hours of training that do not have anything to do with actually þring the weapon. Multiple studies on Olympic level marksman show that the practice of òdry þringó or practicing all of the motions of þring, with the exception of actually þring a live round, is much more effective from a time efþciency standpoint than actually þring.

For the Winter Season 2008-09, athletes will only be dry-þring (carrying weapons with no ammunition).

Please pay attention to all posted signage regarding the range area. Please stay on posted trails and stay out of clearly marked roped off areas at all times.

USA Biathlon

www.usbiathlon.com

Thank you to the following organizations for their support of Biathlon in Mammoth Lakes:

Eastern Sierra Nordic Ski Association

The Town of Mammoth Lakes, California

Police Officer — Mammoth Lakes Police

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Forest Service — US — Department of Agriculture

In partnership with Inyo National Forest

Mammoth Winter Biathlon

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