

Intro to Biathlon Clinic Scheduled for March 10, 2007

An introduction to biathlon clinic will take place on Saturday March 10, 2007 from 9am-12pm at the McMiller Sports Center in Eagle, WI. Participants will have the opportunity to learn all about biathlon, the Olympic winter sport combining cross country skiing and rifle marksmanship. Equipment will be on hand to allow all attendees a chance to participate and give the sport a try.

The clinic will be presented by Wisconsin National Guard biathletes Mike Zeigle and Mike Conway. Topics covered will include proper handling of the biathlon rifle, range safety and rules, fundamentals of the prone and standing shooting positions, and more. There will be a \$10 fee for the safety clinic, which will include a biathlon safety booklet and DVD. For those that do not yet own a biathlon rifle, there will be a number of rifles available at the clinic for participants to use.

The clinic will begin at the park's indoor shelter where the aspects of biathlon safety and shooting fundamentals will be addressed. Participants will later proceed to the range area where everyone will be given an opportunity to practice what they learned with some live shooting drills. The clinic will take place regardless of snow conditions, and attendees should plan to dress for both indoor and outdoor weather. Anyone interested in attending is asked to pre-register by calling the forest headquarters at (262) 594-6200.

Recent improvements to the McMiller Sport Center have allowed for the opening of a biathlon course. The McMiller Biathlon course is primarily intended as a training site for biathlon participants. The course consists of a new 2 km ski trail loop that provides direct skiing access to one of the existing shooting ranges. In addition to the 2 km Biathlon loop, biathletes have the option of skiing any one of 5 cross country ski trail loops that have been in place at McMiller since the late 1970's. The 5 ski loops traverse scenic and hilly Kettle Moraine topography while offering distances of 3 – 10 km in length with varying degrees of difficulty. The Biathlon course begins at the trail head of the McMiller trails.

When there is snow on the ground for cross country skiing the McMiller biathlon course is open on Saturdays and Sundays from 8 am – noon and weekdays during daylight hours. McMiller Sports Center offers convenient parking, a heated warming shelter with fireplace and flush toilets that is open on weekends, vending machine refreshments, and well groomed trails. A Wisconsin State Park Vehicle Admission sticker is required for all vehicles visiting the forest. In addition a Wisconsin State Trail pass is required for all skiers 16 years or older.

McMiller Sports Center is located 2.5 miles South of the Village of Eagle on Co. NN. From Eagle travel south on Hwy 67 to Co. NN, West on Co. NN to the McMiller entrance.

For additional information about biathlon clinics and other group activities, the McMiller Sports Center biathlon course, or biathlon in general please visit the Wisconsin Biathlon Association website at www.wisconsinbiathlon.com or contact the forest headquarters at 262-594-6200.