



Colorado Biathlon Club Newsletter December 2004

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I can easily hit that target at 50 mtr, as long as it stops moving

Foreword

Before you lies the first 2004-2005 news letter. Number one of three. As always I am keen to get your input, after all this is your newsletter. So it pleases me to have received some fine examples.

Enjoy the read and have a jolly good & injury free season.

Paul Ijs, Newsletter Editor.

Message from the President

With the fun relay of December 19, 2004 under our belts, the 2004-2005 CBC Biathlon season is officially underway!

Welcome to the nearly 50 people who came for the Certification Clinic, some of whom were actually brave enough to come back and race! By all accounts the December 19 event was a fun and informal introduction to the sport of biathlon for the newcomers and a good start to this winter season for those returning fools...I mean competitors! The official results are out, thanks again to Julia (who was supposed to be racing and not working for once).

Having held the fun race of the season, it is all grueling and merciless competition from here on out! As many of you may have heard, we will have a Colorado Biathlon State Championship this year. The State Championship will be contested at the pursuit weekend events, February 19 and 20, 2005. To be the Colorado State Biathlon Champion you must race both days (the February 19 sprint and the February 20 pursuit). In addition to this one weekend shot at fame and glory, there will be Class Season Champions named based on race points accumulated throughout all of the events of the season. We will be awarding that illustrious title to the highest point holder in each of the following categories: Senior Men, Senior Women, Masters Men, Masters Women, Co-ed Masters over 45, and Junior Boys and Girls. We will be using the World Cup points system, and given our typical field sizes everyone who participates in an event can expect to receive some points.

The Colorado Biathlon State Championships and the Season Champion titles should bring to the surface the relentless competitive spirit in us all and foster those bitter rivalries which have been brewing just below the surface of our otherwise peaceful club. All kidding aside, we are hoping that this will make the season more fun and will encourage participation in all of the events. There is, of course, a catch.

The catch is that nobody can win a Class Season Championship title without having "Volunteer Points." To get these coveted Volunteer Points an individual must forgo one race and serve as a race official.

Each race needs at a minimum a Competition Chief, a Range Chief, a Timing Chief and a Course Chief. Assistants are extremely desirable for the Range and Timing Chief positions as well. So, there should be ample opportunity for all to volunteer over the remaining five races this season.

The CBC Board as a whole may award honorary volunteer points to those who have consistently shown up and donated their time as volunteers.

With that fun part of the announcement out of the way I will close on a more curmudgeonly note and remind all that without volunteers the races can't go on. Thank you to all who volunteered on the 19th. The race schedule is on the web site for those of you who still need to find a volunteer opportunity (see <http://www.coloradobiathlon.org/schedule.html>). It is most helpful if the officials are in place at least a week in advance of an event, since without them there is nobody coordinating the many details which go into a successful race. With so much talent out there vying for the Overall Championship title I am certain the races will be fully staffed soon, so hurry while you have your choice of weekend! Hopefully this will motivate all to step up early (and often), since without at least a Competition Chief in place one week ahead of race day we will sadly have to cancel any race that is Chief-less.

I am looking forward to seeing you all soon. The snow is getting faster daily at Snow Mountain Ranch and with all your off season training I am sure you are all getting faster by the day as well!

Happy Trails,
The Pres

Safety Certification Course (By Dave Wells)

We had a very successful Cert. clinic with 50 people receiving their Red Book, including 10 Juniors. This is the biggest group we've had in CBC history. Steve Niessner and I shared the teaching duty, and we had a number of club members helping on the range portion of the class including: Naomi Butterfield, Dave Cleveland, John Wilson, Piper, Stevens, Ethan McGraw, Elizabeth Pike, Gary Osteen and Dirk McDermott. Many thanks to all of you for making the new people have a positive, inspirational experience.

The Steamboat group headed by Gary Osteen is growing stronger by the year, and we certified all of their Junior participants in an effort to promote a new, refreshed Junior participation in the club's race schedule. The Steamboat area is the focus for development of a new range facility, and the strong support we're getting from that community helps guide the effort. Kudos to Gary for being the motivating force!

Red Book Rules:

With many people wanting to practice and race on our current range facilities, we must have a standard practice for documenting who is using the ranges. When you go to practice at Snow Mountain or Eldora, please present your Red Book when you get your trail pass, even if the staff at the time isn't familiar with it - enter your name and Cert. # as a Safety Certified Member of CBC even if they don't have a separate Biathlon list. (we're working to keep this an ongoing practice) We want to establish a log of how much usage our club has at each venue as well as be able to document a path of misuse if that comes to pass. This is all in the interest of safety and best use options.

The Steamboat Springs Winter Sports Club

The Steamboat Springs Winter Sports Club Biathlon Team is in its third Season. We currently have seven athletes, six of them have their red books and will be shooting 22s at this year's races. Some will be skiing the adult courses and shooting standing targets from the prone position. We have excellent athletes and strong skiers, most of them are in their third year with the program and their shooting keeps improving. They thrive on the competition and are excited to shoot the 22s. Please meet them at the next race and challenge them to a shoot off.

Our big goal this season is to raise \$8,000 and purchase nine biathlon rifles and six targets. That mission received a big boost this past week from the Steamboat Ski Corporation. The Steamboat Ski Corp donated \$3,600 to the SSWSC Biathlon Team to purchase the necessary equipment. We already have \$2,000 from private donations and are trying to raise another \$2,400. This biathlon package would be a huge step for our program. We will host summer biathlons and shooting camps in '05 and we are exploring our winter range options.

If you would like to contribute to the biathlon cause or know someone who would, please contact headcoach Gary Osteen at 970-879-6866. Thanks.

Biathlon Masters (By Julia Colins)

Those of you in the "mature" age categories looking for an opportunity (i.e., excuse) to combine European travel with your biathlon experience, look no further! Information regarding the Biathlon Masters International Championships is attached. Unfortunately, the date of this event conflicts with both this year's NorAm Championships and the Colorado International Spring Series, but life is full of tough choices. You must be at least 35 years of age to compete in these Championships, so all of you young punks will just have to wait your turn!

Enjoy!
Julia

The 8th Biathlon Masters' International Championships will be organized by Kontiolahti Sport Club from March 30th to 3rd of April 2005 in Kontiolahti, North Karelia Finland.

The venue for this event is the Kontiolahti Biathlon stadium. For further information please contact us on.

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<http://www.kareliaexpert.fi/>

The Colorado Biathlon Club Vest & Honey Stinger

Also this season we'll have the opportunity to buy the fleece with the Colorado Biathlon Club and the Honey Stinger Logo.

If you are interested, please email me on ice1961@comcast.net with your size and quantity.



IMMORTAL (by Sydeny Szell)

Once, I was a God

Immortal in body and soul.
Every morning my sun rose
Over jasmine-scented jungles,
Above mountains mightier than pyramids.
Self-possessed, full of power,
I trained on *Elysian* sport fields,
Wherein dwelt only attained and achieved.
When winter arrived
Raw snow scoured my lungs,
Ice crystals I ground beneath my feet.
I sought speed,
Strength and endurance were my vassals.
I skied against winds and won.
Across the lands of Ullr,
On Everestian summits,
I roamed, I raced - Undefeated.
When I remember
Armies of racers ravaging plains,
Elite hordes laying snowy hills waste.
While I still crave
Speed across ice, ways through winds,
The wild life in wayfaring lands.....
But before sunlight reached
Western flanks of tall trees
Or stems beneath withered wildflowers,
I woke one day
Alas, to discover.....
Mortality.

Dedicated to World Loppet Tour Ski Racers

Sponsorship News

Neptune Mountaineering discount

All current CBC members receive a 10% off all non-sale items at Neptune Mountaineering in Boulder (Colorado). A current list of paid members is available at the checkout register, which the Neptune staff can consult in order to confirm your membership. Alternately, recently added members may show the green postcard they should have received upon paying membership fees.

Honey Stinger

By now most of you would have seen the Black & Yellow fleece with the Colorado Biathlon Club and the Honey Stinger Logo.

If people are interested, we can order another batch.

The new sports nutrition company EN-R-G Foods, Inc. of Steamboat Springs has once again offered us a 40% discount on their Honey Stinger energy gel and bars. You may recall that they donated some of their honey-based energy gel for us to use last season and they're interested in supporting us again this year.

They've also signed on as a supplier to the Subaru Factory Team and the USBA. Honey Stinger would like to extend an offer to CBC members to purchase Honey Stinger at a 40% discount! This offer will expire December 31, 2005. No limit on quantity.

There are two easy ways to order:

1. ORDER ONLINE: Go to <http://www.honeystinger.com/products.html> Select items at full retail price then proceed to checkout. During checkout, complete billing and shipping information and enter Group Source Code: CBC. You will then see your new discounted total.
2. PHONE YOUR ORDER: Call 1-866-GO-HONEY (1-866-464-6639) and talk with some Of the busy bees in Steamboat.

Questions or product comments may be sent to Buzz@honeystinger.com

Useful Links

2004-2005 Winter Schedule

See <http://www.coloradobiathlon.org/schedule.html> (We can't run these without you, so please volunteer for roles!!)

2003-2004 Race Results

See <http://www.coloradobiathlon.org/results/>

Classifieds

See <http://www.coloradobiathlon.org/classifieds.html> and also the *Minnesota Biathlonclassifieds page* (<http://www.minnesotabiathlon.com/classifieds.html>)

CBC Board-Members

Office Name Phone E-mail

Office	Name	Phone	E-mail
President	Naomi Notman	303.433.4663	president@coloradobiathlon.org
Executive Vice-President	<i>to be confirmed</i>		
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Vice Pres./Snow Mtn.	Dave Cleveland	970.726.9514	vpsmr@coloradobiathlon.org
Vice Pres./Steamboat	Gary Osteen	970.879.6866	vpsteamboat@coloradobiathlon.org
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