

Colorado Biathlon Club Newsletter

Summer 2005

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Where is the snow, my goodness where is the snow?!

Foreword

A Summer Biathlon to test your winter fitness, a range session and tips on roller-skiing all geared to get you as ready as possible for the up and coming Biathlon season.

A solid group of volunteers and club officers making all of this possible for you to enjoy! I hate to shout from my soapbox, but 10 people at the Annual meeting? Hope to see more of you at the races! It is in the 90's now, but soon the white stuff will again fall out of the sky! Happy reading.

Paul Ijs, Newsletter Editor.

Summer Biathlon

Hope you've got the bike cleaned off and new laces in the running shoes, because the Sunday, August 21st, CBC-SMR summer biathlon is rapidly approaching.

Even if you don't plan to register until race day, please let me know if you plan to compete and in what event(s).

If I don't have your date of birth in the records, send me that too so I can make sure I have you in the right age category. The more information I have **before** race day, the easier it is to control the chaos **on** race day! Also, I need to know how much Gatorade we're going to need.

Don't forget, race information is at , including a link to online registration if you wish to use a credit card.

Please note that race-day registration is from 7:30am - 8:30am (before the 9am zero period).

See you at SMR on the 21st! Julia

FEEDBACK REQUEST! I'm contemplating changing the "blue loop" of the bike course to **not** include the stretch of Gaskill which has two-way traffic. I have fears of head-on bike collisions... any changes would probably involve taking a right turn off of Swenson, steering the course towards the Nordic center and then back to (short) Heckman. If you have an opinion on this, send it my way!! In particular, I'd like to hear from previous bike event competitors. The bike course maps as they currently stand are at:

<http://www.coloradobiathlon.org/images/summer/bike.gif>

<http://www.coloradobiathlon.org/images/summer/bike.pdf>

The run courses, in case you need a reminder and/or something to guide your visualization exercises, are at:

<http://www.coloradobiathlon.org/images/summer/run.gif>
<http://www.coloradobiathlon.org/images/summer/run.pdf>

Other than the potential change to the blue loop of the bike course, the courses are the same ones we've used the last couple of years.

Colorado Biathlon Club Range Practice Session

WHERE: Snow Mountain Ranch range, Snow Mountain Ranch/YMCA of the Rockies

WHEN: 9AM - 2PM, Saturday, August 20, 2005

WHO CAN PARTICIPATE: Individuals who have attended a winter safety certification clinic, but who don't have their own rifle for independent practice sessions. Also, newly safety-certified people who may have their own rifle, but haven't yet had a chance to gain experience on the biathlon range. Individuals under the age of 15 who have a red book and wish to participate in this .22 practice session MUST have a parent/guardian/coach on the range with them.

WHAT'S PROVIDED: ammo, club rifles, targets, some limited coaching as time permits.

WHAT TO BRING (REQUIRED): Proof of safety certification (RED BOOK).
No one without a RED BOOK will be allowed to use the Range.

WHAT TO BRING (RECOMMENDED): water, snacks, sunglasses, sunscreen, light jacket, some \$1 bills for change.

WHAT TO BRING (WOULD BE USEFUL): arm cuff (contact organizer to make one!), heart rate monitor, your rifle and ammo (.22 cal standard velocity, non jacketed only, please!), spotting scope or binoculars

HOW TO DRESS: running apparel, running shoes, sun hat, be ready to run range loops.

OTHER RANGE USAGE DURING EVENT: The range will be closed to all but Session participants (see "WHO CAN PARTICIPATE", above) from 9am to 2pm. Seasoned competitors, please delay your training session until after 2pm, and come to help some newbies! Assistants welcome!

PELLET RANGE USAGE DURING EVENT: As of this writing, the pellet range will be open ONLY to users who are supervised by a safety-certified parent or coach over 15 years of age.

COST: \$5 payable by cash or check at event.

OTHER NOTES: Park at the Legett Building or near Just Ranch and walk out to the range.

RSVP (REQUIRED): Bill Quinlan, 303-538-1229, quinlan@comcast.net, by Weds, August 17th, 9PM.

Roller Skiing (By Michael Brothers)

Roller Skiing Season

If you want to be ready for the ski season, now is the time to start preparing, and there is perhaps no better way to get in shape for Nordic skiing than roller skiing. Running, biking, hiking and rollerblading are great aerobic workouts, but none of them mimic the motions and specificity of skiing quite as well as roller skiing.

WHEN: I like to introduce roller skiing into my weekly workout in mid July or August—starting with just one session a week, working up to two a week the following month, and ideally three sessions/week before the snow starts sticking to the ground in late Oct – early Dec. A typical workout will start with 20-30 minutes of easy skiing (skating or classic—I try to alternate between sessions; although most people prefer skating to classic, classic roller skiing will give you a better aerobic workout as it typically requires you to train at a higher aerobic level, or VO_2), followed by 20-40 minutes of specific strength training. Specific strength training is invaluable in these early season workouts to get your arms and legs back into ‘skiing shape,’ helping with both muscle strength and muscle endurance. Try to ski without poles for 15-25 minutes, and then double-pole only (or double-pole with a kick if classic skiing) for another 5-15 minutes. Finish up the session with another 30-90 minutes of skiing, letting the terrain dictate your technique (V1, V2, etc). Ideally, each session should be a little bit longer than the last, providing you a good endurance base for the start of snow skiing. Most of this early season roller skiing should be fairly easy—Level 1 or 2—as the goal here is to get a good aerobic/endurance base for the upcoming season.

WHERE: Finding a good area to roller ski can be a challenge. You’ll want to find good asphalt roads that are plenty wide, with limited traffic, and the area should have some moderate hills for skiing up and down (but preferably with downhills that don’t end with a sharp corner or stop sign!). The best areas I’ve found for roller skiing tend to be newer, ‘high-end’ neighbourhoods that have big houses on large acreage lots. The roads tend to be nice and wide, smooth, and with only 1 house per 5-10 acres, you end up with quite a bit of road with relatively few cars. If you are lucky enough to have paved trails near your home, these can also work well, depending on the trail surface and usage. It is always best to explore the area fully on a bike or on foot first so you don’t have any surprises while roller skiing.

EQUIPMENT: Combo roller skis work about as well as combo snow skis; I suggest you have a separate pair for each technique. By far the best freestyle roller skis I’ve found are Marwes, from Finland. They have the most comparable ‘on-snow’ feel, and the wheels hold up extremely well. Unfortunately, they are hard to find in the US, but can be ordered directly from Finn-Sisu in St. Paul, MN. For classic skis, I prefer V2/Jenex—Pro-skis have always felt too tip-heavy to me. There are plenty of other brands out there that I haven’t tried, though.... Correctly sized poles with sharp roller ski tips (a harder carbide tip than normal snow baskets) are a must, as is any safety equipment (gloves, helmet, etc).

TRAINING TIPS: These are just some additional thoughts that apply to ski training, whether roller or on snow:

It is always best to dedicate the first 20-30 minutes of training on technique. Let’s face it, most of us are over 30, and no matter how hard we train, our fitness level probably won’t come close to what it was when we were younger. By focusing on technique work (training your brain) before each session, you can improve your efficiency and become a faster skier despite your fitness level. Some examples:

- When double poling, look at the angle of your poles; would you get more force out by bringing the baskets closer to your skis, or moving your hands/grips further in/out? Do you have a complete follow-through with each poling motion, ending each motion by releasing your hands from your poles and relying on the straps to bring the poles back?
 - When skiing without poles, do you have a good, complete weight transfer? Do you push off your skis, or ‘step’ for each freestyle stride? (Depending on the terrain, pushing off is generally preferred to stepping.) Can you classic stride without poles and still keep the skis pointed straight?
 - How is your timing for the various ski techniques (V1, V2, etc) when you combine arms and legs? Does your technique or weight transfer change (become less efficient) when you add the poles (example—not fully using your legs when you can ‘cheat’ with your poles)?
- Focusing on technique at the beginning of a workout until your ‘brain is tired’, and then continuing with your workout until the rest of your body is tired is a great way to improve your skiing.

Although lightweight poles (such as Infinity poles) are preferred for racing and interval work, for base/endurance work (including roller skiing) a heavier pole can be great to help build up your upper body strength and endurance. Other techniques that operate on the same principle are to occasionally skate ski with classic boots (or skate boots loosely laced, and not buckled up top) to strengthen your lower leg and ankle.

Classic skiing with the older, low ankle cut boots does the same thing. Finally, skiing with some weight on your back (to simulate the rifle) adds an additional training stimulus.

Most people focus on and train for the active portions of skiing, but I'd argue that 'training' for the more passive parts of skiing (downhills) can be just as important. Holding a tucked position while skiing down a gradual downhill (despite how slow you may be going) will get your leg muscles ready for those long, isometric contractions that are required during races with long 'tucked' hills in them. Additionally, I used to regularly do 'downhill time trials' with training companions to try to improve my speed on technical downhills (this training is obviously best saved for on-snow training). It is amazing how much time you can trim off by staying low and tucked, and skate-stepping versus sliding corners.

Roller skiing should be an instrumental part of preparing for the upcoming season—especially for those of us living on the Front Range that can't access the snow/Nordic trails on a daily basis. By starting to integrate roller skiing into your weekly workout, not only will you be starting the on-snow season in good 'ski-shape', but also you'll have built up a great aerobic base that will allow you to enjoy and take advantage of those weekend ski trips, and have prepped your body for the harder ski sessions (intervals, races, etc) to come. – Michael Brothers (michael.brothers@colorado.edu)

2004-2005 CBC Class Champion Points List

Men/Women/Masters categories: A maximum of four results from the five scored events may be counted. In those cases, the lowest result is dropped, and is indicated by parenthesis ().

Note: 12/19/04 Fun Relay Race not counted in the Points List. IBU Point Scale values listed at end of results

Senior Men (21-35)	Race Points	Total Points	
1. Ben Frey	50, 50, (46), 46, 50	196	Class Champion
2. Ethan McGraw	43, 43, 43, 46	135	
3. Michael Brothers	50, 50	100	

Senior Women (21-35) - None Entered

Masters Men (36-44)			
1. Greg Townsend	(40), 50, 50, 50, 46	196	Class Champion
2. Walter Warwick	(43), 46, 46, 46, 50	188	
3. Jan Ingebrigtsen	34, 37, 40	111	
4. Gary Osteen	30, 40, 37	107	
5. Jack Butterfield	30, 34, 34	98	
6. Steve Niessner	32, 32, 32	96	
7. Jeff May	46, 43	89	
8. John Wilson	30, 22	52	

Masters Men over 45			
1. Bill Quinlan	50, 50, 50	150	Class Champion
2. David Wells	37, 46	83	
3. Frank Garry	37, 43	80	

Men - All Standing Targets (Volunteer Status)

1. Paul Ijs	47
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Masters Women

1. Naomi Butterfield	46, 46, 50, 37	179	Class Champion
2. Cathy Chittum	40, 40, 50, 46, (34)	176	
3. Ramona May	50, 43, 46	139	
Marianne Osteen	46, 50, 43	139	
4. Elizabeth Pike	43, 43, 43	129	
5. Julia Collins	34, 32	66	
6. Lisa Johnson	30	30	

Junior/Youth Girls 17-20

1. Camille Kimball	50, 50, 50, 50	200	Class Champion
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Junior/Youth Boys 17-20 - None Entered**Girls 13-16**

1. Cameron Osteen	50, 50, 50, 50	200	Class Champion
2. Katherine Lynch	46	46	

Boys 13-16

1. Jasper Gantick	46, 50, 50, 50, 50	246	Class Champion
2. Jake Lyons	43, 46, 46	139	
3. Tristan Hechtel	50	50	
Nate Birdseye	50	50	

Pellet Range**Boys 12 and under**

1. Garrison Osteen	43, 46, 46, 40, 46	221	Class Champion
2. Jack Pietig	46, 43, 50, 50	189	
3. Sam Garry	43, 50	93	
4. *Ian Dyson	50	50	
*Alex Rosenberry	50	50	
5. Griffin Bohm	46	46	
6. Luke Harding	43	43	

* indicates skier is 9 yrs. and under

Girls 12 and under

1. Katherine McDermott	50	50	Class Champion
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IBU Points Scale

1st	50 points
2nd	46
3rd	43
4th	40
5th	37
6th	34
7th	32
8th	30
9th	28
10th	26
11th	24
12th	22
13th	20
14th	18
15th	16

16th - 30th = 1 point less for each following place

"Class Champion" Points List Parameters

The CBC "Class Champion" concept continues to be refined to reflect the goals of the Club. Along with acknowledging those of us who are especially good at this sport, the CBC Board felt that recognizing "Class Champions" should reflect the importance of volunteer service to the Club. In particular, our winter race series cannot happen without volunteer contributions from the Club membership, and we all want to

race as well, so the fun of event organization needs to be distributed amongst us all. To encourage logistical support from our Club members, a volunteer requirement was added to the Class Champion eligibility guidelines. This requirement applies to those competitors aged 21 and over (enjoy the freedom of youth

while you can, kids!). The requirements for Men/Women/Masters Class Championship eligibility established for the 2004-2005 winter season were:

- Serve as a "Chief" or provide a warm body(ies) who can do so in your stead for at least one of our events.
- Compete in at least one of the scored events, in one of the established age categories and associated event formats described below.

For many individuals, this means that attendance at two events will be required -- one to volunteer, the other to race. Some of the Chief positions may be successfully shared between two individuals, allowing them to race and volunteer on the same day.

Alternatively, the Chief of Course position can often be handled by one individual that also plans to compete that day, since most of the effort for that role takes place before the day's events get underway. Note: Racing AND volunteering in a "Chief" role on the same day is not encouraged for those who are relatively new to the sport and race organization requirements. In general, trying to race and serve in a Chief position at the same time results in doing neither activity to the best of your ability.

Note also that serving as a Chief AND racing on the same day doesn't give you any extra points to add to your Class Champion standing if you also compete in all of our other scored events.

Instead, in order to be fair to those who served as a non-racing Chief, only the best "N-1" of "N" results may be scored. In other words, if we have five scored events, only your best four results will be counted in the Class Championship calculations.

Each race needs at a minimum a Competition Chief, a Range Chief, a Timing Chief and a Course Chief. Service in these roles fulfills the volunteer requirement, as does forgoing a race in order to serve as a scoring assistant on the range, penalty loop counter, or timing assistant. The CBC Board may award "honorary" volunteer points to those who have consistently shown up and donated their time as volunteers in roles other than the ones described above.

Class Descriptions

Our classes follow IBU guidelines where possible, and also take into account the guidelines used by Biathlon Canada. The classes scored this past season were:

Class age ranges

Men/Women 21-34

Master 35-44

Master 45+

Junior/Youth 17-20

Boys/Girls 13-16

Boys/Girls 12 and under

Class distances and shooting requirements:

Senior Men 21-34: 10km sprint, 15km mass start, 12.5km pursuit rifle carried, prone shooting on prone targets, standing shooting on standing targets

Senior Women 21-34: 7.5km sprint, 12.5km mass start, 10km pursuit rifle carried, prone shooting on prone targets, standing shooting on standing targets

Master Men 35-44: all Masters categories same as for Men/Women 21-34

Master Women 35-44

Master Men 45+

Master Women 45+

Junior/Youth Men 17-20: 10km sprint, 15km mass start, 12.5km pursuit; .22 rifle, carried

Junior/Youth Women 17-20: 7.5km sprint, 12.5km mass start, 10km pursuit; .22 rifle, carried

Boys 13-16: 3km sprint, 5km all other formats; .22 rifle not carried all prone shooting on standing targets

Girls 13-16: 3km sprint, 5km all other formats; .22 rifle not carried all prone shooting on standing targets

Boys 12 and under: 3km sprint for all races; pellet rifle not carried all prone shooting; penalty loops not skied

Girls 12 and under: 3km sprint for all races; pellet rifle not carried all prone shooting; penalty loops not skied

Note that participation according to the above race formats and age categories is required to receive "Class Champion" points. These are NOT the only distances that we make available to participants. As always, we wish to remain flexible to the needs of newer participants, and distances and rifle use may be modified as needed to encourage participation by all.

Questions, comments, and suggestions for the Class Champion guidelines may be directed to Julia Collins and/or Naomi Butterfield <prez@coloradobiathlon.org>. Thanks for your participation in 2004-2005, and we look forward to seeing you on the range in future seasons!

The Annual Meeting Minutes. (May 1, 2005)

2005 COLORADO BIATHLON CLUB MEETING

Attendees: Naomi Butterfield, Jack Butterfield, Cathy Chittum, Julia Collins, Jan Ingebrigtsen, Ethan McGraw, Steve Niessner, Bill Quinlan, Walter Warwick, Dave Wells.

1. Season Wrap up

a. Season Class Champion announcements

Dave W presented the "Class Champion" plaque for review. Tentative 2005 class champion names are in place. Plaque will be displayed in the SMR Nordic Center each ski season.

Class champions for 2004-2005: Ben Frey, Greg Townsend, Bill Quinlan, Naomi Butterfield, Camille Kimball, Jasper Gantick, Cameron Osteen, Garrison Osteen, Katherine McDermott.

b. Feedback on race series (Class Champions) and Colorado State Championships

c. Officials' training

Some feedback that training was geared more towards "big races"

(NORAM level and above) rather than local events. Julia asked for feedback from people who were at the class so future versions of the class can be geared it to both local needs as well as serving as an intro to IBU standards.

Other thoughts on local race quirks: move a rifle rack to force desired range area flow (e.g. rack between lane 1 and shed).

d. Volunteer incentives

Comp'ing entry for chiefs discussed: would SMR still require payment for those comp'd entries? What would it cost club? Other ideas: Paying for a cabin for people working the race in a "chief" capacity? Continue to require volunteer time in order to gain eligibility for class champion title?

e. Discussion of ideas presented at "Town Meeting"

Composting toilet for range (see also 4a) Julia will check into pricing for port-a-potty for a summer race. Might be able to piggy-back onto SMR efforts in that area. Toilet: would need to come up with policies for when toilet is open (locked except on race day?) Need someone to design and give plans to SMR; come up with budget, coordinate with SMR and CCO. If we got foundation posts in place before

a summer/fall work day, then conceivably remainder of (or most of) structure could be put in place on that work day. ADA requirements? Suggest making door wide enough that ramp could simply be added.

Action item: Bill Q will come up with design, plan and budget. He'll pass that back to board for review.

ii. Official vests

Needed especially for range chief -- so a person in that vest is always on the range and visible. If people are Sharing duty (esp. for range chief) vest functions as a baton.

iii. Biathlon Marketing Plan(?) Bill spoke to this...advertising, certification day. Last year, Mary and Greg sent out coupons for a free race.

Do we want to do this again? yes...need to get database cleaned up (Julia, Cathy).

Bill suggests an open range day to follow up the certification clinic. There are a couple of weekends between the cert clinic day and the first race (usually). Could range chief(s) on that day get "volunteer credit" for their work? Bill suggests that attendees for such a range day need to sign up in advance.

Action: need to check with SMR to see if those weekends are usually ok to have an open range.

For 2005, looks like the schedule would be: 12/3 cert clinic, 12/10 open range, 12/17 first fun race?

Action: make some basic rifle covers for people who transport a club rifle to the range (on their back) (Julia)

How do we ensure that people are aware that they can adjust race distances etc to suit their skills?

Tons of marketing ideas...do we need a PR/marketing person?

- advertise at other nordic events

- need a link from Eldora nordic center

Cathy interested in PR/marketing duties

Another idea that came out of town meeting: have a pre-season meeting to finalize schedule and volunteer lists.

f. International Spring Series

2. Treasurer's Report

Bill would like to put together a more formal tally sheet for race proceeds so he can keep things straight as they're transferred from comp chief to him.

Action: Bill will come up with a system/check sheet

One suggestion: Deposit items separately (membership vs race registration)? However, that would require people to write a separate check for race registration and CBC memberships when taking care of both at a race. Should CBC buy a few cleaning rods?

3. Eldora Report

a. Rebuild; budget needs Jan distributed Eldora write-up. This has been faxed to Eldora.

Action item: need to confirm width of paper hanger and whether

they have angle brackets where they attach to the "platform." Might not need as much width as is shown on diagram

Action: check with Jim Kite to see what (if any) lumber is still stored up there. Need to see what we can scavenge from SMR. Nomi and Jan feel they may have enough scrap lumber at their respective abodes for the carpet rack.

4. SMR Report

a. remaining (low cost) improvements:

i. move target numbers to top of targets

ii. wind flags Julia will try to make some prototypes

iii. will probably need to purchase new rope spools (wheels).

spray new plastic wheels with UV protection

Action: Figure out number of spools to be replaced (Julia, Naomi)
Work weekend: Need to schedule. Will need to buy more plastic and staples
b. New VP? See Elections, below.

5. Steamboat report: Gary not able to attend meeting. Julia reported that Steamboat is planning to acquire some targets and rifles from Montana; details and schedule unknown.

6. Elections

a. President: Naomi Butterfield

b. Executive Vice-president: No one currently in position

c. Board Chair: Dave Wells (cert person, newbie contact)

d. Vice-president/SMR:

Dave Cleveland indicated that his work schedule won't be conducive to filling that role over the next year or two. Ethan McGraw willing to serve as SMR VP. Although he's not local, he's up there frequently.

Other suggestions: Susan Oderwald, Eileen Waldow, Bob Hunnes Ethan nominated and elected by acclimation. Dave W will coordinate with Ethan to get Frisco targets up to SMR.

e. Vice-president/Steamboat:

Gary ok to stay on? Confirm with him (Naomi will ask when she checks with him on the USBA meeting).

f. Vice-president/Eldora: Jan ok to stay

g. Secretary: Julia

ok to stay especially with Cathy taking on volunteer coordinator role

h. Treasurer: Bill Q willing to stay

Certifiers - Steve Niessner; Dave Wells

Do we need a third certification person? Will leave it up to Dave and Steve. Jack a good candidate to send in a resume to get ok from USBA as certifier.

Other positions to consider:

Volunteer coordinator;

need to define this role; combine with PR/marketing? Duties: Maintain list of volunteers that can be used for staffing races. Make sure comp chiefs are lined up (give them volunteer contacts).

Put announcements in "what's up" in Granby paper

Web master/database developer (separate from Secretary);

Newsletter editor (needed? See (7) below). incorporate into webmaster position?

Publicity person/marketing person? see volunteer coordinator position

Nomi nominated Cathy for Volunteer coordinator/marketing; all in attendance in favor

Action: add Cathy and Ethan to board mailing list (Julia)

Voted on entire slate as noted above; all present in favor. Do we need to clarify which positions are voting ones? Will add to fall agenda: Revisit and update bylaws.

Action: make sure Walter's address is allowed for board mailing list (Julia)

7. Newsletter format: Go to web-only?

Paul getting limited feedback with regard to content and wondering if newsletter still needed in its current format.

8. USBA Meeting attendance and choice of delegate

See if Gary can go (preferred); Julia can serve as backup Guesstimate total costs of \$500 (max) to reimburse expenses Bill moved we appropriate \$500 to send a delegate; seconded and approved.

Dave moved to ask Gary as preferred candidate with Julia as backup; seconded and approved.

9. Club communication protocol and pathways

Naomi gave brief review

Action: Julia will link letterhead to web site under "forms" (or perhaps just email another copy to board)

10. Summer issues for 2005

a. Funding summer race

Insurance (USBA), Water bottles: generally positive reception as alternative to t-shirts. T-shirts a major expense (as well as prizes for age groups), due to small order (no economy of scale).

Above comments duly noted; threw a bunch of ideas around

b. Loan of air rifles to Christie Boggs for Wyoming summer camp. What is date of her summer ski camp? June 8 in Laramie(?) Dave W has concerns about lending Daisy rifles; Gary O agrees with Daisy concerns. We have three Marksmans which should be available for Christi to use. If camp is on a weekend day, Julia could help and potentially bring a Daisy

(to be used under close supervision due to risk of jamming).

Also encourage Christi to contact Sarah K to see if Sarah can contribute to camp.

Action: Follow up with Christi (Naomi)

11. Choice of date for Fall (Pre-Season) meeting

Combine with work day in late August/early September? Tentative date is September 17/18

Action: give Igor a tentative event schedule before this date

Bill Q noted that Ski for Light week at SMR is week of January 29 (through 2/4?) Good biathlon days would be 1/28 or 2/5(?) (not sure when Ski for Light really ends, but Karen T volunteers for them so she'd be up there and potentially available to volunteer at a biathlon on those adjacent weekend days)

12. Other issues

a. Investigation into biathlon range at Devil's Thumb Ranch.

Bill Q gave an overview of his Devil's Thumb thoughts. Board concerns: How much would Devil's Thumb contribute to a range at their nordic center? Is the idea to make this a supplement to SMR? What are their (DT) expectations from us if they put in a range? Bigger hassle for us to shuttle equipment between venues if we host races at both places.

Brainstormed some more considerations and concerns:

What can we realistically support? How many winter races would really be held there? Maybe one or two? if Steamboat gets a range, then a couple of winter races might migrate over there, further reducing the number of winter races (and available dates) that we can support in Grand County.

Would Devil's Thumb be available for summer use? That would be a major positive factor for us.

b. Other notes:

Should CBC buy a few cleaning rods so people using club rifles can at least run a dry patch through rifle?

Need to have rags in cases so people can wipe rifles dry before they get closed up in case.

Jack and Nomi have rifles; Jack assigned to clean rifles and determine whether they need any additional work. Julia will help him zero those rifles.

Other future purchases: scopes

c. Inventory:

Sarah Konrad has one target: Check with her to see if she wants to hang onto it (Julia)

Gary Osteen has one target: Check with him on status of their purchase Steamboat has Julia's marlin rifle

Put Elizabeth's target at Eldora?

Need to mount remaining targets at SMR

Need to fabricate more brackets to hang targets, as well as more paper-hanging frames.

Useful Links

2005-2006 Winter Schedule

See ([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>)

Newsletter, Please send comments and corrections to Paul Ijs (ice1961@comcast.net)

Classifieds

How timely!! Check out Michael Brothers Article!!.

- Complete Roller-ski set for sale

Ski way Flash II (Check out www.togosrl.it), plus 4 Spare wheels

Salomon SR Profile SNS Bindings, Salomon SR911 Boots, Size 11.

The whole package for \$175. (obo) plus S&H. Please contact Paul on ice1961@comcast.net for a picture and any questions.

- David Wells has produced and printed a 'CBC Snowflake' sticker to enhance your rifle, gun case, car, dog bowl, etc.. The actual product measures 2 3/4" high and is IBU size compliant, so there's no problem having one on your rifle no matter where you compete. It's available for \$3 and can be ordered through David directly: 303.985.4481 <davidwells@earthlink.net>

- **For sale:** all things biathlon. is the only biathlon specialty shop in the U.S. We offer Anschutz products at reasonable prices, plus our own line of accessories and custom stocks. Ammunition from Eley, Federal, RWS, Lapua, and others is available. Biathlon targets, skis, wax, and all accessories complete our product line. Gunsmithing and stock repair by factory-trained service technician also available. Contact Marc Sheppard at Altius Handcrafted Firearms - 406.646.9222 or <altiusguns.com>.