



Slush Cup Biathlon Race & Novice Race

& Volunteer Appreciation Biathlon Day at Mt. Itasca

Hosted by MINSA (Mt. Itasca Nordic Ski Assn.)

Date: **Sunday, March 14, 2010**

Location: **Mt. Itasca, Coleraine**

Race Format: **Mass Start (PPSS)**

Distance: **B, G, YW, MW: 7.5 km**
YM, JW: 10 km
JM, SM, SW, MM: 12.5 km
Novice M, W: 5 km
Volunteer Day 2.1km

Registration: **9:00 AM to 9:55 AM** at Headquarters

Zero: **10:00 AM to 10:45 AM** Race Start: **11:00 AM Mass Start**

Cost: **\$15 (cash or check payable to MINSA)**

Novice Race & Volunteer Appreciation Biathlon Day **(Instruction, Rifles and Ammo provided)**

Novice & Volunteer Registration: **until 11:50AM**

Novice & Volunteer Safety Clinic at approx.: **12:00 to 12:25 PM**

Race Start at approx.: **12:30 PM**

Novice - Race Format: **Mass Start/ 5K (3x1.7 k), PP + penalty loop**

Cost - Novice (5k): **\$15 (cash or check payable to MINSA)**

Volunteer - Race Format: **Mass Start/2.1k (3x0.7k), PP + penalty loop**

Cost - Volunteers (2.1k): **Free**

Awards Biathlon + Novice Race + Volunteer Category at approx.: **1:30 PM**

Please – bring dish to share

Questions? Call Petra Cervenka at **218-256-8938** or e-mail: pcervenkova@hotmail.com