plan layers accordingly.

There is a large paved parking lot at the nordic center and we do not anticipate parking issues. The upper level of the nordic center includes a wax room, bathroom, open cubbies for gear, and tables to sit/eat at. You are welcome to bring your own food into the nordic center, though the Skinny Ski cafe may be open with food for purchase as well.

Trail passes may be picked up in the lower level of the nordic center. These are included on race days (let the staff know you're participating in the biathlon event that day when you stop by to pick up a pass), but you will need to purchase one for the clinic day. Gear, clothing, and other essentials are available in the nordic center shop. Moreover, the bathroom downstairs is a bit nicer and there is a drinking fountain with a water bottle filler down there as well.

The online Festival information includes links to registration, snow/grooming reports, lodging notes and transportation information. See: <https://www.coloradobiathlon.org/womensfestival/>

Map of Facilities



See link for google map- [Snow Mountain Ranch Map](#)

Calendar of Events

Thursday, March 21

9:00 AM to 6:30 PM- Biathlon clinics

Friday, March 22

8:00 AM to 10:30 AM- Safety certification clinic, classroom and assessment

11:30 AM to 12:30 PM- Safety certification clinic, range instruction

2:00 PM to ~5:30 PM- Sprint race and award ceremony

6:30 PM to 9:00 PM- Biathlon Backyard Barbeque

Saturday, March 23

10:00 AM to ~3:30 PM- Mass start race and award ceremony

6:30PM to 9:30 PM- Dinner and Fireside Chat with Joanne, Megan, Anna, and Amanda

Sunday, March 24

9:00 AM to ~3:00 PM- Single "Mixed" Relay and awards

Packet Pickup

Packet pickup will be available in the Camper's Hub whenever there is an event in progress there, starting Friday, March 22.

Bib Pickup and Captains Meeting

Bib pickup will occur at the range prior to each race (see detailed race schedules below). In lieu of a captains meeting, there will be a pre-race briefing following the zero period at each race.

Waxing Facilities

There is a wax room in the upper level of the nordic center. It opens by 8:30AM and is available until 7:30PM.

Minor Participants

All participants under the age of 18 must have a parent or responsible adult present at all events. In order to move the rifle from the rack to the mat for young participants, that parent must have completed a biathlon safety certification course (e.g. "Red Book" or USBA Basic Rifle Safety Class).

Safety Certification

In order to compete in any event with a .22 rifle, participants must have completed a biathlon safety certification course (e.g. "Red Book" or USBA Basic Rifle Safety Class).

Rifle Protocol at the Nordic Center and Camper Hub

Rifles must be cased while they're being transported to/from the Camper Hub building and the range. Please do not take your rifle into the lower level of the Nordic Center. You may take your cased rifle into the upper level of the Nordic Center, but it must be attended at all times.

Do **not** leave your rifle unattended at the range during training sessions. There must be someone designated to watch your rifle if you need to leave the range area during a training session. Rifles must be in a safe state if left unattended while a race is in progress: Bolts must be open on racked rifles, with no magazine inserted.

Race Descriptions

Registration deadline 5:00 PM March 19, 2024

General Race Information:

For those who have not raced at Snow Mountain Ranch, there are a few unique things to know about our facility.

- Our range is about a 1km ski from the parking lot (with elevation gain), so you will want to plan your arrival time accordingly.
- We do not have bathroom facilities at the range, just a privacy screen, so please plan accordingly.
- Our penalty loop is not regulation; expect shorter loops, tighter turns, and elevation gain/loss.
- Due to our small range, we split our zero into two 25 minute zero periods, with a quick paper change in between. Your zero wave will be assigned at bib pickup, and you will sign up for a paper at that time.

Categories for the Sprint and Mass Start include (IBU) Women, Junior Women, Youth Women, USBA masters categories, and a novice category.

Local Interpretation of IBU Rules and race procedures:

- IBU 4.2.2: Pre-Start Materials/Equipment and Clothing Inspection: No material/equipment control inspection!
- IBU 8.2.1, Selecting Shooting Lanes: Due to our small range size, rules for shooting on specified lanes (e.g. on the lane corresponding to bib number for the first shooting bout in the relay and mass start) will not be enforced. Filling range positions in sequence for the relay and mass start is encouraged, but not always possible.
- IBU Rule 8.5.4, Removing and shouldering of Rifle on the Range: Any manipulation of the rifle and harness, other than opening sight covers, is considered a violation of the rule. Competitors may not insert their hand or arm under a harness strap, or touch a harness strap, until they have stopped on their shooting mat.

Sprint- Friday March 22:

For the uninitiated, the sprint race is a 2 shooting bout (prone-stand), 3 lap format with penalty loops and no spare rounds. It is an interval start time trial. Participation in this event will be capped at 60 racers total across all categories. We will be running the race as a single wave. Bib pickup will start at 2:00 PM and follow the schedule below. Club .22s are available for safety certified adults and kids 13 and older. Pellet rifles are available for kids under 13.

2:00: Bib pickup starts, no bib pickup after 2:30

2:30-2:55: Zero period 1

3:05-3:30: Zero period 2

3:35: Pre-race meeting

3:50: First skier off

5:15: (approximately) Awards

Mass Start- Saturday March 23:

For newcomers, the mass start is a four shooting bout (prone,prone, stand,stand), 5 lap format with penalty loops and no spare rounds. As the name implies, racers start en masse. Participation in this event will be capped at 60 racers total across all categories. To spread things out and not overwhelm our range, we will run the race as two waves with “sub waves” of categories within each wave. Bib pickup will start at 10:00 AM and follow the schedule below. Club .22s are available for safety certified adults and kids 13 and older. Pellet rifles are available for kids under 13.

10:00: Bib pickup starts, no bib pickup after 10:30

10:30-10:55: Zero period 1

11:05-11:30: Zero period 2

11:35: Pre-race meeting

11:50: First wave start

1:00: Second wave start

2:15 (approximately): Awards

Single Mixed Relay- Sunday March 24:

The single mixed relay is one of the most fun and exciting formats in biathlon. This will be a low key fun race to finish out the festival. There are two biathletes per team. Team member A starts, then races 2 ski laps and 2 shooting bouts (prone, stand), with spare rounds, and hands off to teammate B after finishing any penalty loops after the standing shoot. Teammate B does the same and hands back to teammate A, who repeats the process and hands back to teammate B. Teammate B, (the anchor) then completes 2 ski laps and 2 shoots the same way, but after any penalty loops following the standing shoot, skis a final lap to the finish.

Participation in this event will be capped at 30 teams (60 racers) total across all categories (categories will be 2 kids, kid and adult, and 2 adults). Let us know your teammate when you register, or feel free to register as a “free agent” and we’ll find you a partner! The race will start in one wave, but to spread things out and not overwhelm our range, we will run “sub waves” of categories off the start. Bib pickup will start at 9:00 AM and follow the schedule below. Club .22s are available for safety certified adults and kids 13 and older. Pellet rifles are available for kids under 13.

Single Mixed Relay, continued:

9:00: Bib pickup starts, no bib pickup after 9:30

9:30-9:55: Zero period 1

10:05-10:30: Zero period 2

10:35: Pre-race meeting

10:50: Race start

2:00 (approximately): Awards

2:30: Closing remarks

Safety Certification- March 22:

The USBA Basic Rifle Safety Certification is required to compete in any winter biathlon with a .22. This course is capped at 10 participants with a minimum age of 11. Club rifles are available for participants 13 and older, but 11 or 12 year olds must provide their own biathlon legal rifle and ammunition. The classroom portion of the course will cover the basics of firearm function and components, how to handle and operate the rifle safely in a biathlon setting, a brief history of the sport, what to expect when you arrive at a race, and the basics of the many different formats of biathlon. We will conduct a low-pressure assessment of your understanding of the safety materials and then after a break will head to the range to provide some instructed live fire practice, a few basic drills, and some orientation to get you ready for your first race. Prior to coming to class, you must complete the USBA online training and knowledge check (plan for about 30 minutes for this). The course can be accessed after setting up an account at <https://center.usbiathlon.org/memberships/156/login>

Clinic Descriptions

Registration deadline 5:00 PM March 19, 2024

Ski Waxing and Equipment Clinic

Location: Camper's Hub

Instructor(s): Igor Guziur

Start time and duration: 9AM, Thursday, March 21, 60 minutes

Learn about wax types, guidelines for wax selection based on snow conditions, and equipment and techniques for waxing. Participants will have the opportunity to wax their own skis in class.

Rifle Maintenance and Cleaning

Location: Camper's Hub

Instructor(s): Megan Wilson

Start time and duration: 10:15AM, Thursday, March 21, 60 minutes + Q&A time

Learn the basics of cleaning, maintaining and safely storing your .22 biathlon rifle to keep it in top working condition. Participants will be given a "shopping list" of cleaning and maintenance supplies so they can arrive at the session with the necessary cleaning kit and will clean their own rifle in the class. For those who have not yet purchased a rifle, club rifles will be available for practice.

Shooting

Location: Range

Instructor(s): Megan Bankes, Joanne Reid

Start time and duration: Noon and 2PM (two sessions), Thursday, March 21, 90 minutes

The shooting clinic will be broken into two groups, beginner and intermediate/advanced (determinations can be made at the start of the clinic). All participants should be comfortable shooting with a cuff and able to shoot in both prone and standing positions. Participants should plan to bring 150 rounds of ammo.

The beginner clinic is for brand new biathletes competing for less than a year, or those who still feel like they are learning the basics. Focus will be on natural point of aim, trigger pull, body positioning, and fundamentals of zeroing.

Intermediate/advanced participants should have multiple years of racing experience. This clinic will build on existing skills with a focus on improving range procedure efficiency and shooting speed.

Skiing

Location: Nordic Center

Instructor(s): SMR staff, Amanda Kautzer

Start time and duration: 12:30PM and 2PM (two sessions), Thursday, March 21, 60 minutes

The ski clinic will be broken into beginner and intermediate groups (determinations can be made at the start of the clinic).

The beginner clinic will cover the basics of balance, weight transfer, and use of poles for the skate technique. Students will focus on the V1 technique and will learn the skills they need to practice in order to tackle a novice biathlon race.

Intermediate clinic participants should have mastered the basics of balance and weight transfer and feel comfortable in V1. The class will focus on improving timing to maximize glide, improving V2 technique and the transition between V1 and V2.

Dry Fire Clinic

Location: Camper's Hub

Instructor(s): Bryn Black

Start time and duration: 3:45PM, Thursday, March 21, 60 minutes

"Dry fire training is the basis for biathletes of all ages that seeks to improve their performance. The amount of time spent on dry training is not important - but the quality and creativity is crucial." - Ole Einar Bjorndalen

Learn the fundamentals of dry fire training along with exercises that can cut your range time, increase your mental focus, strengthen your position, and improve your overall shooting accuracy. **NOTE: You will need your own rifle to participate in the dry fire session.**

Yoga for Biathlon

Location: Camper's Hub

Instructor(s): Meredith Jackson

Start time and duration: 5PM, Thursday, March 21, 90 minutes

Join us for a yoga session geared towards the needs of biathletes. In this session we will practice breathwork to enhance shooting, strengthen and stretch key muscles to improve athletic performance and prevent injury, and build physical and emotional resilience through recovery. You will leave this session feeling relaxed and at ease in your body, and have new practices to add to your routine. Regular practice of Yoga can improve mindfulness, balance, and overall wellbeing to wholly support you throughout the season and off-season. Students are encouraged to bring their own yoga mat and props. If you are traveling to the event and cannot bring these, please let us know and we will try to make arrangements.

Social Events

Registration deadline 5:00 PM March 8, 2024

Biathlon Backyard Barbeque

Location: Camper's Hub

Date and Time: Friday, March 22, 6:30-9:00 PM

Join us for an informal evening of food, drink, and camaraderie at the official kickoff to the festival. Meet and mingle with your fellow biathletes and forge new friendships. Buffet dinner will include gluten free and vegan options along with beer, wine, and non-alcoholic beverages. We will also have some indoor lawn games available in case the sprint race hasn't satisfied your need for competition. Registration is open to participating biathletes and their guests.

Dinner and Fireside Chat with Joanne, Megan, Anna and Amanda

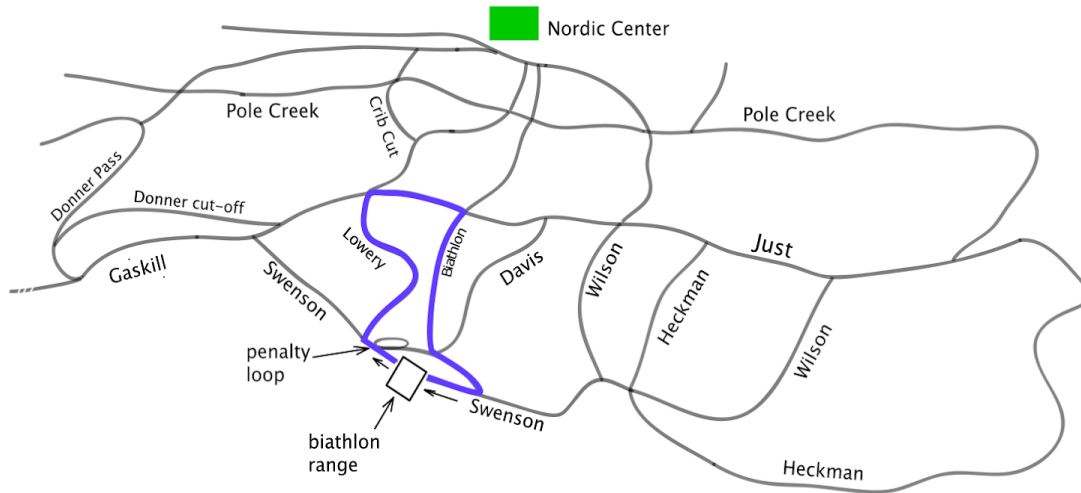
Location: Camper's Hub

Date and Time: Saturday, March 23, 6:30-9:30PM

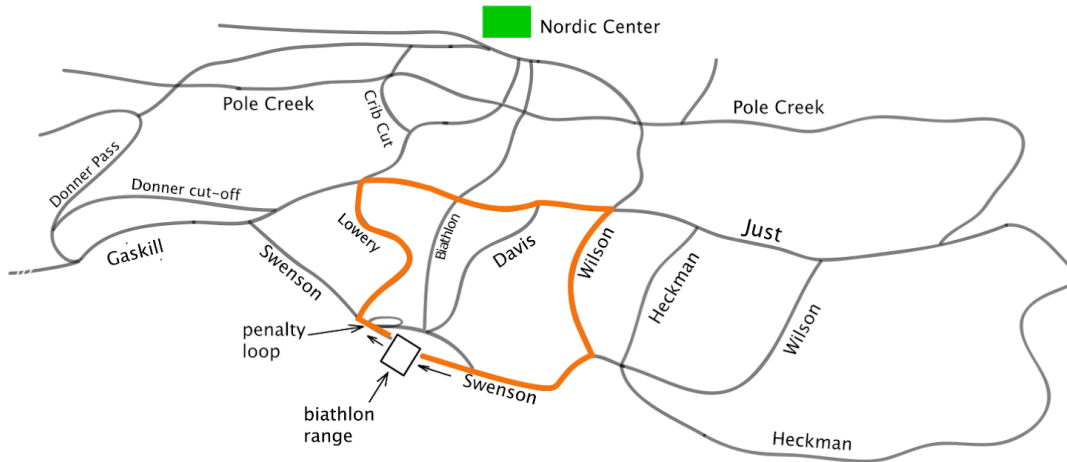
Join us for a buffet dinner celebrating women in biathlon, featuring a fireside chat with our esteemed biathletes Joanne Reid, Megan Bankes, Amanda Kautzer, and Anna French. Dinner will include gluten free and vegan options along with beer, wine, and non-alcoholic beverages. Dress up, dress down, however you are more comfortable. Registration is open to participating biathletes and guests. Be sure to submit a question for our fireside chat with your registration!

Courses

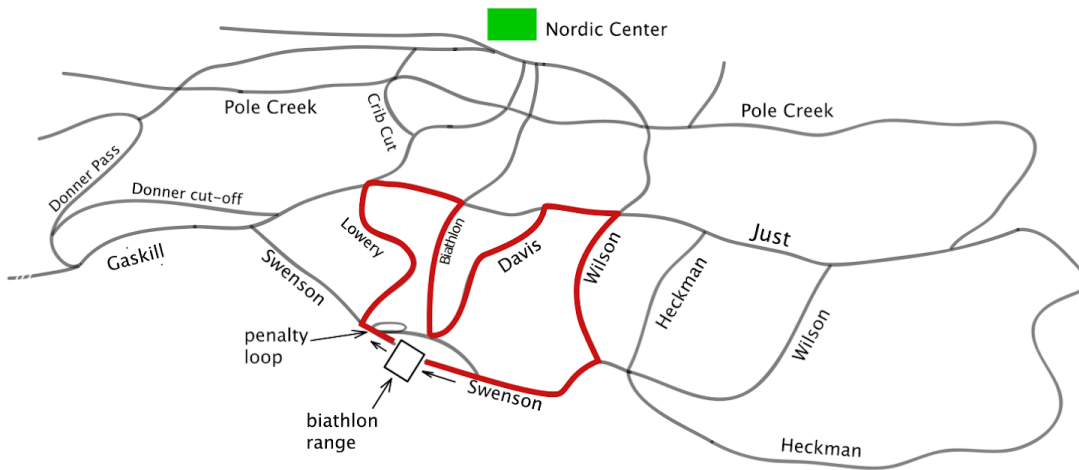
Purple: Lowery-Biathlon 1.0km



Orange: Lowery-Short Wilson 1.5km



Red: Lowery-Cripler-Short Wilson 2.0km



Green: Swenson-Cripler-Short Wilson 2.5km

