

### **Welcome to the Joanne Reid Women's Biathlon Festival!**

All events for the festival will be taking place at Snow Mountain Ranch near 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.

**Rifles are not permitted in the nordic center at any time.**

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

1101 County Road 53, Granby, Colorado 80446



See the Google Map at [Snow Mountain Ranch Map](#)

## Calendar of Events

### **Thursday, March 13, 2025**

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

### **Friday, March 14, 2025**

8:30 AM to 11:00 AM: Safety certification clinic, classroom and assessment

11:00 AM to 12:00 PM: Safety certification clinic, range instruction

9:30 AM to 12:15 PM: Nutrition and ski waxing clinics

1:30 PM to ~4:30 PM: Sprint race and award ceremony

5:30 PM to 8:00 PM: Cocktail Hour/Dinner and Welcome

### **Saturday, March 15, 2025**

9:30 AM to ~3:00 PM: Mass start race and award ceremony

5:00 PM to 8:30 PM: Dinner and Fireside Chat with our guest biathletes

### **Sunday, March 16, 2025**

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

## **Registration and Waivers**

Registration is via SkiReg at: <https://www.skireg.com/joanne-reid-womens-biathlon-festival-2025>  
Registration opens Friday, January 17, 2025 at 5pm and closes Monday, February 24, 2025 at 5pm..

As noted in the SkiReg confirmation email, a separate CBC waiver is required and may be accessed at: <https://www.waiverfile.com/b/ColoradoBiathlonClub> (select "CBC Full-season Waiver").

For insurance purposes, a USBA membership is required for each participation day. If you are going to participate for two or more days, you will need to buy a USBA season membership.

## **Packet Pickup**

Racer Packet pickup will be available in the Camper's Hub whenever there is an event in progress there, starting Friday, March 14. Note that bib pickup is separate from packet pickup for this event.

## **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**

Anyone using a .22 rifle at the Snow Mountain Ranch biathlon range during a winter biathlon event or during training sessions at any time of year must have attended a CBC safety certification clinic and completed the USBA Basic Rifle Safety Course. Visitors from other clubs must provide proof of completing the USBA Basic Rifle Safety Course in addition to proof of attendance at a similar certification clinic at their local range or proof of competition experience at a USBA or IBU event.

Pellet rifles are available for participants who haven't had the chance to attend a CBC safety certification clinic.

## **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. Rifles are **not** permitted inside the Nordic Center.

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 February 24, 2025*

### **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, U15, U13, U11 girls, and a novice category. See the category descriptions at

[https://www.coloradobiathlon.org/forms/distance\\_and\\_format.pdf](https://www.coloradobiathlon.org/forms/distance_and_format.pdf) for additional details regarding ski distances and shooting bouts.

### **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 14:**

For the uninitiated, the sprint race is a two shooting bout (prone, stand; all prone shooting for U15/U13/U11), three 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 starts at 1:30 PM and follows the schedule below. Club .22s are available for safety certified adults and kids 13 and older. Pellet rifles are available for kids under 13 and adults without safety certification.

1:30: Bib pickup starts, no bib pickup after 2:00

2:00-2:25: Zero period 1

2:30-2:55: Zero period 2

3:00: Pre-race meeting

3:15: First skier off

4:30: (approximately) Awards

### **Mass Start - Saturday March 15:**

For newcomers, the mass start is a four shooting bout (prone, prone, stand, stand; all prone shooting for U15/U13/U11), five 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 congestion on the range, we'll run the race as two waves with "sub waves" of categories within each wave. Bib pickup starts at 9:30 AM and follows the schedule below. Club .22s are available for safety certified adults and kids 13 and older. Pellet rifles are available for kids under 13 and adults without safety certification.

9:30: Bib pickup starts, no bib pickup after 10:00

10:00-10:25: Zero period 1

10:30-10:55: Zero period 2

11:00: Pre-race meeting

11:15: First wave start

12:30: Second wave start

1:45 (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. Everyone will race the 1k course and high energy and maybe some costumes are encouraged (please keep safety in mind when selecting costumes!) There are two biathletes per team. Teammate A completes two ski laps and two shooting bouts (prone, stand; all prone shooting for U15/U13/U11; three spare rounds available per shooting bout), and tags teammate B after skiing any penalty loops for their standing shoot. Teammate B does the same and tags teammate A, who repeats the process and tags teammate B again. Teammate B once again completes two ski laps and two shooting bouts, but after any penalty loops following the standing shoot skis a final lap to the finish. Participation will be capped at 30 teams (60 racers) total. 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 avoid congestion on the range we'll run "sub waves" off the start. Bib pickup starts at 9:00 AM and follows the schedule below. Club .22s are available for safety certified adults and kids 13 and older. Pellet rifles are available for kids under 13 and adults without safety certification.

**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 - Friday March 14:**

**Location: Biathlon Range**

**Start time: 9:00 AM**

Attendance at a CBC Safety Certification clinic (incorporating the USBA Basic Rifle Safety Certification) is required to compete in any winter biathlon with a .22. This course is capped at 8 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 do some 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 (allow about 30 minutes, and plan to take care of this step at least 24 hours in advance of our safety certification clinic). Details for accessing the USBA online training are at <https://www.coloradobiathlon.org/safety/#usba>. **This clinic will be held entirely at the range, so please plan accordingly for your arrival time.**

## **Clinic Descriptions**

*Registration deadline 5:00 PM February 24, 2025*

### **Ski Waxing and Equipment Clinic**

Location: Camper's Hub

Instructor(s): National team biathletes

Start time and duration: 10:45 AM, Friday, March 14, 90 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. Come get your skis ready for the afternoon race!

### **Rifle Maintenance and Cleaning**

Location: Camper's Hub

Instructor(s): Megan Wilson

Start time and duration: Session 1- 9:00AM, Session 2-10:30 AM Thursday, March 13, 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: Session 1- Noon, Session 2- 2:00 PM, Thursday, March 13, 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: Camper's Hub

Instructor(s): SMR staff, Amanda Kautzer

Start time and duration: Session 1- 12:30 PM Session 2- 2:00 PM, Thursday, March 13, 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.

## **Rifle Fit Clinic**

Location: Camper's Hub

Instructor(s): Joanne Reid, Megan Bankes, Anna French, Amanda Kautzer

Start time and duration: Session 1- 9:00 AM, Session 2- 10:30 AM, Thursday, March 13, 60 minutes

Get your rifle fit dialed in to improve your stability, repeatability, and accuracy. Our elite biathletes will be on hand to help you understand the various adjustments of your rifle and the impact they have on your shooting position. **NOTE: You will need your own rifle to participate in the rifle fit clinic. Please bring any tools necessary to make adjustments and remove all ammo from your rifle bag and rifle before bringing it into the Camper Hub**

## **Pilates for Biathlon**

Location: Camper's Hub

Instructor(s): TBD

Start time and duration: 4:15 PM, Thursday, March 13, 60 minutes

Join us for a mat session focused on routines to improve the balance and strength needed for skiing as well as during shooting bouts.

## **Nutrition for Female Athletes**

Location: Camper's Hub

Instructor(s): TBD

Start time and duration: 9:30 AM, Friday, March 14, 60 minutes

This session will be tailored to the needs of women participating in biathlon. Topics will include fueling for training, racing, and recovery in a sport that demands endurance and speed in addition to focus on the range.

## **Social Events**

*Registration deadline 5:00 PM February 24, 2025*

### **Welcome Cocktail Hour and Dinner**

Location: Camper's Hub

Date and Time: Friday, March 14, 5:30-8:00 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. "Cocktail" hour will go from 5:30-6:30 with beer, wine, and non-alcoholic options, followed by a buffet dinner including gluten free and vegan options. Registration is open to participating biathletes and volunteers and their guests.

### **Dinner and Fireside Chat**

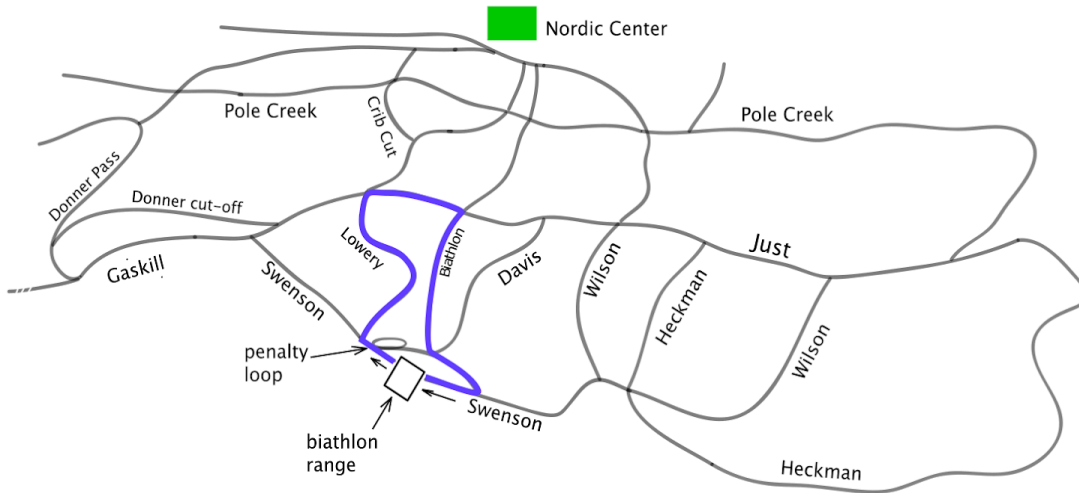
Location: Camper's Hub

Date and Time: Saturday, March 15, 5:00-8:30 PM

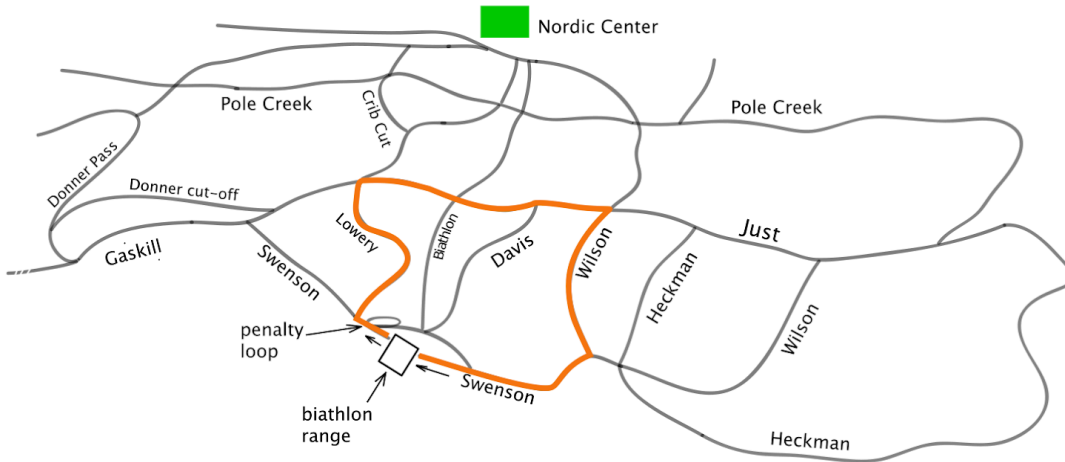
Join us for a buffet dinner celebrating women in biathlon, featuring a fireside chat with our special guest biathletes. Dinner will include gluten free and vegan options along with beer, wine, and non-alcoholic beverages. Dress up, dress down, however you are more comfortable. Registration is open to participating biathletes and volunteers and their guests.

# Courses

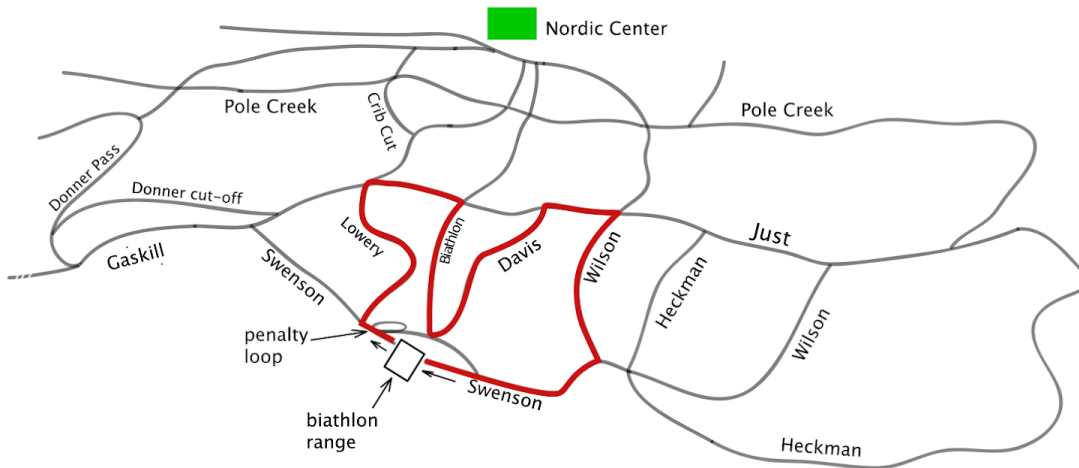
Purple: Lowery-Biathlon 1.0km



Orange: Lowery-Short Wilson 1.5km



Red: Lowery-Cripler-Short Wilson 2.0km



Green: Swenson-Cripler-Short Wilson 2.5km

