



Biathlon Nova Scotia Fall

Roller Skiing

Biathlon Nova Scotia is pleased to present a weekly roller-ski practice Monday evenings from 5:30pm- 7pm throughout the fall.

- Regular Sessions will start Oct. 19st and continue through to Dec. 14th weather permitting on the Chain of Lake trails in Bayer's Lake (130 Chain of Lakes Dr. Halifax, NS, B3S 1A2).
- Athletes are required to have their own boots, poles, helmet, head lamp and protective equipment. Biathlon NS has a limited availability of roller skis for rent annually for \$50.
- The goal of this program is to prepare athletes for the competitive season of biathlon through learning and developing ski technique.

This program is intended for athletes who are on the competitive team of Biathlon NS, registration as a competitive athlete (<http://biathlonns.ca/membership.php>) will give access to this program as well.

Athletes may still participate in this program if they are not competitive athletes, and can register by emailing katrenathomas97@gmail.com.

