

164 Cadets to participate in Biathlon competition

On Saturday, January 18th the 164 Squadron Biathlon team will be travelling to the Central Ontario Area Biathlon Competition at Nordic Highlands ski resort in Duntroon.

The team of five has been training since November; strengthening their ability to run and ski, as well as practicing their marksmanship abilities throughout various range days.

This weekend is the culmination of all their hard work, as they and their coaches will be participating in yet another year of the C.O.A Biathlon competition.

The competition allows for 23 squadrons to participate, with approximately 180 athletes in total, both competing singularly and as teams.

Cadets participating are to ski a 5km trail, consisting of three loops with two integrated shooting segments.

After all races have been completed, the squadrons will reunite in a final parade in which the finalists will be announced.

If the 164 Squadron Biathlon team is triumphant, they will advance to the Regional Biathlon Competition held in Sault Ste Marie in the following weeks.

The National competition is to be hosted sometime in March.

In previous years 164 has taken the competition by storm, leaving somewhat of a legacy for the squadron. Through injuries and with the uncooperative weather, this team has persevered and has made an honest effort to strive for success. Coach Second Lieutenant Ron Shaw has worked with the team for three years now and is incredibly proud of all their hard work.

?It's always exciting to see our cadets compete in this competition? 164 and Shelburne should be proud of their team!? said Shaw after an early morning practice with his cadets.

Best wishes to the entire team from all of their friends at 164 Squadron.