



THE WORLD OF BIATHLON | PERSONALITIES | EVENTS | RESULTS

# BIATHLON WORLD



## LAURA DAHLMEIER

CHALLENGES IN BIATHLON  
AND ON HIGH PEAKS

**IBU** REBRANDING  
**NEW LOOK  
AND FEEL**

12<sup>TH</sup> **IBU** CONGRESS  
**BIATHLON FAMILY  
REUNION**

SUMMER TRAINING  
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GET TO WORK!**



**IBU** SUMMER BIATHLON WORLD  
CHAMPIONSHIPS 2016

## RETURN TO OTEPÄÄ



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## ***Dear Biathlonworld readers,***

This magazine is our first issue using the recently created IBU rebranding style guide. Our biathlonworld.com website also has this new look and feel, which we hope you like. Read all about our new branding, updated logo and the new website on page 60 The IBU is looking forward; reaching out to younger audiences; find out more about some of our social media campaigns on page 66.

The IBU continues to move forward in many areas, especially relating to the ever-changing weather conditions. Snow preservation and good quality tracks, regardless of weather conditions are cru-

cial for our sport. Our snow farming story delves into the new technologies used to produce and store the snow over summer.

Our sport is filled with interesting personalities like the recently retired Olympic Gold medalist Michael Greis, now a coach in Lenzerheide. He offers an interesting insight into his transition from athlete to a new career in Switzerland, as well as the changes in the sport in recent years.

Every two years IBU holds a Regular Congress. The 12<sup>th</sup> Regular Congress was held last September in Chisinau, Moldova. On page 8 you can read about the

Congress and its main decisions. Biathlon continues to be a developing sport, and that development is reflected in rule changes. The most important rule changes are published on page 18.

We hope you have a successful biathlon season, filled with thrilling competitions and exciting stories. We promise to deliver many of them for your enjoyment; stay tuned!

***Wishing you a fun read,  
Your Biathlonworld team***





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4

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IBU CUP 1 BIATHLON BEITOSTØLEN NOR 23.11. - 27.11.2016			
FRIDAY	25.11.2016	10:00 13:00	SPRINT MEN SPRINT WOMEN
SATURDAY	26.11.2016	10:00 13:00	SPRINT MEN SPRINT WOMEN
SUNDAY	27.11.2016	10:00 12:30	SINGLE MIXED RELAY MIXED RELAY

BMW IBU WORLD CUP BIATHLON 1 ÖSTERSUND SWE 25.11. - 04.12.2016			
SUNDAY	27.11.2016	15:30 18:10	MIXED RELAY SINGLE MIXED RELAY
WEDNESDAY	30.11.2016	18:00	INDIVIDUAL WOMEN
THURSDAY	01.12.2016	18:00	INDIVIDUAL MEN
SATURDAY	03.12.2016	11:45 14:45	SPRINT WOMEN SPRINT MEN
SUNDAY	04.12.2016	11:15 13:20	PURSUIT WOMEN PURSUIT MEN

BMW IBU WORLD CUP BIATHLON 2 POKLJKA SLO 05.12. - 11.12.2016			
FRIDAY	09.12.2016	11:30 14:15	SPRINT MEN SPRINT WOMEN
SATURDAY	10.12.2016	11:45 14:45	PURSUIT MEN PURSUIT WOMEN
SUNDAY	11.12.2016	11:15 14:30	RELAY WOMEN RELAY MEN

IBU CUP 2 BIATHLON RIDNAUN ITA 06.12. - 11.12.2016			
THURSDAY	08.12.2016	10:00 12:30	SINGLE MIXED RELAY MIXED RELAY
SATURDAY	10.12.2016	10:00 13:00	SPRINT WOMEN SPRINT MEN
SUNDAY	11.12.2016	10:00 12:30	PURSUIT WOMEN PURSUIT MEN

IBU JUNIOR CUP 1 LENZERHEIDE SUI 09.12. - 11.12.2016			
SATURDAY	10.12.2016	10:00 13:30	INDIVIDUAL MEN INDIVIDUAL WOMEN
SUNDAY	11.12.2016	10:00 13:00	SPRINT MEN SPRINT WOMEN

BMW IBU WORLD CUP BIATHLON 3 NOVÉ MĚSTO NA MORAVĚ CZE 12.12. - 18.12.2016			
THURSDAY	15.12.2016	17:30	SPRINT MEN
FRIDAY	16.12.2016	17:30	SPRINT WOMEN
SATURDAY	17.12.2016	15:00 17:40	PURSUIT MEN PURSUIT WOMEN
SUNDAY	18.12.2016	11:45 14:15	MASS START WOMEN MASS START MEN

IBU JUNIOR CUP 2 HOCHFILZEN AUT 14.12. - 17.12.2016			
THURSDAY	15.12.2016	10:30 13:30	SPRINT WOMEN SPRINT MEN
FRIDAY	16.12.2016	10:30 13:30	PURSUIT WOMEN PURSUIT MEN
SATURDAY	17.12.2016	10:00 13:30	RELAY WOMEN RELAY MEN

IBU CUP 3 BIATHLON OBERTILLIACH AUT 14.12. - 17.12.2016			
FRIDAY	16.12.2016	10:00 13:30	INDIVIDUAL MEN INDIVIDUAL WOMEN
SATURDAY	17.12.2016	10:00 13:00	SPRINT MEN SPRINT WOMEN

BMW IBU WORLD CUP BIATHLON 4 OBERHOF GER 02.01. - 08.01.2017			
THURSDAY	05.01.2017	14:15	SPRINT MEN
FRIDAY	06.01.2017	14:15	SPRINT WOMEN
SATURDAY	07.01.2017	11:30 14:40	PURSUIT MEN PURSUIT WOMEN
SUNDAY	08.01.2017	12:30 14:40	MASS START MEN MASS START WOMEN

IBU CUP 4 BIATHLON MARTELL ITA 03.01. - 08.01.2017			
THURSDAY	05.01.2017	10:00 13:00	SPRINT WOMEN SPRINT MEN
SATURDAY	07.01.2017	10:00 13:00	SPRINT WOMEN SPRINT MEN
SUNDAY	08.01.2017	10:00 12:30	PURSUIT WOMEN PURSUIT MEN

ÖSTERSUND SWE ■

BEITOSTØLEN NOR ■

OBERHOF GER ■

ARBER GER ■

RUHPOLDING GER ■

LENZERHEIDE SUI ■

MARTELL ITA ■

RIDNAUN ITA ■

ANTHOLZ-ANTERSELVA ITA ■

DUSZNIKI ZDRÓJ POL ■

NOVÉ MĚSTO NA MORAVĚ CZE ■

HOCHFILZEN AUT ■

OBERTILLIACH AUT ■

POKLJKA SLO ■



**BMW IBU WORLD CUP BIATHLON 5****RUHPOLDING** GER

09.01. - 15.01.2017

WEDNESDAY	<b>11.01.2017</b>	14:30	<b>RELAY MEN</b>
THURSDAY	<b>12.01.2017</b>	14:30	<b>RELAY WOMEN</b>
FRIDAY	<b>13.01.2017</b>	14:45	<b>SPRINT MEN</b>
SATURDAY	<b>14.01.2017</b>	14:30	<b>SPRINT WOMEN</b>
SUNDAY	<b>15.01.2017</b>	11:30 14:45	<b>PURSUIT MEN PURSUIT WOMEN</b>

**IBU CUP 5 BIATHLON****ARBER** GER

11.01. - 14.01.2017

FRIDAY	<b>13.01.2017</b>	10:00 13:30	<b>INDIVIDUAL MEN INDIVIDUAL WOMEN</b>
SATURDAY	<b>14.01.2017</b>	10:00 12:30	<b>SINGLE MIXED RELAY MIXED RELAY</b>

**BMW IBU WORLD CUP BIATHLON 6****ANTHOLZ-ANTERSELVA** ITA

16.01. - 22.01.2017

THURSDAY	<b>19.01.2017</b>	14:15	<b>INDIVIDUAL WOMEN</b>
FRIDAY	<b>20.01.2017</b>	14:15	<b>INDIVIDUAL MEN</b>
SATURDAY	<b>21.01.2017</b>	13:30 15:15	<b>MASS START WOMEN RELAY MEN</b>
SUNDAY	<b>22.01.2017</b>	11:00 14:45	<b>MASS START MEN RELAY WOMEN</b>

**IBU OPEN EUROPEAN CHAMPIONSHIPS BIATHLON 2017****DUSZNIKI ZDRÓJ** POL

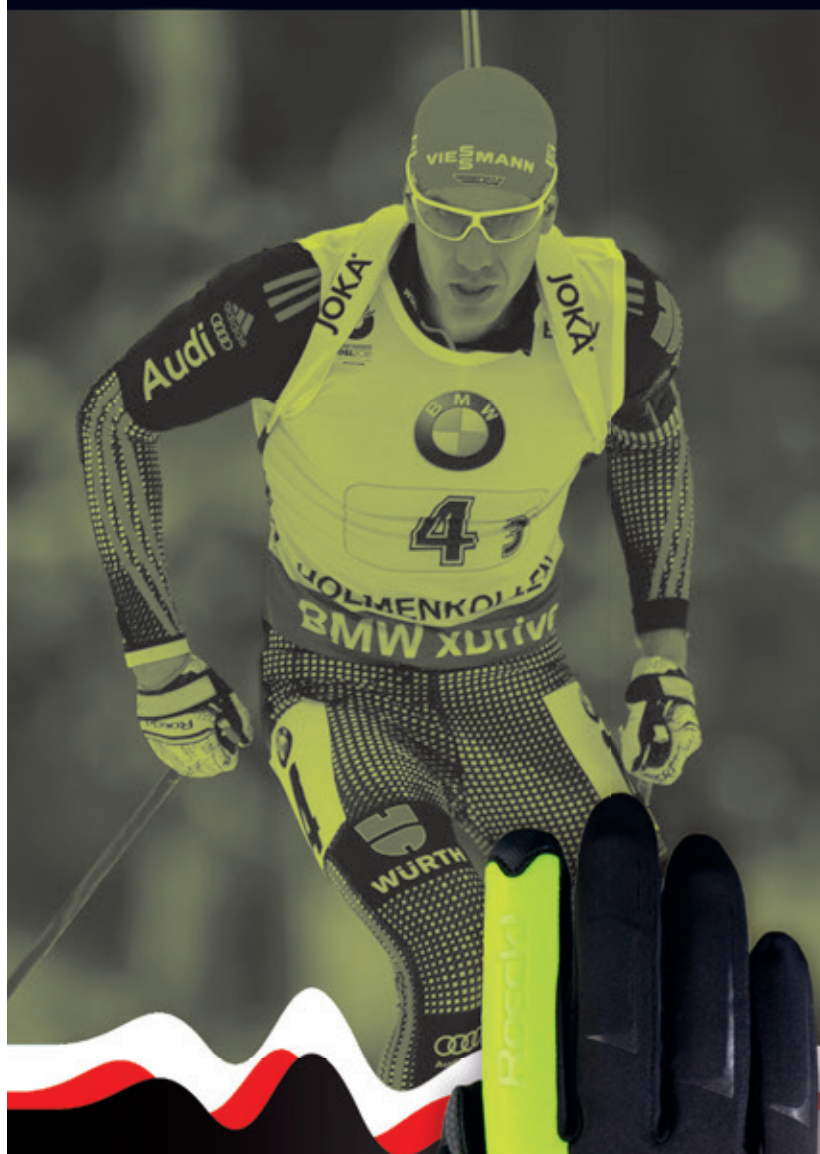
22.01. - 29.01.2017

WEDNESDAY	<b>25.01.2017</b>	10:00 13:30	<b>INDIVIDUAL MEN INDIVIDUAL WOMEN</b>
FRIDAY	<b>27.01.2017</b>	10:00 13:30	<b>SPRINT MEN SPRINT WOMEN</b>
SATURDAY	<b>28.01.2017</b>	10:00 13:00	<b>PURSUIT MEN PURSUIT WOMEN</b>
SUNDAY	<b>29.01.2017</b>	10:00 13:00	<b>SINGLE MIXED RELAY MIXED RELAY</b>

**IBU JUNIOR CUP 3****POKLJUKA** SLO

26.01. - 29.01.2017

FRIDAY	<b>27.01.2017</b>	10:00 13:00	<b>SINGLE MIXED RELAY MIXED RELAY</b>
SATURDAY	<b>28.01.2017</b>	10:00 13:00	<b>SPRINT MEN SPRINT WOMEN</b>
SATURDAY	<b>17.12.2016</b>	10:00 13:30	<b>RELAY WOMEN RELAY MEN</b>


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## 12<sup>TH</sup> REGULAR **IBU** CONGRESS IN CHISINAU, MOLDOVA

# Biathlon Family Reunion

Two Q&A sessions opened the first day of the Congress: one on the IBU Rules for Election and Voting at the Congress, and one on the IBU Virtual Gallery project. After the sessions, delegates proceeded to the elegant opening dinner at Chisinau's Republic Hall, hosted by the local Organizing Committee of Chisinau.

### **PRESIDENT OPENS THE CONGRESS**

At the first session, the IBU President Anders Bessberg opened the Congress with his report. He reported on the rebranding of the IBU and reconstruction of the IBU website into the new digital media platform, stating that this approach enables IBU to attract the new audience to compensate the general trend of a decrease in TV figures. He called the Junior Cup series that were successfully launched last season "the biggest development project". He also talked about prolongation of TV and marketing contracts.

His address to the Congress was followed by the report of IBU Vice-President for Finance Dr. Klaus Leistner. Emphasizing that the financial status of IBU is transparent

For the first time in history, IBU Congress headed to Moldova's capital of Chisinau.

As Congress delegates and guests from 50 nations landed in Chisinau airport on a warm September day, the welcome desk and accreditation corner became a meeting point for the national federations. For one week, Chisinau became the setting for a big family reunion.



*Congress in session*

# 12<sup>TH</sup> REGULAR **IBU** CONGRESS

01 SEP-04 SEP 2016 | CHIȘINĂU - MDA

and solid, Dr. Leistner explained the delegates the main sources of IBU's income: the media rights, marketing rights and IOC contributions. Following the reports, the Congress approved the 2014/15 and 2015/16 financial statements, discharging financially the Executive Board. After discussions and clarifications, Congress approved the proposed budget for the next three years.

## **MAX COBB: THE NEW VICE PRESIDENT OF SPORT**

One of the most important items on Congress agenda was election of the new Vice President of Sport. Three candidates were running for this position: Baiba Broka from Latvia, Dagmara Gerasimuk from Poland and Max Cobb from USA. All of them made three-minute

presentations on their background and future plans if elected. The Congress elected Max Cobb with the first ballot. A retired cross country athlete and biathlete, he worked for the US Biathlon since 1989. In 1998 he became IBU Technical Committee delegate, becoming its chairman in 2010. Max Cobb is also a CEO of the US biathlon.

Following the election, Cobb thanked the Congress calling his election a big honor, "It is a great honor. I am really touched and thrilled. Biathlon was a part of my life for the last 25 years; it has been my love, my passion and my job. I am looking forward to the future and my role in growing the sport."

## **VOTING ON MOTIONS**

During the rest of the day delegates went through motions for changes and modifications in IBU Constitution, Disciplinary Rules and Event and Competition Rules. Whereas most of the motions were proposed by Executive Board, other proposals came from National Federations. Some of the changes have already been put into practice, but were now reconfirmed by the Congress. Among other decisions, the Congress voted in favor of having an athlete representative on the Technical Committee in the future; it also supported the abolition of vice-president titles in the Executive Board, except for the functions President, First Vice President and Vice-President of Finance.



**IBU President Anders Besseberg**



**Olle Dahlin congratulates Max Cobb on his election**





**IBU**

### **STATUS QUO PREPARATIONS: HOCHFILZEN 2017 AND ÖSTERSUND 2019**

The second session day saw the presentations of Organizing Committees of major events on their preparation status. The organizers of the biggest event next season, **WCH 2017 in Hochfilzen**, AUT took the floor first. Chairman of OC Franz Berger ensured the delegates in timely preparations, showing the photos of 580 square meters media center with integrated commentator cabins. He also showed a plan of renovated new building. The chairman informed the delegates that

the OC started selling tickets June, 1 2016, and so far around 50,000 tickets have been sold.

**Ostersund's** Chairman Patrik Jemteborn presented on the preparation progress for **2019 WCH**. He emphasized the support of locals and ambition of OC to involve all local community and to effect the whole country. He talked about the Swedish team, explaining the concept "From one era to another era" with the emphasis on youth. He noted that five medals went to Sweden at Youth Junior World Championships in Cheile Gradistei last



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*Chairman of OC Hochfilzen reports on WCH preparation*

season. He also talked about culture festivities and medal plaza project.

## REPORTS FROM OLYMPIC VENUES: PYEONGCHANG 2018 AND BEIJING 2022

Director General of Sport Dr. James Lee presented the audience with **Pyeongchang 2018** preparations for the next Olympic Games. The presentation included future Olympics concept and venue course photos. Whereas the basic infrastructure had existed for 2009 IBU World Championships Biathlon, the course was slightly changed, and some work was done due the sharp turn and stiff downhills to ensure athletes safety. Athletes will start late in the evening due to match broadcasting times for Europe.

The two main slogans for presentation of **2022 OWG in Beijing** were "athletes-centered" and "sustainable". The presentation included a design layout for Nordic and Biathlon center. This presentation provided the delegates with the first insight on Olympic Games 2022. Wrapping up his presentation, Wang Yixiang emphasized that China lacks a long tradition of hosting ski events and





asked for help and further cooperation with the biathlon family during the next five years. The President congratulated Beijing with an important responsibility of hosting Olympic Games.

### **LOOKING BACK: OSLO 2016**

Norway's Secretary General Rakel Rauntun shared with delegates Norway's successful experience in organizing event of a grand scale. She offered her insight on staff organization, volunteering recruiting and broadcasting numbers. She also talked about cultural activities apart from competitions: biathlon experience for children and a big show at Oslo downtown Medal Plaza. She noted successful ticket sale, saying that 135 000 tickets were sold with the biggest foreign nations being Germany, Russia Sweden and France.

### **BIDDING COMMITTEES STANDS AND RECEPTIONS**

All five IBU World Championships Bidding Committees 2020 and 2021 had a chance to host receptions for Congress delegates and guests in three formats: lunch, dinner or aperitif. All events were representative of their hosts, serving national food and providing authentic entertainment. The bidding committees invested a great deal of imagination and creativity; the programs and menus have been strictly kept in secret to surprise the guests.

### **ITALIAN, CZECH, RUSSIAN, SLOVENIAN AND GERMAN OASIS ON MOLDOVAN GROUND**

Bidding Committees also set up their stands next to the Congress Hall. The five areas provided delegates and guests with a chance to get acquainted with their culture, bidding concepts and plans. The Italian stand offered the best cappuccinos and delicious Italian snacks: salami,

prosciutto and olives. Pokljuka served national blinis with home-made strawberry jam during the morning coffee break. Oberhof made an emphasis on their natural beauty and local drinks. Tyumen surprised their visitors with technology; the organizers installed a 3-D map of the venue along with virtual reality hamlet, which enabled the audience to watch a competition with a 360 degrees view angle. Nove Mesto served their visitors the famous Czech beer.

### **OBERHOF LUNCH**

Following the productive session on the first day of Congress, IBU World Championships 2020 bidding committee Oberhof invited the delegates for lunch. Thüringen State Minister of Education, Sports and Youth Dr. Brigitte Klauert greeted the delegates with a short speech. She presented Oberhof ambition to host the event, saying that hosting IBU World Championships Biathlon has been long-anticipated ambition for Oberhof. Guests were served with typical



**Bidding Committee Pokljuka Dinner**



**Bidding Committee Nove Mesto Lunch**



dishes for the region, including potato soup with sour cream and beef roulade as the main dish.

### **TYUMEN DINNER**

In the evening of the first session day delegates gathered for a dinner, organized by the IBU World Championships 2021 bidding Committee Tyumen on Radisson hotel terrace. The guests enjoyed traditional Russian dishes, including pancakes with caviar, typical for Tyumen area sturgeon, and other refreshments. Russian folk dancers entertained the guest, with singers from Tyumen Philharmonic, accompanied by local musicians adding to the authentic atmosphere.

### **NOVE MESTO LUNCH**

Nove Mesto Bidding committee invited delegates to a local Czech restaurant for an authentic lunch with local dishes on the menu: beer goulash soup in bread bowl and chicken schnitzel. As guests were following a series of direction arrows, navigating them to the nearby restaurant, they saw Chisinau downtown during their short walk. At the



*Congress Opening Dinner*



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entrance, a shot of Czech "becherovka" was awaiting the arriving guests. Live music, national songs, local wine and beer provided a good rest in between the sessions.

### **ANTHOLZ APERITIF: APERITIVO LUNGO**

What do Italians do after a long day of work? They get together with their friends and family for a drink. Because one drink follows another, little appetizers is an essential part of the evening. "Aperitivo Lungo" was a concept for Antholz-organized event. As the guests gathered in the hotel, typical appetizers and starters were awaiting: gambari, gaspacho, salmon, carpas and other finger food. The venue for Aperitif reminded an Italian Piazza with warm atmosphere of South Tyrol.

### **POKLJUKA DINNER**

After Italian aperitif the guests proceeded to dinner, hosted by IBU WCH 2020/2021 Pokljuka bidding Committee in the Radisson Blu Leogrand hotel hall. Guests could choose among garlic roast pork, Slovenian style goulash and steamed trout fish rolls with beetroot cream sauce for the main dish. The hosts presented their bidding concept on a big screen, showing the photos of Bled and Pokljuka. As an entertainment, Slovenian team invited XXL Vocal Group, and 12 singers entertained the guests with a magical acapella.

### **FINAL CONGRESS DAY: DECISIONS ON 2020 AND 2021 WCH VENUES**

Presentations of three bidding committees for World Championships 2020 opened the final Congress day. Three candidates: Oberhof, Germany, Antholz,



**Presentation by Bidding Committee Porec**

Italy and Pokljuka, Slovenia made 20-minute presentations on their hosting plans and concepts to Congress delegates.

Antholz, Italy won in the first ballot. Its delegation had Italian National team members Dominik Windisch and Lucas Hofer. Windisch commented on the long-anticipated home World Championships, "When I was very young, I saw



**IBU President Anders Besseberg congratulates OC Antholz**



**Bidding Committee Tyumen celebrates the right to host WCH 2021**



# 12<sup>TH</sup> REGULAR **IBU** CONGRESS

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World Championships at home in 2007. It motivated me for my future career. Other candidates had good ideas, but I am very happy and proud for Antholz."

As the day proceeded, tension near Congress hall doors remained. The voting for WCH 2021 took place after presentations by the three bidding committees: Nove Mesto Na Morave, Czech Republic, Tyumen, Russia and Pokljuka, Slovenia.

Miss Russia Yana Dobrovolskaya together with a famous biathlon commentator Dmitry Guberniev presented Tyu-

men concept. Four Olympic champions from Tyumen region (Galina Kukleva, Luisa Noskova, Ivan Tcherezov, and Evgeniy Garanichev) arrived in Chisinau to support the bid. Tyumen, Russia won in the first ballot.

## AND THE 13<sup>TH</sup> CONGRESS MEETS IN....

The final item on Congress agenda was voting on the 13th Regular IBU Congress venue. After Prague, Czech Republic withdrew its bid to host Congress 2018, three candidates were still running: Porec, Croatia, Oslo, Norway, Midway, Utah, USA. Porec, Croatia won in the first

ballot. In their presentation, they made an emphasis on their future development and promotion of biathlon in their home country.

IBU President Anders Besseberg commented on Congress decisions, "I am convinced that we must take the right decisions to ensure development. We will continue working together to be the leading winter sports federation. It is always difficult to be in front, and you have given your contributions by your trust." **I**

**TEXT** Marina Dmukhovskaya

**PICTURES** Evgeny Tumashov



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**IBU European Championships**  
Duszniki-Zdrój (POL) 2017

**IBU World Cup**  
Ruhpolding (GER) 2017

**IBU World Championships**  
Hochfilzen (AUT) 2017



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**VASIL VASILOVSKI**

# IBU Medals of Honor

## AWARDED AT CONGRESS

Canadian biathlon nation in two home Olympics: Albertville and Vancouver. His Gold Honorary medal recognizes his role in building biathlon program in Canada as well as commitment and dedication to excellence in biathlon.

### **BIATHLON AT 80: VASIL VASILKOVSKI**

Mr. Vasilkovski started his biathlon career back in the times when big bore rifles were still around and 25K individual was not a "biathlon classics", but the only discipline. The majority of his life Mr. Vasilkovski dedicated to the development of our sport as an athlete, coach, lecturer and international referee. Back in the 60's he met the UIPMB President Sven Thofelt and insisted on Bulgaria becoming a member of international federation. He passed down his experience to younger generations coaching National Biathlon Team of Bulgaria. Since 1982 he accepted the challenge of combining his teaching work with international biathlon referee position. Despite turning 80 years this summer, Mr. Vasilkovski never

retired, winning competition for veterans 75-80 years this year in Bulgaria.

### **BENJAMIN LEITNER: THE VERY FOUNDATION**

It is impossible to overestimate Mr. Leitner's role in the development of Slovakian biathlon; he stood at the very foundation of the sport in Slovakia. He was the generator of idea to build a stadium in Osrbli, which successfully hosted IBU World Championships Biathlon in 1997.

### **RECOGNIZING THE INPUT**

IBU Golden Medal of Honor is an award for outstanding services to the biathlon sport. The nominees have retired from sport, but the impact made by them both internationally and in their nations is present to this day. On Congress closing day in Chisinau IBU President Anders Besseberg awarded five golden honorary medals; he congratulated the nominees and talked about their role in the sport development.

### **STEPHEN HALE: OLYMPIC VETERAN**

Mr. Hale dedicated over thirty years to the development of biathlon in Canada. It is hard to think of a role in biathlon he didn't try himself at: at some point in his career he was a coach, an official, Treasurer, Vice President of High Performance, the President, serving as a Director on the Board of Directors. Mr. Hale is an Olympic veteran, successfully leading

**STEPHEN HALE**



Long before this, Mr. Leitner spared no effort in promoting the venue, organizing the first competition there in 1981 and acting as a chairman of Osrblie Biathlon Club. During the World Championships and later World Cups Mr. Leitner worked as a competition chief. He combined this job

with a position of the President of Slovak biathlon association in 1991-2002. For five years he continued to work as the Director of the National Biathlon Center Osrblie before retiring. His medal recognizes his extraordinary services both to his biathlon nation and to biathlon world.

### BIATHLON ADVENTURE OF TORE BOYGARD

Mr. Boygard had an amazing Norwegian biathlon adventure for the last 20 years. Back in the 80's he started a biathlon club back in his home town; since then he has been active in the club on different levels: leader, trainer, and manager.

It might be hard to believe now, but two decades ago Norway had a long way to go before becoming one of the world's strongest biathlon nations. Mr. Boygard started at the bottom and built the structure stone by stone. Up until his retirement this year, he served as the President

of Norwegian biathlon for the last 10 years. At the same time, he worked as IBU International Referee and Technical delegate since 2006.

Last year World Championships in Oslo have written a new chapter in biathlon history. Mr. Boygard played an important role in hosting the home World Championships in Oslo last season. He also contributed to the work of IBU Technical committee with his expertise and experience as an IBU Technical Delegate. Honorary medal recognizes his determination, wise leadership and long-term vision of development and growth.

### MICHAEL GEISTLINGER: LEGAL PROSPECTIVE

Dr. Michael Geistlinger contributed to biathlon with his legal knowledge. It all started when he advised President Anders Besseberg as well as former Secretary General Peter Bayer to establish the HQ of the IBU in Salzburg, Austria, and to conclude an agreement with UNESCO

in order to fulfil the requirements of the Austrian Foreign Ministry.

He was the chairperson of the Legal Committee from 1993 since 1998, setting up the legal order of the newly established IBU. With the help of the three other Committee members Michael Geistlinger developed drafts for Rules book of the IBU. He elaborated models for the Declarations of Organizers, Athletes, and Procedures, a work which became so voluminous that he was recruited as IBU Legal Advisor. In 2004-2008 he shifted to a position of IBU Secretary General. Despite pursuing career in academic field later on, Dr. Geistlinger continued working in sport, acting as an arbiter at the Court of Arbitration for Sport (TAS/CAS), Lausanne and Legal Advisor of the International Skating Union (since October 2012). The award recognizes his contribution to biathlon with his legal knowledge and expertise.

*IBU congratulates the award recipients on golden honorary medals and wishes them further achievement in the sport! I*

**TEXT** Marina Dmukhovskaya

**PICTURES** Evgeny Tumashov

**BENJAMIN LEITNER**

**DR. MICHAEL GEISTLINGER**

**TORE BOYGARD**



# MAIN CHANGES IN IBU Event and Competition Rules

## **BOTH SKIS CAN BE REPLACED (ECR 7.3.1)**

Whereas athletes were able to exchange one of their skis or binding in case of damage before, a new addition to the rule is a result of many close battles and falls in contact races. Starting next season, **when it can be objectively proven that a competitor has broken both skis or bindings by accident, the jury can accept the exchange of both skis in order for the competitor to finish the competition.** An example of such case was Johannes Boe and Jakov Fak's fall on Ruhpolding downhill, resulting in damage of both Fak's skis.

## **LAPPED COMPETITORS RULE (ECR 1.3.11, 9.2.3 & 9.2.4)**

Another change concerns lapped competitors in Pursuits, Mass Starts and Relay competitions (at OWG, WCH, WC, OECH and IBU Cup): according to the new rule, **lapped competitors must move to the side and stop competing immediately when they are overtaken by the leading competitor.** The new rule provides a safer battle for the podium and secures a good broadcasting image for TV. For SMR this procedure applies for all events and competitor classes.

## **ENLARGED QUOTA FOR JUNIOR CUP (ECR 18.3)**

In addition, the numbers of registration/entry for Junior Cup competitions have changed, providing an enlarged quota. This modification was requested by bigger National Federations to ensure

Biathlon is still a developing sport, and the rule changes reflect this development. Whereas some of the rule changes proposals at Congress were initiated by National Federations, most of them resulted from thorough expert discussions at Technical Committee meetings, and brought in for Congress voting by IBU Executive Board.

their participation with the complete junior teams, and was unanimously adopted by Congress. The change reflects successful launch of Junior Cup series last season, allowing **those nations who ended the previous season ranked in the top 10 in the Nations Cup score of either the WC or IBU Cup to enter an additional two male and two female athletes.**

## **START GROUP SYSTEM (ECR 1.6.4.1)**

The number of the top ranked competitors that may be placed in any draw group at a World Cup, World Championships and Olympic Games, has shifted from 10 to 15, as requested by more and more teams. In addition, the amount of draw groups for WCH and OWG will be four, due to the decrease in the number of starters provided by the new quota system. For WCH and OWG, **unranked competitors and/or those ranked outside of top 80 in the current WC Total score may only be entered in draw groups 2, 3, and 4** to ensure the quality of athletes in the first group. At IBU Cup/OECH in the future it's possible to enter the Top-15 athletes from the current IBU Cup total score in any draw group, but not more than three competitors from one NF per group.

An updated version of IBU Rule book can be downloaded online at <http://www.biathlonworld.com/downloads> I





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# ***Return to*** **OTEPÄÄ**

## **IBU** SUMMER BIATHLON WORLD CHAMPS

Traditionally, the Summer Biathlon World Championships mark the transition point of the year, from the old season to a new one. After the hard summer training and before stepping on a snow, twenty-one teams with 52 junior men, 46 junior women, 60 men, and 51 women came to Otepää, Estonia to compete for the medals at the 2016 IBU SBWCH and test their fitness as the new season approaches.







The Tehvandi Sports Center Stadium, where the mixed relays, sprints and pursuits in the junior and senior categories took place on August 26-28, is well known in biathlon circles, not only for hosting competitions, but as a training center in the off-season. It has been improved and updated over the past decade, including a main building rebuild and enlargement last year. The Estonian Biathlon Federation was hosting the IBU SBWCH for the second time, after also hosting the IBU OECB in 2010 and 2015.

### WINDY SHOOTING RANGE

The brilliantly clear weather, which remained during the official training, changed to gray skies with gusty winds for the first competitions, the mixed relays. Tehvandi is a traditional summer training venue for many teams, but Estonia's Grete Gaim knows her home stadium better than other athletes. She admitted that the shooting range in Otepää can be a challenge, "There is always a wind; no other place can be compared to it." And it became a big problem even for the experienced biathletes, causing a lot of missed shots.

### FIRST SET OF MEDALS

The first Gold medals of the 2016 IBU SBWCH went to the Czech juniors, who were the strongest among the eleven competing teams. Last year's champion Ukraine finished second, while Finland surprisingly prevailed over Russia in the final meters, winning the Bronze medal.

### BATTLE OF THREE

By the time of the seniors started, the skies cleared and the temperature rose, but the gusty winds remained. Finland's team of Mari Laukkanen, Kaisa Mäkäräinen, Tuomas Grönman, and Olli Hiiden-  
salo almost went wire-to-wire for the win in the fourteen-team field, only trailing Poland and Ukraine at the second exchange. Beyond that, it was Finland's day. By the time when women tapped their male teammates, only those three squads

#### JUNIOR MIXED RELAY 2 X 6 KM / 2 X 7.5 KM

1. CZECH REPUBLIC	CZR	0+11	1:19:00.2	0.0
TKADLECOVA Anna, DAVIDOVA Marketa, HOSEK Ondrej, BURIAN Jan				
2. UKRAINE	UKR	1+14	1:21:27.3	+2:27.1
MERKUSHYNA Anastasiya, KRYVONOS Anna, MORIEV Oleksandr, DUDCHENKO Anton				
3. FINLAND	FIN	0+16	1:21:43.0	+2:42.8
JAENKAE Erika, KISKOLA Auli, RANTA Jaakko Olavi, HUHTALA Teemu				
4. RUSSIA	RUS	2+15	1:21:44.0	+2:43.8
REZTSOVA Kristina, GERBULOVA Natalia, PLITCEV Viktor, SHAMAEV Dmitrii				
5. POLAND	POL	3+11	1:22:23.3	+3:23.1
MITORAJ Kinga, ZUK Kamila, PENAR Rafal, FILIP Bartlomiej				

#### MIXED RELAY 2 X 6 KM / 2 X 7.5 KM

1. FINLAND	FIN	0+11	1:15:38.0	0.0
LAUKKANEN Mari, MAKARAINEN Kaisa, GRONMAN Tuomas, HIIDENSALO Olli				
2. UKRAINE	UKR	2+11	1:16:46.3	+1:08.3
DZHIMA Yuliia, PIDHRUSHNA Olena, SEMENOV Sergey, PIDRUCHNYI Dmytro				
3. POLAND	POL	0+16	1:18:46.5	+3:08.5
GWIZDON Magdalena, HOJNISZ Monika, GUZIK Grzegorz, JANIK Mateusz				
4. ESTONIA	EST	2+12	1:19:11.7	+3:33.7
LEHTLA Kadri, TALIHAERM Johanna, KOIV Kauri, ZAHKNA Rene				
5. SLOVAKIA	SVK	1+6	1:19:49.5	+4:11.5
GERKOVA Jana, HORCIKOVA Andrea, HASILLA Tomas, KAZAR Matej				

were battling for the medals, while others already had more than a minute gap. At the last shooting Ukraine, with a penalty at the third leg, in the attempt to get closer to Finland, added one more penalty loop and lost the chance for Gold, finishing second; Poland securely finished in third.

Mäkäräinen was very pleased with the Gold for her team, she commented, "I checked the start list and believed that we had chances for medals. But it is summer



Mixed Relay Competition



Finland wins Mixed Relay Competition





## fischersports.com





Czech Republic takes Junior Mixed Relay



Sprint Junior Women Winner: Anastasiya Merkushyna - UKR

and you never know at what level your opponents are at this time."

### MERKUSHYNA DEFENDS TITLE

Although beautiful weather prevailed for the sprints, the gusty winds from the mixed relays remained, resulting in shooting troubles for many of the competitors. Anastasiya Merkushyna of Ukraine, with a Silver medal in the junior mixed relay, was accurate at the shooting range, allowing her not only to win, but also to defend her 2015 sprint title. The winds did not hinder Merkushyna, but she had a close battle with the Silver medalist Kinga Mitoraj of Poland, who had one penalty and missed the Gold medal by just 2.5 seconds. Russia's Natalia Gerbulova brought the first medal to her team by finishing third with two penalties.

### NO CLEAN SHOOTING

Tricky wind gusts also caused many problems for the 56 starters in the men's sprint, resulting in no clean shooting. Russia's Sergey Klyachin, with fast skiing and a clean prone stage was the early leader, and it seemed that one standing penalty would not prevent him from win-

ning. However, there was Martin Otcenas of Slovakia, who started the competition in the middle of the field. With a single prone penalty he left behind the Russian, but a clean standing stage made him the leader and secured his Gold medal. One of the late start numbers 52 Lukas Kristejn of Czech Republic, missed once in each stage, but despite that finished second. His speed on the tracks put him four seconds in front of Klyachin, who claimed the Bronze.

Regarding his fourth SBWCH medal in the past three years, Otcenas commented, "I manage to show good results at the SBWCH and the summer preparation is really important as well as those results, because they show how well the trainings go."

### FIRST MEDAL FOR A NEW TEAM

Ukrainian Olena Pidhrushna had a single penalty on her way to victory in a women's sprint, adding a Gold medal to the mixed relay Silver. After the stand-

ing stage she was only the third, but due to her usual strong last leg, Pidhrushna overtook her rivals to finish first. Korea's Anna Froolina, who previously competed for Russia, took the Silver medal. She was an early leader and had a miss at the each stage; only 10.6 seconds at the finish prevented her on taking the first Gold for a new team. Late start number 50 Iryna Varvynets of Ukraine missed once at the prone and left fourth after standing, but crossed the finish line in third. Pre-competition favorite Kaisa Mäkäräinen was fast on the tracks, but four penalties kept her from the podium.

Pidhrushna admitted that she spent a lot of time not only at the zeroing, trying to adjust to a wind, but also during the go."

#### SPRINT JUNIOR WOMEN 7.5 KM

1.	MERKUSHYNA Anastasiya	UKR	0+0	0	22:59.1	0.0
2.	MITORAJ Kinga	POL	0+1	1	23:01.6	+2.5
3.	GERBULOVA Natalia	RUS	1+1	2	23:25.3	+26.2
4.	REZTSOVA Kristina	RUS	0+0	0	23:29.5	+30.4
5.	MAZURYNA Krystsina	BLR	0+0	0	23:58.5	+59.4

#### SPRINT JUNIOR MEN 10 KM

1.	MYHDA Anton	UKR	0+1	1	27:11.9	0.0
2.	BURIAN Jan	CZE	1+1	2	27:31.7	+19.8
3.	HOSEK Ondrej	CZE	0+2	2	28:01.1	+49.2
4.	PROCHAZKA Jakub	CZE	1+1	2	28:16.2	+1:04.3
5.	IVKO Maksym	UKR	3+1	4	28:21.3	+1:09.4

#### SPRINT WOMEN 7.5 KM

1. PIDHRUSHNA Olena	UKR	0+1	1	22:18.5	0.0
2. FROLINA Anna	KOR	1+1	2	22:29.1	+10.6
3. VARVYNETS Iryna	UKR	1+0	1	22:38.9	+20.4
4. MAKARAINEN Kaisa	FIN	2+2	4	22:42.8	+24.3
5. SHALAEVA Natalia	RUS	0+0	0	22:57.1	+38.6

#### SPRINT MEN 10 KM

1. OTCENAS Martin	SVK	1+0	1	26:14.9	0.0
2. KRISTEJN Lukas	CZE	1+1	2	26:49.2	+34.3
3. KLYACHIN Sergey	RUS	0+1	1	26:53.0	+38.1
4. SINAPOV Anton	BUL	1+2	3	26:55.7	+40.8
5. POP Gheorghe	ROU	1+1	2	27:24.1	+1:09.2



**Sprint Men Winner: Martin Otcenas - SVK**

competition, "When I came to the first stage, the gust was really hard, I was trying to adjust and made my first shot at around 27 seconds; it is very long time for me."

#### SECOND TITLE FOR MYHDA

The junior sprint title went to the last year's champion Anton Myhda of Ukraine; with one penalty, bringing his team its fourth medal of the day. Jan Burian of Czech Republic finished second

with two penalties, while his teammate Ondrej Hosek claimed Bronze, also with two penalties.

#### SAME NAMES, DIFFERENT ORDER

A clear, but windy last day at Tehvandi, was again full of penalties. Gerbulova won the first competition of the day, the junior women's pursuit. She brought the Russian team its first Gold medal, despite three penalties. Poland's Mitoraj

matched her second place in the sprint and took the Silver with seven penalties. The Bronze medal went to the sprint winner Merkulshyna, who toured the penalty loop six times; same podium as the previous day, just in a different order.

#### OTCENAS DOMINATES

Otcenas successfully defended his 2015 SBWCH pursuit title, while claiming his second Gold medal of the 2016 Championships. During the whole com-



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**PURSUIT JUNIOR WOMEN 10 KM**

1. GERBULOVA Natalia	RUS	1+0+1+1	3	33:40.6
2. MITORAJ Kinga	POL	1+0+3+3	7	+1:46.8
3. MERKUSHYNA Anastasiya	UKR	3+1+2+0	6	+2:11.5
4. REZTSOVA Kristina	RUS	2+2+0+2	6	+3:12.4
5. ZUK Kamila	POL	0+0+3+0	3	+3:13.1

**PURSUIT JUNIOR MEN 12.5 KM**

1. MYHDA Anton	UKR	1+0+0+0	1	35:06.6
2. BURIAN Jan	CZE	1+1+1+1	4	+7.5
3. IVKO Maksym	UKR	1+0+3+0	4	+54.3
4. HOSEK Ondrej	CZE	1+1+2+1	5	+1:25.5
5. MORIEV Oleksandr	UKR	1+1+1+0	3	+1:40.1

**PURSUIT WOMEN 10 KM**

1. MAKARAINEN Kaisa	FIN	1+0+0+0	1	30:40.3
2. PIDHRUSHNA Olena	UKR	1+2+1+0	4	+2:10.0
3. FROLINA Anna	KOR	2+3+0+1	6	+2:29.5
4. GWIZDON Magdalena	POL	1+1+2+1	5	+2:42.8
5. HOJNISZ Monika	POL	1+0+1+1	3	+2:44.3

**PURSUIT MEN 12.5 KM**

1. OTCENAS Martin	SVK	1+1+1+0	3	34:26.2
2. KLYACHIN Sergey	RUS	0+0+1+1	2	+28.1
3. ZHYRNYI Oleksander	UKR	0+0+2+0	2	+48.6
4. DOMBROVSKI Karol	LTU	0+0+1+2	3	+1:28.6
5. SEMAKOV Vladimir	UKR	0+3+0+0	3	+1:36.7

petition the Slovak stayed in front, not allowing the rivals to catch him. He missed once in each of the first three stages and cleaned the final standing, leaving the stadium with a big lead over Klyachin, who finished second. The Russian started third, 38 seconds after Otcenas, hit all the targets in the prone stages and came close to first place. But one penalty

targets and left the stadium in third to get his first SBWCH medal.

**CRUCIAL WIN**

In the women's pursuit Mäkäräinen made it up for her fourth place in sprint, by crushing the field and taking the Gold. Behind Mäkäräinen's dominating performance with a single penalty, the Sil-



**Pursuit Junior Men Winner: Anton Myhda - UKR**

in both the third and fourth stages left him with Silver. Oleksander Zhyrnyi of Ukraine with bib number 7 started 1:15 back. The Ukrainian stayed in fourth position almost the whole time, but at the final standing, where his rival had two penalties, Zhyrnyi dropped all five

ver medal went to the sprint champion Pidhrushna. Frolina, despite six penalties, won another Bronze of the SWCH. Starting the competition 24 seconds behind Pidhrushna, the two came to the first prone together, matching each other with first-shot penalty; they left the penalty loop separated by 1.5 seconds. By the next split, Mäkäräinen was ahead, and then proceeded with three clean stages and an ever-increasing gap on the rest of the field. With two more second prone penalties, Pidhrushna dropped to fourth, but with just one more in the two standing stages, she moved up to second place at the finish. Frolina with five penalties after the first two prone stages matched Pidhrushna in standings and crossed the finish line in third.

**ELEVEN MEDALS**

In the final competition, the junior's men pursuit, Ukrainian's Myhda claimed one more win, adding pursuit Gold medal to his sprint Gold. Like the women's winner Mäkäräinen, Myhda's single penalty was his first shot; he cleaned the next three stages. Burian took the Silver, his third medal of the week, with four penalties, finishing 7.5 seconds behind Myhda. Myhda's teammate Maksym Ivko took the last medal of the SBWCH by finishing third with four penalties, bringing Ukraine its 11th medal of the Championships.

The 2017 IBU Summer Biathlon World Championships 2017 will be held in Tchaikovsky, Russia. **I**



**Pursuit Men Shooting Range**

**TEXT** Maria Osolodkina

**PICTURES** Evgeny Tumashov





# EXPLORE THE EDGES



MARTIN FOURCADE









## CHALLENGES IN BIATHLON AND ON HIGH PEAKS

# LAURA DAHLMEIER

It is just a couple of weeks before the first competitions in Östersund and Laura Dahlmeier is at home, having just finished her second training session of the day before heading out for a massage. She had a "really good summer," while adding with a bit of a laugh, "Yes, I stayed healthy all summer."





### TRAINING CAMPS

"We had training camps in Hochfilzen, Seefeld, Mallorca, Ruhpolding, Martell, and Dachstein. I worked on many different things and hope to come to the new season stronger... There were a lot of training camps so always nice to be at home and enjoy time with my family and be with my friends before I go with the team to the last camp before the season starts."

### PERSONAL BEST SEASON

Getting through the summer without a major injury or some illness has been a challenge for the undisputed star of the German women's team. She has not started at Östersund since 2013. She has missed seven competitions in each of the last two seasons. Yet despite the missed competitions, she finished last season with a personal best 6th in the World Cup

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Total Score, nine individual podiums with five victories plus five medals at the IBU World Championships, including pursuit Gold.

### WHOLE SEASON CHALLENGE

Dahlmeier admits that getting through a whole season is a big challenge for her. "I think this is my biggest challenge." Accordingly, consistency was a big part of her summer training plan. "The focus was to train without any breaks stay healthy every week and month without any interruptions and I managed it."

### BEST RACES

Yet just getting through a season unscathed is not her only goal. The 23-year-old biathlete is a high achiever, going back to her junior days when she was the star of the 2013 IBU YJWH in Obertilliach, winning three Gold medals and one Silver medal. Becoming an "iron-woman," making it through all 26 competitions as Gabriela Soukalova, Dorothea Wierer and Marie Dorin Habert did last season is

only part of the puzzle; she wants to be competing at the highest level. Dahlmeier, explained, "I want to start many competitions, but not just to start them but also have good races and stay healthy over the whole season. Then there the

important two weeks of the IBU World Championships in Hochfilzen; I am looking forward to that. I hope it will be possible to make my best races of the season there. That would make me very happy."



Laura Dahlmeier with friends in Nepal

### HOLIDAY CHALLENGE AT 6,000 METERS

Medals make Dahlmeier happy, but outdoor challenges also make her smile. After her big season, she and four friends went on a holiday, not to the beach but on a four-week trekking and climbing trip to Nepal. She described her time away from biathlon. "Going to Nepal was the best thing to do after such a season...Our goal was to reach two peaks over 6,000 meters. We stayed on the Island Peak (6,189 meters) but we did not have the best conditions; it was very icy. On the other one, the Ama Dablam (6,856 meters) we also had bad conditions; the weather was bad and we were not strong enough to reach the





## THOUGHTS FROM LAURA ON:

### HER RIVALS

**Kaisa:** in German, her name is like the Kaiser or King, so she is the Kaiserin; a perfect description.

**Marie:** a little bit crazy; I like her; always good for a big surprise.

**Gabi:** the most beautiful athlete in the world!

**Dasha:** it will very good to have her back; I think she will come back very strong.

**Doro:** typical Südtirol girl; so fast in shooting; there is a lot to learn from her.

### RANDOM THOUGHTS

**First thing I do every day:** is open my eyes!

**Rollerskiing, running or cycling:** running, always and everywhere.

**Read a book or watch a film:** read a book.

**Cooking at home or eating in a restaurant:** cooking at home because we eat in hotels and restaurants so much in the year.

**Besides home, your favorite place in the world:** a small coffee shop in Arco, Italy.

**Best advice you ever received:** it does not matter what others say, do what you want.

**Worst thing about biathlon:** to be always away from home.

**Best thing about biathlon:** meeting so many people who are having fun.





**Laura Dahlmeier and Doro Wierer**

summit. We got to within 300 meters of the top and had to go down; it was really hard for us. Even though we did not make it to the summit, it was really good time for me; to live a normal easy life."

### **CARRYING 90KG ON THEIR HEAD**

Although the challenge of the big peaks was memorable; a chance encounter that maybe makes biathlon training look easy, stands out as her most memorable experience. "We were trekking in this amazing landscape, with the high mountains and sunshine, a perfect day. We met a group of young men carrying loads between 30 and 90kg...on their heads! It was normal for them, because there are no roads and this is how they carry everything. They were laughing and happy; telling us they earned money, about \$10 a day for this work. Then I thought about what 60kg feels like in the gym, it is so heavy to lift once or twice. These men were carrying 90kg on their heads for 3 or 4 days for \$10 a day!"

She added, "After this, I know what is really important in life; you suddenly enjoy every shower and things like that...It was a really great time for me."

# WHAT IS YOUR TARGET? MINE IS VICTORY.



*Ole Einar Bjørndal*

## **EXEL**

INNOVATION IN MOTION.





one medal, perhaps Gold. That is the big goal; I know it is not normal to win more than that; especially five medals in five races. It takes a lot of luck; everything has to be perfect to be on the podium and especially on the top. If you want five medals, you need five times the luck!"

### BE MORE FOCUSED

After a solid summer of tackling and meeting challenges like 6,000 meter peaks and the grind of day-after-day training, Dahlmeier is on the doorstep of the new season. With more goals and challenges ahead, she took the role of a coach and offered some advice to Laura Dahlmeier. "I think Laura should be more focused on biathlon most of the time, but also go in the mountains with her friends!"

**TEXT** Jerry Kokesh

**PICTURES** Ernst Wukits, Evgeny Tumashov, Christan Manzoni

### REALLY SPECIAL TIME IN OSLO

In a similar way, the 2016 IBU World Championships were a really great time for her, something very special. "The Oslo World Championships were really...I mean really special and not normal. For

me it was a dream to win five medals in five races. I know that everything had to be perfect to reach a medal in each race, just as it will have to be this year. Now it is a new season with new races, if I am in good shape, it is possible to win a medal this year again. I would be happy to win



#### PROFILE: DAHLMEIER Laura



**DATE OF BIRTH** 22.08.1993  
**RESIDENCE** Garmisch-Partenkirchen  
**PROFESSION** Custom Officer  
**HOBBIES** Mountain Biking, Climbing, Mountaineering

**BIATHLON SINCE** 2002  
**SKIS** Fischer  
**RIFLE** Anschütz

#### 2015/2016 SEASON

**WORLD CUP TOTAL SCORE** 6.  
**SHOOTING STATISTICS** 91%

#### OLYMPIC WINTER GAMES

	IN	SP	PU	MS	RL	MR
2014	13.	46.	30.		11.	DSQ

#### WORLD CHAMPIONSHIPS

	IN	SP	PU	MS	RL	MR
2013					5.	
2015	6.	4.	2.	7.	1.	
2016	3.	3.	1.	2.	3.	

#### YOUTH/JUNIOR WORLD CHAMPIONSHIPS

	IN	SP	PU	RL
2011	12.J	14.J	3.J	3.J
2012	16.J	37.J	34.J	6.J
2013	1.J	1.J	2.J	1.J

#### WORLD CUP TOTAL

	12/13	35.	13/14	15.	14/15	8.
15/16	6.					

#### TOP RESULTS BY COMPETITION

	IN	SP	PU	MS
1.		1	4	2
2.		3	2	1
3.	1	2	1	1

#### TOP RESULTS

- 15/16 PU** Oslo Holmenkollen (WCH)  
**15/16 MS** Ruhpolding  
**15/16 PU** Ruhpolding  
**15/16 PU** Pokljuka  
**15/16 PU** Hochfilzen  
**14/15 MS** Khanty-Mansiysk  
**14/15 SP** Nove Mesto
- 15/16 MS** Oslo Holmenkollen (WCH)  
**15/16 SP** Pokljuka  
**14/15 PU** Khanty-Mansiysk  
**14/15 SP** Khanty-Mansiysk  
**14/15 PU** Kontiolahti (WCH)  
**14/15 SP** Oslo Holmenkollen
- 15/16 IN** Oslo Holmenkollen (WCH)  
**15/16 SP** Oslo Holmenkollen (WCH)  
**15/16 MS** Ruhpolding  
**14/15 PU** Nove Mesto  
**14/15 SP** Antholz-Anterselva







# BUILDING BIG BIATHLON MOMENTS

Infront Sports & Media wishes all fans, athletes and commercial partners an exciting 2016/17 BMW IBU World Cup Biathlon.

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# MAX

# COBB





His biathlon career began after university when the former collegiate cross-country skier joined the staff at the US Biathlon Association in 1988; he currently serves as US Biathlon President and CEO. While working as US Biathlon Program Director, he served as the Chief of Competition at the 2002 Salt Lake Winter Games. Later that year, he was elected to the IBU Technical Committee, becoming the Chairman in 2010.

**BW:** What was your reaction when you realized you had been elected Vice-President of Sport?

**MC:** *I did not know for sure if I could win, I think other the candidates were also very strong. I enjoyed my work with the Technical Committee. I came in there, thinking that if I did not get elected, I will just continue doing something I already like. This was a gratifying moment for me; I felt really strong support from the biathlon community and was honored.*

**BW:** What are your responsibilities as the IBU Vice-President of Sport?

**MC:** *My duty is to provide the closest connection from the sport and its technical world to the Executive Board. I will continue my close contact with the Technical Committee, International Referees, and Technical Delegates as well with the teams. I am responsible for bringing in the viewpoints and issues from these groups to the Executive Board.*

**BW:** What was your background as an athlete?

**MC:** *I was a cross-country skier, but my college coach was an Olympic biathlete. We had a biathlon club at Dartmouth College, the collegiate biathlon club in the country. Many of the national team athletes studied there because of this. I competed in biathlon during my four years in college. I fell in love with the*

The IBU 12<sup>th</sup> Regular Congress elected Max Cobb as a Vice-President of Sport. Cobb is far from a newcomer to biathlon. He has a close personal understanding of the sport, gathered over many years as an athlete, coach, administrator, and official.







Max Cobb at Vancouver Olympics 2010

sport, but I was never good enough to compete on the national level.

**BW:** Is your family involved in biathlon?

**MC:** We live in Northern Vermont, which is a great skiing area. I have three children, all of them are skiers. My son Tim started biathlon when he was 13 years old. Last year, when he turned 15, I had a pleasure to take him to the Liatoppen Festival in Norway. It was his first trip to Europe and his first international competition, outside of North American Cups. He loved it and has a big goal to come back and compete there again. Personally, it was fun to see the sport through the eyes of 15-year-old boy, who is just so excited to be a part of the sport this at a high level.

**BW:** What do you see for the future development of biathlon?

**MC:** I think we are at a very incredible time for the sport of biathlon. There is real growth in Europe, which we have witnessed for a long time. It is really exciting to see the world outside of Europe discovering the sport. For example, a North American has won a medal at each of the past three IBU World Championships. I cannot remember any time in his-

tory, when we had that kind of consistent strong performances.

As we shift towards Asia for the next two Olympic Winter Games, there will be tremendous growth in the Asian continent. South America is taking the sport more

seriously and participating more, while some smaller European countries are now making a big effort. I think the sport has a chance to blossom more than ever.

We have amazing base, with a fantastic World Cup schedule and IBU World Championships events at a very high level. Biathlon has something special to offer the world: incomparable drama and visual images. That is why it has become so popular.

**BW:** What do you see as your main priorities on a daily basis?

**MC:** As the sport develops, the progress we make should be more complex, each step forward will get more technical. It is really important to have good contact with our technical officials, teams and athletes. We have to coordinate every step at the highest level with every group in the sport, including the organizing committees, broadcasters, and sponsors. **I**

**TEXT** Marina Dmukhovskaya

**PICTURES** Evgeny Tumashov, Christian Manzoni



Max Cobb working at BMW IBU World Cup





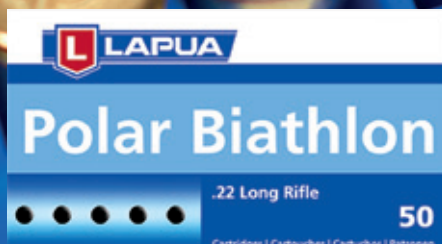
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## ANASTASIYA MERKUSHYNA:

# In Her Parent's Footsteps

Family determines a lot in life; education, views, hobbies, interests and career choices. Ukraine's Anastasiya Merkushyna did not have to think too long about what to dedicate her life to. She became a biathlete, following in her parents footsteps and continuing the family tradition, where her mother Iryna was a professional biathlete and her father Oleh Merkushyn a coach.

Of course, it often happens that children of the talented parents never match their parents. However, at age 21, Anastasiya has already topped her mother in the medals and awards category.

### FIRST MEDAL

The young Ukrainian won her first international medal at age 16, in the relay at the IBU YJWCH, with the trophy case rapidly filling up from that point on. She now has four YJWCH medals (including 2 individual) and five medals at the Open European Championships (including the 2015 sprint and pursuit titles). Her early successes sometimes put the National Federation in a tough spot. In November 2010, she was on Ukrainian team for the first IBU Cup at Beitostolen. At that time

she had no right to compete because of her age, but nevertheless she received permission to start due to her abilities. Now Merkushyna is an IBU Cup regular and has made a few World Cup starts.

### SPORTS DYNASTY

The young biathlete believes that the co-authors of her victories are her parents and coaches. The well-known coach/father and 2003 IBU WCH Silver medalist

mother took Anastasiya to camps and competitions from the time she was born in 1995. Her mother retired from competition in 2004, ending a 12-year career and soon gave a birth to another daughter, Alexandra. Since then, the elder Merkushyna has devoted her time to coaching.

### WORK WITH PARENTS

Merkushyna admits that it is not always easy to work with her parents; it has pros and cons; "They continue to be coaches even at home. Sometimes it is difficult. But I understand that my parents want only good for me. At times





I even think that I started doing biathlon not 21 years ago, but 9 months before, when my mother was pregnant. I started learning to ski when my peers were just starting to walk." Although

her biathlon career started 10 years ago, she still remembers her first competition.

"I remember the first start, it was a cross competition with shooting; I was alone on the track, because there was no one else to compete with; I was the young-

est by far. I do not really remember how I shot in that race, but I tried my best." With great pride and warmth Merkushyna also remembers her first victory at the Ukrainian Championships; "The weather was so horrible that day; my mother even sug-



gested not starting. However I did; it was the first competition where I carried the rifle. I remember that victory and that competition; it was the day I became a professional."

### **MORE THAN ENOUGH MOTIVATION**

Merkushyna is a very serious, reasonable person; she is always responsible in





the things she does. Despite her youth, she has the ability to make the correct decisions. When she loses heart, she always remembers the words of the Ukrainian Olympic Committee President, the legendary Sergey Bubka. "As long as you have at least one more attempt, you haven't lost!" Merkushyna believes that her strongest traits are stubbornness, persistence, and the ability to bring to finish what she started. Still, she says that in her essence she is a "jim-jams"; she worries a lot and likes to start in the

first group so she is less nervous. Her favorite competition is the relay, because it gives plenty of inexpressible emotions. She never has problems with motivation. "The motivation is always present, even

more than enough! I understand that you cannot win everything, but I think that you need to strive for it. I see mistakes in every competition and try to correct them. "

### EAT SOMETHING SWEET

Sometimes, the results do not reflect an athlete's ability or preparation, so she thinks it is very important to "reboot" and re-adjust for the next competition. Reading helps Merkushyna in such moments; she especially likes fantasy. She also loves to cook, and in her spare time to do some shopping, but she never forgets to call her family. Nastya has a sweet tooth; sometimes a nice treat after competition motivates her for a good performance. She often thinks to herself, "Nastya, if you run quickly, I'll let you eat something sweet."

### BJÖRNDALEN'S ADVICE

Her younger sister is also a biathlete and that makes her happy. "I also want Sasha to follow my mother's footsteps because biathlon is not only about medals; it is a lifestyle. On one hand, we are older than our peers because we recognize the value of work and are not lazy. On the other hand, we are also still children." She proved that by graduating from high school at 15, ahead of her age and entered the Ternopil National Economic University at the Faculty of International Business and Management.

She has always had an independent streak. Once, she made a list of goals, put her books in a travel bag and went to Norway to see how a biathlon legend trained. Ole Einar Björndalen made a great impression on her and even took more than a half hour out of his training schedule for Merkushyna. The famous Norwegian not only watched her standing shooting, but also gave some advice. Naturally, the young athlete was in the seventh heaven. That moment has been a great motivator for the future.

#### PROFILE: MERKUSHYNA Anastasiya



**DATE OF BIRTH** 14.01.1995  
**RESIDENCE** Ternopil  
**HOBBIES** Reading, Music  
**BIATHLON SINCE** 2006  
**TRAINER** Oleh MERKUSHYN  
**SKIS** Mashus  
**RIFLE** Anschütz

#### YOUTH/JUNIOR WORLD CHAMPIONSHIPS

	IN	SP	PU	RL
2015	7.		8.	6.
2016	2.		6.	5.

#### SUMMER WORLD CHAMPIONSHIPS

	IN	SP	PU	MS	RL	MR
2015		1.	1.		1.	
2016		1.	3.		2.	





### MAIN CAREER GOAL

Merkushyna finished last season, her final one as a junior on a high note; she won the individual competition at the Junior European Championships at Pokljuka and a small globe in the IBU Junior Cup Individual score, then added three medals at the IBU SBWCH in Otepää.

She is reluctant to share her future plans and goals; she has many. Her "want" is so big that she fears if she shared them all, they may not happen. However, Merkushyna does reveal let one slip out; her number one career goal is...an Olympic medal. **I**

**TEXT** Maria Osolodkina

**PICTURES** Evgeny Tumashov, Privat Archive

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## 10 QUESTIONS FOR MICHAEL GREIS

# Three-time **OLYMPIC CHAMPION** on his New Role as a Coach

The Swiss national biathlon and ski center is located in the scenic town of Lenzerheide in eastern Switzerland. The Lenzerheide biathlon center has ambitious plans for the future: it aims to become a world-class biathlon arena and develop a new generation of Swiss biathletes. To help fulfill these big ambitions the Swiss hired multi-Olympic and World champion Michael Greis as the coach at this upcoming biathlon center. He recently talked about this new job and the venue.

**1. How did you decide to pursue a coaching career in Lenzerheide?**

*It was luck that brought it about. I was*

*working as a commentator for Eurosport at the World Championships in Oslo last season. There I met the organizers from*

*Lenzerheide. As part of their overall strategy, they were starting to build a training center focusing on development and they needed someone to build this new program from the ground up. They thought that my international background and experience as an athlete would be helpful in this and invited me to coach. I saw it as a good opportunity to support the exciting project, thought about it for a couple of weeks and then took them up on the offer.*

**2. And what about your education in International Management? Is your degree helpful in your present job?**

*I graduated Hochschule Ansbach this summer and wrote my bachelors thesis. I think my education contributes to my organizational skills and ability to manage*





multiple tasks. This is so important for a coach but as well for ongoing project at the Biathlon Arena Lenzerheide.

**3. How do you like the venue so far; are you satisfied with the training conditions?**

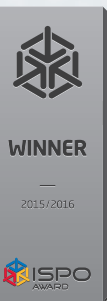
Lenzerheide is a unique facility, situated about 1500 meters above sea level. Being centrally located between Germany, Austria, France and Italy and Zurich makes it an attractive destination for teams and spectators at the same time. They have previously hosted World Cups in Alpine skiing, cross country skiing (Tour de Ski) as well as recently also the World Cup in Mountain biking in the summer. At the moment, there is still some ongoing construction that will lead an IBU A-license, including an athletic room and a snow production system to guarantee snow in all conditions. It looks like this place will become a great venue.

**4. How many athletes are training with you at the moment and what are the ages?**

At the moment there are 35 biathletes in my group; their age ranges from 14 to 22. The center is very new, and we have to build up a talent recruitment plan in place.



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*At the moment we do a lot of basic training, and a combination of roller-skiing and shooting. For younger athletes, I try to put a focus on their shooting and ski technique to build a strong base for the future.*

**5. Do younger athletes require a different approach than the older ones?**

*Yes, for sure. On this stage, it is important for them to train in a good group with positive dynamics. They have to enjoy it and have fun, but this is not always that easy with long, hard training sessions. On weekend afternoons, we do some games to add some fun to the training.*

**6. Do you believe you are a strict, authoritative coach or are you more like a "friend, colleague" type?**

*I am a combination of both, depending on the situation. You have to be straightforward with the athletes, and understand their mood. All of them invest a good deal*

*of time in travelling to the arena and training, so I try to make sure their time is not wasted. You need authority to bring the discipline to the group. Some athletes tend to talk a lot during the training, so I have to control this at times.*

*At the same time, it is important to be their friend. When I was young, I was my own coach and organized my training. When I joined the team, we had to train exactly as our coaches said. From my background, I know that it is important to bring athletes in the right direction, but you should also leave them some space for self-development. Through my biathlon career I had different coaches, and those different experiences as an athlete are useful to me now. Some athletes are very ambitious and want to compete at the World Cup level. You have to consider their ambitions to find the right key and contribute individually to each athlete.*

**7. What were your first impressions of your new athletes? Did you find already a couple of potential talents?**

*I can see some potential athletes representing Switzerland in the World Cup level in five or six years. At least, that is the goal and it should be their goal also.*

**8. What is the next step to develop more talents like Selina Gasparin or Benjamin Weger?**

*At the moment the system works the following way: athletes train in their home clubs and the talented ones come to the national centers. The goal for Lenzerheide is to set up one big biathlon center for the eastern part of Switzerland; in its own way, it will be a regional magnet, bringing young talents together which creates good dynamics.*

**9. When you travelled to the IBU WCH last season, did you miss competing?**







**PERSONALITIES** MICHAEL GREIS - GER

*Not really. I had a good career, but time is running. It's important that young athletes grow up. I am still in touch with my colleagues from the German team; it is nice to see how the German guys are doing today. I have been following Simon Schempp's great success in the past two years.*

**10. Do you think biathlon has changed since you retired?**

*Biathlon is still shooting and running as fast as possible, but some things have changed. First, the equipment is different. Second, to be on the top, to beat the best five guys is very tough. Nowadays you have to be perfect and not count on mistakes of others. |*

**TEXT** Marina Dmukhovskaya

**PICTURES** Stadium Lenzerheide, IBU Archive

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## BATTLING CLIMATE CHANGE

# Snow Farming

Biathlonworld talked to several technical delegates and snow experts including Östersund's Chief of Stadium Roger Hedlund, about this subject and learned the facts about snow farming.

### SECURITY

Theoretically, venues could avoid the tedious and time-consuming process of snow farming; with this comes a risk. The risk involves global warming and rising temperatures that could threaten a competition. To lower the risk and provide a sense of security, venues like Östersund, Ruhpolding and Hochfilzen start producing and storing snow the winter and spring before it will be needed.

Although most venues farm snow as a measure to avoid losing a competition; others like Ramsau am Dachstein, Austria pursue a different goal: preserving the snow for training. Generally, they move the snow to the tracks in late October or early November for early season on-snow training.

### WHAT IS SNOW FARMING?

Natural snow is unsuitable for farming/storage, due to the shape of the crystals which retain too much air. So producing artificial snow which is drier and compacts easier, making it more suitable for storage is the answer. This rule has exemption, one of them is Whistler, Canada, which uses natural snow for their snow farming. This decreases the cost to produce it; the snow is just pushed to-

As earth's temperature continues to rise and the world's leaders are looking for ways to stop global warming, the biathlon community has found an answer to nature's challenge: snow farming. Indoor ice sports have it easy with temperature-controlled indoor rinks and ice machines; things get more complicated for outdoor snow sports.



Transporting the stored snow

gether in spring and then spread in the fall for the training on snow before the biathlon season.

Following production, the snow is covered with either man-made plastic (Styrofoam), wood chips or sawdust, whichever is preferred by the local organizer. Man-made option is rather costly, but lasts the longest while wood chips rot, mainly due

to the combination of air and humidity. Sawdust needs to be replaced every four years.

There are other pluses and minuses. Sawdust makes the snow dirtier; plastic keeps it cleaner. However, sawdust stays close to the snow as it melts in warmer weather, while plastic leaves gaps as the snow melts.





**Snow farming allows to start autumn ski training**



**Stored snow on the tracks at Whistler Olympic Park - CAN**

Transporting the snow is another challenge. The basically clean snow can easily get dirty if the trucks travel over the newly laid snow. So organizers build temporary paths for the trucks, keeping it in mind while designing the plan for spreading the snow. This whole process is time-

consuming, sometimes taking up to one week to move all of the snow, depending on the distances and number of trucks.

### **SNOW STORAGE**

Usually snow is stored on the northern side of the mountain where it is more pro-

ected from the sun light. Trees around the snow depot protect it from wind and sun. A perfect depot would hold 50 thousand square meters, but a space this size is difficult to find. Usually several smaller storage depots are used.



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## ÖSTERSUND CASE STUDY

With season-opening Mixed Relay at BMW IBU World Cup Biathlon 1 in Östersund just around the corner, biathlon community has high expectations for the white fluffy snow crucial. Most general public, however, will not know that the base for beautiful crystal white tracks was actually all farmed snow from last winter!

Östersund has farmed and stored snow for the last nine years. Östersund's snow specialists start preparing for the next season as soon as the World Cup is over. They carefully choose perfect days for production; the colder it is, better the quality of the snow. On the perfect days, the snow cannons work at maximum capacity, because every hour is precious.

This year Östersund prepared 40 thousand cubic meters of snow, stored it in two separate locations. Regardless of the protection, it is impossible to preserve all the snow; this year they lost 20% of the precious snow. Accordingly, they calculate the necessary amount of snow to secure the competition from cancellation and do the math on how much snow to produce.

Once the snow is on the tracks in mid-November, the stadium staff stays fo-

cused on the weather forecast, deciding if they need to make snow or can wait for Mother Nature to provide natural snow to finish the job. This year Östersund got lucky, with unprecedented natural snowfall creating perfect conditions on the tracks.

## OVERCOMING CHALLENGES

Regardless of Östersund's snow farming experience there are some challenges yet to be overcome: strong winds from Norway, the increasingly high price of saw dust, and bureaucratic obstacles. Ten years ago sawdust was cheap, but its value has increased with more uses for this "throwaway" product. Snow depots require huge amounts of the now expensive sawdust, 50 cm deep to protect the snow in warm weather. As the needs increase, a recently another recently-changed Swedish law, restricts both the cutting of trees and the use of natural areas, where most depots are located.



*Snow grooming with a snowmobile*

## KEEPING CALM

Snow farming is not easy; it requires patience, time, money, and ...emotional stability. Hedlund added, "When you prepare a high-profile event like the World Cup, the pressure from the teams and officials is inevitable. Before the start of the season my telephone constantly rings; the teams keep asking me when they can come to train." The Stadium Chief, once an athlete knows what it is like on the other side of the fence, "When I was an athlete I would always complain. Now,



*Streckenpräparation*





Snow grooming with a tractor

when I am actually making the snow, I realize how hard it is to provide perfect conditions."

## THE UNITED NATIONS OF SNOW FARMERS

Most venues farm show, but each does it a little differently. European Organizing Committees hold annual meetings to exchange experiences. They recently met with Swiss Institute for Snow and Avalanche scientists for a one-day symposium in October at the Martell Biathlon Center in Italy. Participants presented their unique snow preservation plans and received feedback from the scientists.

The big rules for snow are the same for everyone: water formula, freezing temperature, and acceptable snow quality for the competition. However, weather and the location's climate differ from venue to venue. Location and climate set the date for when and how much snow falls each winter, which also affects the snow's characteristics. Snow looks the same but is actually different everywhere; dry, wet, and moisture content are among the variables.

Snow farming is just like a relay; it is all about teamwork and strategy to achieve the best result. **I**

**TEXT** Marina Dmukhovskaya

**PICTURES** Evgeny Tumashov, OC Östersund





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## SUMMER TRAINING

# Pick a Place... and Get to Work!

The winter biathlon season runs just over 3.5 months and then everyone usually takes off 4-5 weeks, which means that more than seven months are devoted simply to training. Much of that training time is in the warm spring and summer months at locations that range from the expected to the unusual!

The first training camps for most teams are almost casual affairs. Plans for the season are laid out and almost everyone starts with the basics: waking up well-rested muscles to the rigors of daily exercise and that familiar pattern of train, eat, rest, train eat, rest and repeat. It is time to get back to work!

### HEADING TO THE SUN

In late spring when the teams head out for the first training camps, parts of Europe and North America are still on the cold side. Teams typically head to the sun for a mixture of fun and fitness. The Ukrainian women found themselves on Pag Island, Croatia in the Adriatic. Mountain biking along the rocky coastline, hiking with the blue sea in the background, and some boating set the stage for the sunny

summer days ahead. Likewise, Sweden's A-team went to Cyprus, a favorite spot of Coach Wolfgang Pichler for a week of cycling, rollerskiing, strength training with swimming, darts, archery and even a bit

of time to just sit in the sun. Pichler set the tone for the summer training program with some of the men putting in almost 30 hours in six days!

### SPRING SKIING

Half the world away, the US team made their annual trek to Bend, Oregon for a week of spring skiing and shooting basics at the Mt. Bachelor Ski Area. This is a unique spot for a spring camp. Although winter conditions prevail on the mountain; just a 20-minute drive away, it was full-blown spring, perfect for mountain biking and running.

Ukrainian women in Pag - CRO







*Team Sweden on the road in Cyprus*

## #WINECAMP

Those first camps of the summer are as much about hard work as the rest of the year, but at the same time, the atmosphere can be light: i.e. the Canadian women's team and their uniquely named #winecamp! The group plus visiting Anais Bescond went to Kelowna, British Columbia for a week of cycling and rollerskiing through Canadian wine country. Rosanna Crawford commented, "With Anais coming from wine country and Kelowna, well known for its wine, then naturally it had to be #winecamp... we did not indulge in THAT much wine! But a couple of bottles were opened during the week."

*Team Canada Summer Training*



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## NO PLACE LIKE HOME

In a sport where everyone travels a lot over the course of the year, some summer training time is spent close to or at home. The French team inaugurated a new biathlon wing at their National Nordic Training Center at Premanon in June. The Austrians made the most of the new indoor shooting range, fitness room and improved rollerski tracks at Hochfilzen. The Belarusian team, comfortable at their

German athletes live in Ruhpolding. Dominik Windisch and several of his teammates live just down the valley from the Antholz stadium. Lowell Bailey and Tim Burke of the USA live in Lake Placid, near the Olympic Training Center. Dominik Landertinger can get to the Hochfilzen stadium in less than five minutes.

*Marie Dorin at home in Vialard de Lans*



*New Training Center Building in Premanon - FRA*



*Swedish Team in Ruhpolding*

Raubichi home base held several camps there, with its two outdoor and one indoor shooting range, and cozy accommodations just 400 meters away. The Estonian team prepped at Tehvandi stadium as the IBU Summer Biathlon World Championships approached.

Then, there are the lucky individuals who live in a place, where they can sleep in their own beds, get ready for training and be at the biathlon stadium within minutes every day. Martin and Simon Fourcade, Marie Dorin Habert all live within a short rollerski trip of the roller tracks and biathlon stadium at Correncon en Vercors. Simon Schempp and other

## BIATHLON TRADITION: RUHPOLDING

Once summer arrived, the more exotic training venues and home training gave way to biathlon tradition with almost everyone on the road. Three very traditional venues were easily the top destinations this summer: Ruhpolding, Hochfilzen and Obertilliach. Ruhpolding is always popular, with its good infrastructure and almost windless shooting range. Many times there were enough teams on site to hold a mini-World Cup. Sweden's (and Ruhpolding native) Wolfgang Pichler brought his team there for three long camps. Russia's Ricco Gross, also from

Ruhpolding, brought his team in for an extended camp. Ukraine was there for almost 3 weeks in September. Italy, Switzerland, USA, Austria and Poland were also on hand at one time or another. Poland's Grzegorz Guzik summed up, "I love Ruhpolding; it is the best place for summer preparation."





## NEW HOT SPOT: HOCHFILZEN

This summer, IBU 2017 WCH host Hochfilzen was the new hot spot. It seemed like everyone wanted to get in some extra time there in their quest for medals next February. The Austrian team found themselves sharing their home stadium with the French men and women, the Italians on two occasions, Jakov Fak and the Slovenians, Olympic Gold medalist Anastasiya Kuzmina and her Slovak teammates among them. The training in Hochfilzen was not just limited to the stadium and roller tracks; the forested trails are great for mountain biking while the Austrian countryside is perfect for long cycling

trips and other summer diversions. Martin Fourcade and his teammates took a refreshing dip in a mountain lake during a particularly hot August cycling tour. On a rest day, Italian teammates Lukas Hofer and Dominik Windisch took to the skies on a tandem paragliding trip high above the venue. Hofer, a certified paraglide pilot even conducted a video interview on another flight!

## HIKING FAVORITE: OBERTILLIACH

Obertilliach was not too far behind the two World Cup venues as a summer hot spot once again. This regular stop on

*Team France up in Hochfilzen mountains*



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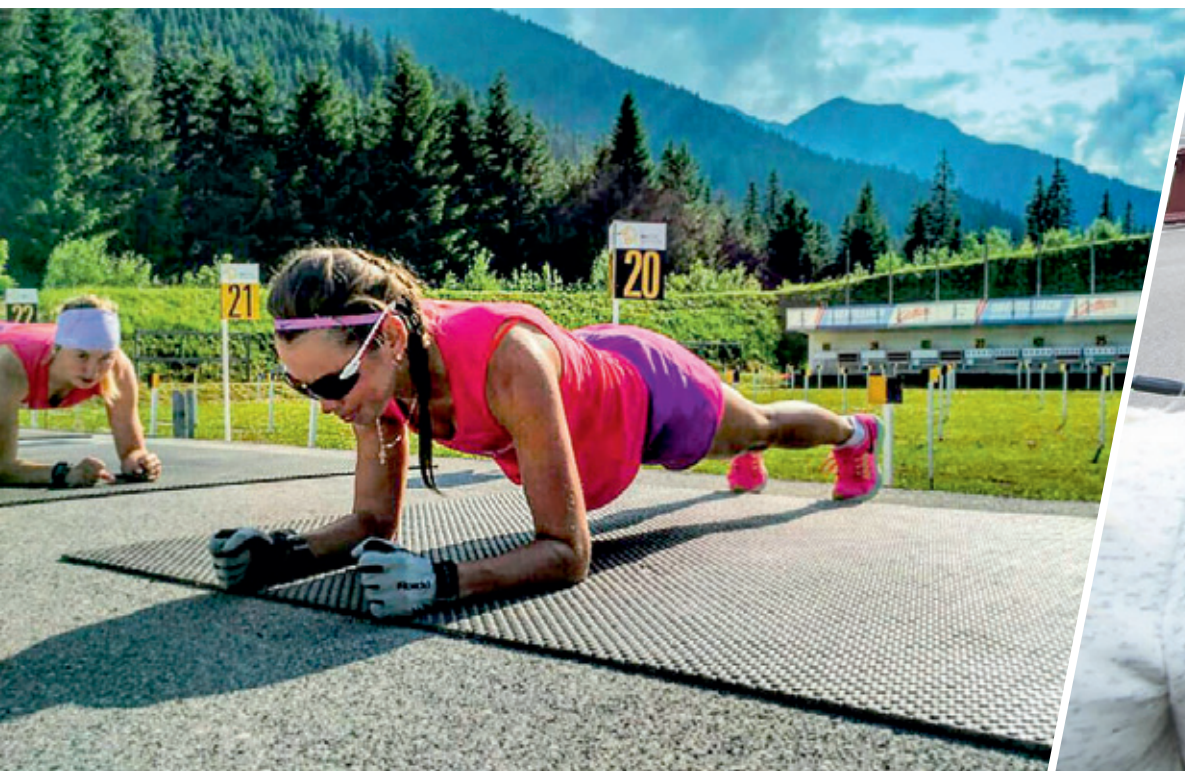
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info@schein.de







**Nadezhda Pisareva** trainiert in Obertilliach

the IBU Cup circuit has been a summer favorite for years. Its moderate altitude, mild summer weather, excellent roller tracks and shooting range plus spectacular mountain trails lures teams back year-after-year. Slovakia's Martin Otcenas likes it because it is "a good place for rollerskiing and the best place for mountain hiking." Kaisa Mäkäräinen and the Finnish team, Belarus, Poland, Italy, Slovakia,

Slovenia, Ukraine, and Estonia and of course, the Austrians passed through this summer. The Norwegians as always, made Obertilliach home for a week of intensity training in late August.

### **SUMMER TRAVEL PRIZE**

Summer training is mainly about sunshine, cycling, hiking, and endless rollerski combo workouts. Yet the Canadian



**Kristel Viggipuu - EST** in Tehvandi

team won the prize this summer for the most exotic location and longest trip to a training camp. While many teams toiled away in the July sunshine, the Canadians left home on a 13,000 km trek to New Zealand...for a mid-summer ski camp at the Snow Farm. For almost three weeks, they enjoyed perfect winter conditions. Coach Matthias Ahrens commented, "The weather was almost perfect; minus

**Team Kanada** beim Skitraining in Snow Farm, Neuseeland







were actually better than most we had in recent winters during the World Cup season."

No matter where the teams trained; whether it was at Raubichi, Premanon, Hochfilzen or any other place, one thing is guaranteed; every athlete and team put in a lot of hard work this summer. The new season is just around the corner; it is time to reap the rewards for all that travel and sweat! █

**TEXT** Jerry Kokesh

**PICTURES** Private Archives

*Norwegens Männer beim Berglauf*



photo © Agence 3D01W / Skis used by this athlete are personalized and they are not on sale.

**ANOTHER  
BEST  
DAY**

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Martin Fourcade (FRA)

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# IBU TD Seminar

The Seminar brings together all the members of the IBU Technical Delegates group, before the season begins to discuss the necessary sport technical issues that will ensure properly conducted IBU biathlon competitions in the two upcoming seasons.

## IBU TD GROUP

Additionally, the IBU TD Group is important for many NF's national level competitions. Most members of the group have important functions in their National Federations, such as Chief of Referees, leading functions in international Organizing Committees, or are involved in the referee education.

New Technical Committee Chairman Christophe Vassallo (FRA) opened the seminar at Friday noon, with 58 people in attendance, including several TD candidates from different countries.

## WIDE RANGE OF TOPICS

The seminar content included a wide range of topics again, starting with reports from the World Cup and IBU Cup Race Directors and also the newly created IBU Junior Cup about the seasons since the last seminar and to preview the upcoming season. An important part of the agenda focused on the updates regarding the changes to the IBU Rules that were approved by the IBU Congress in September. Familiarization with such rule changes is an integral part of the preparation for the IBU TD group. It helps them conduct different IBU events according to the most recent rules.

The IBU Technical Delegates (IBU TD) Seminar, conducted biennially after each IBU Congress, was held September 30 - October 2 at Anif near IBU Headquarters outside Salzburg.

## REPORTS

Interesting reports from the permanent referees of material control and courses contained many best practice tips for those in attendance. Additionally, practical and every day issues for TDs and referees were presented, including different jury procedures, the correct handling of grouping lists etc.

Following the preparation report about the 2017 IBU WCH in Hochfilzen, the always interesting topic of today, snow storage was discussed. Beyond the storage issue, the discussion included how to correctly prepare the stored snow to ensure the best possible conditions during the event week.

This resulted in an interesting exchange of ideas within the group. Both days ended with case studies from both theoretical cases and actual cases from

previous events. The related discussions were interesting but also demanding.

## THANKS AND TESTING

TC Chairman Christophe Vassallo concluded the seminar late Saturday afternoon by introducing Franz Berger as the new chief of referees from the Technical Committee side and thanked all those attending for their ongoing and mostly voluntarily efforts for the good of the sport of biathlon.

While most of the TDs headed home late Saturday afternoon, the new candidates, selected from many applications by the IBU Technical Committee, took the TD test on Sunday, which concluded the 2016 TD Seminar. **I**

**TEXT** Christoph Vassallo, Felix Bitterling

**PICTURES** Ernst Wukits







## AUTOBIOGRAPHY SELINA GASPARIN

# Unveiling her life, her dreams and her sport

In her autobiography, Selina Gasparin, Swiss biathlon pioneer and silver medal winner at the 2014 Winter Olympics in Sochi, talks about her life. Ever since she was a child, Selina was curious to see her limits, always pushing them farther and farther. Her family, friendships and unstoppable thirst for movement were formed in her early years, while her sports career has often been stony – no woman had trodden this path before her. The native of the Swiss canton of Graubünden initially had to fight for many things. In difficult moments, her pure joie de vivre burned in her like a bright fire, while she was driven by her iron will. In her book, she offers a very personal insight into her life, revealing a strong woman behind the athlete. The reader also discovers how Selina Gasparin found the love of her life, and how she currently masters the daily demands of being a young mother and a top sportswoman.

Does the reader get to know another side of you in your book?

*The book describes my childhood, the*

*path from cross-country skiing to biathlon, and my pioneering role with its obstacles und setbacks. I have written about my feelings during a sporting event, but also how I met the man of my dreams. These are all things that not everyone knows about me. Naturally, I also talk about how I combine the daily life of an athlete with being a mother.*

Where did you get the idea from to write a book about your life?

*It has always been my dream to write a book. For me, success was decisive, otherwise I would not have had enough self-confidence and it would hardly have been of interest to anyone. Also, it is a duty for me to write about the still relatively unknown sporting discipline of biathlon.*

What was the greatest challenge in your autobiography project?

*Quite simply time. It required far greater effort than I would have expected. And time is what I have least of. I had to plan every minute so that sport, family and book would all have space alongside each other.*

What feedback do you hope to get?

*I would like to have written something thrilling for every household; young and old, sports enthusiasts or casual readers. They should all be able to experience my path with the same emotions and feelings that I have, and be in a position to relate to who I am and what I do. I*



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# IBU'S NEW LOOK AND FEEL

If you are reading this article, then you are obviously a biathlon fan and as such familiar with the general structure of biathlon internationally. You might know most of the main teams, the strongest nations, athletes, popular organizers or even the main sponsors of the World Cups. But what is actually the IBU?

Founded in 1993, this fairly young international winter Olympic sports federation has been aiming to develop the sport of biathlon globally and equally for men and women.

Looking back, the last 23 years seem to have been a success story.

The IBU World Cup has become the IBU's prime product - earning income for all the IBU member federations, supporting OCs, teams and the development of our sport. The second league - the IBU Cup - has now become the core competition platform for young talent aiming to move up to World Cup level, and

## THE NEW BRANDING



*To support this idea, IBU has for the first time refreshed its branding, starting with the logo. The design concept is based on a stylized competition course with graphic borders, also symbolizing the sharp focus at the shooting range. Ice blue and energy green create the respective high contrast as seen between high paced running and fully focused shooting. The respective branding package will further strengthen biathlon's visibility in the competition of tight international winter sport schedules on TV, for the benefit of all stakeholders.*





the newly established IBU Junior Cup is intended to help a new generation of international biathletes grow and develop.

The development has been dynamic, exciting and full of passion – driven by all parties involved. The outcome is a global TV audience and growing popularity.

The result of a competition does not only depend on athletes' personal performance, but also on how their personal performances compares to others who also want to win. The same mechanism applies on the winters sports market. There are many exciting winter sports out there, many of them televised and/or using new media. The number of sports, disciplines and competitions is steadily increasing. So the time has come to give our sport a

look and feel that not only mirrors our heritage and where we come from, but also embodies the excitement and dynamic development we have all been through when striving to become better in everything we do.

When I say "we" I am referring to the IBU – the 'biathlon family' founded by the national biathlon federations, who lead their teams and organizers to jointly strive to become better in what we do: perform in competitions, organize events, develop new formats and structures, listen to our media and marketing partners, keep our sport clean... and be proud of what we do. All for biathlon.

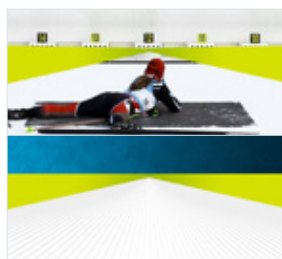
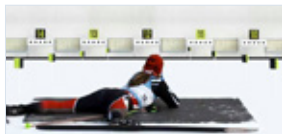
This is the feeling behind our new look. We are starting this new season

## KEY VISUAL

Competition course:

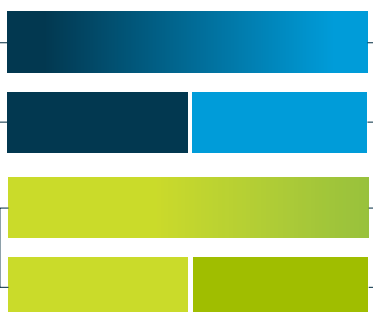


Shooting range:



## THE NEW COLORS

**Ice Blue** and **Energy Green** is the new color code of the International Biathlon Union. They represent the environment of the biathlon competitions and the power of the athletes.



## THE NEW TYPOGRAPHY

**INTERNATIONAL  
BIATHLON  
UNION**

**A B C D E F G H I J K L M  
N O P Q R S T U V W X Y Z  
1 2 3 4 5 6 7 8 9 0 ! ?**

**A B C D E F G H I J K L M  
N O P Q R S T U V W X Y Z  
1 2 3 4 5 6 7 8 9 0 ! ?**

A B C D E F G H I J K L M  
N O P Q R S T U V W X Y Z  
1 2 3 4 5 6 7 8 9 0 ! ?

*Avenir is the new dynamic and strong font to transport the passionate messages of the International Biathlon Union.*

## THE NEW LOGOS



**INTERNATIONAL  
BIATHLON  
UNION**



**IBU**

*All logos are redesigned to follow the new corporate design structure and to strengthen the IBU brand.*





2016/2017 with new IBU branding, a new corporate design shared with our organizers, a new website, and improved TV graphics. With our uniform look and feel across all of the IBU competition series, we are all set and ready to compete on the international media market.

I would like to thank you for your support, for the great feedback we have received so far, and for promoting what all of us have been doing daily for years and decades: developing biathlon as a biathlon family. And now we have our new branding to communicate that attitude visually as well.

Winter sports fans, get ready and stay tuned! **I**

**TEXT** Nicole Resch

**PICTURES** United Senses

## IBU RACE SERIES



## TV GRAPHICS



# ROTFEFELLA<sup>®</sup>

## TECHNOLOGY



*New Look for Biathlonworld.com*

# IBU Relaunches its Website

Biathlonworld.com is the IBU's main window to the outside world, and refreshing the website look and feel is a part of IBU's rebranding campaign. In addition, IBU sees website relaunch as an opportunity for further promotion of biathlon sport and values of biathlon family, which will allow IBU to reach wider and younger audiences online.

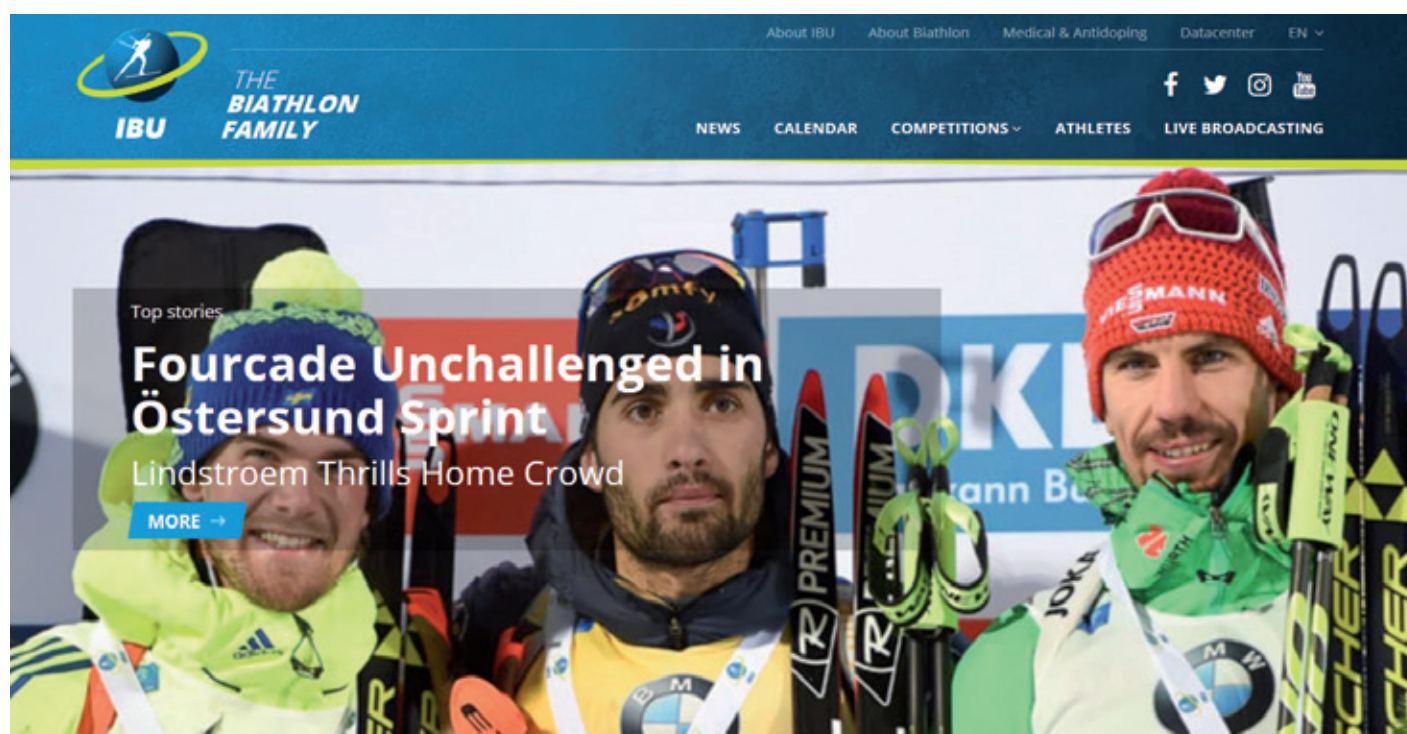
## **DELTATRE: EXPERT IN SPORT DIGITAL MEDIA**

After the IBU Brand Audit has been released in August IBU announced tender

For the last decade IBU has shared the news with biathlon community and fans on biathlonworld.com, covering competitions, shedding the light on the athletes' summer preparation for the season and unveiling their background stories. Biathlonworld.com website traffic is growing yearly; last season the number of website visitors for the first time reached the mark of **5,5 million**.

process for selecting a company for website relaunch. Among other strong candidates, IBU chose Deltatre, a company that

has been involved in more than 50 sports during the last 30 years. Its clients include FIFA, UEFA, UCI (Union Cyclists Interna-





tionale), FISA (World Rowing Federation) and FIS (International Ski Federation). They also worked with NBC Universal, ARD, BBC, the English Premier League and many other clients in sport, providing a range of digital and broadcast solutions.

## BUILDING STAGES

The long-term partnership with Deltatre includes three stages. The first one will be implemented together with the website relaunch in November with going online on 22nd of November 2016. It will include all "must-have" features. Second stage will see website go one step further in a so called "sprint system" with new features and content every two weeks before the World Championships, and the final, third stage will complete the website with additional story-telling tools after the season.

The new website homepage contains the main menu with new design in the framework of IBU style guide, live event promotion with top story above, followed by the news hub. Scrolling down, one can find featured athletes, photo gallery, videos and social hub.

## REACHING BIATHLON AUDIENCES

With its website relaunch, IBU aims to promote biathlon to younger audiences.

The general tendency has shown that whereas older audience prefer to watch the sport on TV, younger audience is more likely to watch competition, check results and follow biathlon news online. A completely new feature, available right from the relaunch is social hub; it will gather the most interesting posts from athletes' competitions, trainings and daily life. Reposting photos and videos will create a feeling of direct communication between athletes and fans.

An era of digitalization poses new challenges: the technology continues to shift from desktop to mobile or portable devices. The website will be available in its mobile version on smart phones and tablets right from the start.

## TELLING THE STORY

Sport story-telling is all about building excitement and anticipation around the competition. The new approach towards website stories is more visual, with a bigger focus on images and videos. During the season, the news will build around three main biathlon competitions series: nine World Cups and World Championships; IBU Cups and Open European Championships, and a recently launched IBU Junior Cup and Youth/Junior World Championships. In the final stage biathlonworld.com will incorporate Sport-

## Videos

In cooperation



## News



04 DEC 2016  
**FIRST WIN OF SEASON FOR KOUKALOVÁ IN ÖSTERSUND PURSUIT**  
Gabriela Koukalová of Czech Republic won for the first time this season taking t...



03 DEC 2016  
**DORIN HABERT TAKES ÖSTERSUND SPRINT**  
France's Marie Dorin Habert shot clean today to win the Östersund sprint in 20:0...

Teller: a tool, invented by Deltatre that brings images, videos, statistics and data, editorial and social platforms to life in a single-page experience.

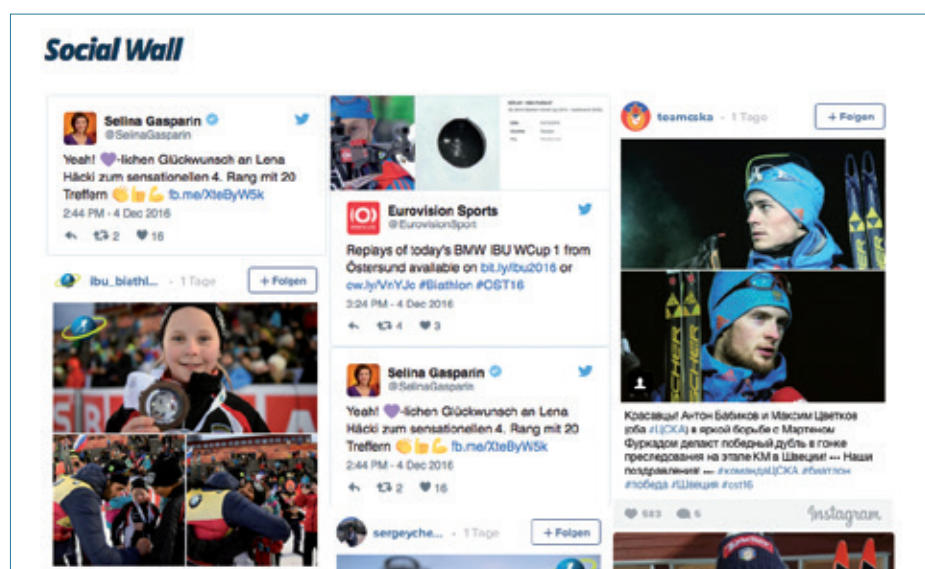
## ATHLETES-CENTERED

Athletes are the main actors of the sport. Whereas before all athlete profiles were data-driven, the new profile for top athletes will include editorial biography, and selection of news stories along with the basic info. Starting last season, IBU has carried out the Bios action: in season-opening Östersund IBU staff sat together with athletes at the World Cup to fill out their basic information for the website: their skis, height, coaches, and hobbies.

The editorial solution for top athletes will include interview with athletes, which discover how athletes got into the sport of biathlon, what their biggest biathlon dream and role model in sport are, and where they prefer to go for their summer vacation.

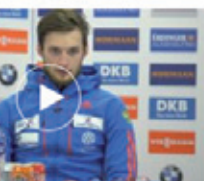
## MULTILINGUAL

Just like the old website, the new home for biathlonworld.com will be available for fans in IBU three Congress languages:



Social Wall on biathlonworld.com homepage





**SVETKOV AND  
FOURCADE TALK TO  
R AFTER ÖSTERSUND  
SUIT**



**SIMON FOURCADE'S REACTION:  
6TH PLACE IN ÖSTERSUND  
PURSUIT**



**ÖSTERSUND**  
03 DEC 2016  
**FOURCADE  
UNCHALLENGED IN  
ÖSTERSUND SPRINT**  
Clean-shooting Martin Fourcade  
of France went two-for-two this  
season in Östersu...



02 DEC 2016  
**IBU TEAM PHYSICIAN  
SEMINAR HELD IN  
ÖSTERSUND**  
How do you deal with stress  
load and performances, illness  
and injuries? What af...

English, German and Russian. Whereas English remains at the top of the language chart, biathlonworld.com visitors represent many nations. Last year statistics saw 16.1% of visitors from Czech Republic, 14% from Germany, 9% from France, 7% from Russia and 4% from Italy.

## IBU VIRTUAL GALLERY

At the final stage of website relaunch, IBU Virtual Gallery will be incorporated into biathlonworld.com. The work on this online project, aimed at preserving the history of biathlon, after a conceptional period went into direct realization last November. It will allow its online guests to time-travel decades back and explore a unique collection of biathlon artifacts, legendary personalities and changing equipment. The IBU Virtual Gallery will feature five 'biathlon worlds': the Main building (the modern biathlon history), the House of Origins (history until 1958/1960), the Biathlon Hall of Fame, the Globe and Venue view, and the World of Biathlon (3D Model venue). The biggest advantage of the project is its accessibility; anyone can explore biathlon history from any place on this planet 24/7. **I**

**TEXT** Marina Dmukhovskaya

**PICTURES** biathlonworld.com

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## IBU on Social Media

# Summertime Campaigns

The emergence and expansion of social media is one of the most influential trends in 21st century; social media plat-

forms are a powerful tool to share the news, exchange opinions, and to create community. The three social media "giants" of today are Facebook, Twitter and Instagram. The number of active Facebook users is slowly getting to 2 billion mark; the second most engaged network after Facebook is Instagram, with 400 million active users, followed by Twitter with 313 million accounts.

The IBU has been active on all three platforms, setting up the Facebook and Twitter accounts in 2009 and Instagram in 2014, just before OWG in Sochi. IBU Facebook profile has now more than 101K likes, Instagram account has 13K followers, and Twitter account has 19.7K followers.

With only one event taking place in summer (IBU Summer World Championships), most content on IBU social media off-season are athlete's vacations and summer trainings. To keep up public interest off-season IBU launched two campaigns this summer: IBUMusicMonday and IBUWayBackWednesday

### #IBUMUSICMONDAY

15 minutes to go to the start... On a big screen biathletes are warming up, always with their headphones on. What music do they listen to? What role mu-

sic plays in their life? On Mondays IBU picked one athlete and posted his or her top 3 favorite songs. The campaign was launched by Martin Fourcade's playlist. The Frenchman is not a big fan of music, "I listen the same playlist as when I was 15. I never listen music during warm-up and training. I try to focus on my body signs."

### MUSIC HEALS HOMESICKNESS

For Canada's Nathan Smith, music is a cure of his never-ending homesickness while on a World Cup tour in Europe. "Music is a nice way to escape and feel at home while on the road in Europe. Whereas I get to listen to a fair amount of European radio while driving in the team van, it's just not the same as the music



**MARTE  
OLSBU**
**MY TOP 3 TUNES**

- 1 Pusterom  
ERIK OG KRISS
- 2 Lay it on me  
INA WROLDSEN
- 3 Once in a While  
TIMEFLIES

**#IBUMusicMonday**
**KARIN  
OBERHOFER**
**MY TOP TUNES**

- 1 Faded  
ALAN WALKER
- 2 Amoi seg'ma uns wieder  
ANDREAS GABALIER

**#IBUMusicMonday**

back home. I almost never hear any rap or country; my two favorite genres." Just like Fourcade, he does not listen music during the training, but for a different reason, "I don't listen to music while training. It's important to be focused on the task at hand, as well as able to hear approaching vehicles on the roads or wild animals while out on the trails."

Italy's Dominik Windisch said, "I like listening to all kinds of music depending on my mood or situation. Especially during trainings or while traveling I prefer listening to film soundtracks in order to relax or motivate." A soundtrack from a 90's movie "Braveheart" tops his list.

**SERGEY SEMENOV:  
BIG MUSIC FAN**

Sergey Semenov of Ukraine turned out to be the biggest music fan. Oslo 2016 Bronze Medalist said, "I must say I'm a big music fan, always have my earphones with me. Music helps me to wake up, calms me down, energizes me for work and diversifies my free time."

He added, "Most of the time I listen to trance music. Combination of melody and massive trance beat is actually a soundtrack of my day. When I need to energize myself I prefer even faster music like unfading Prodigy. The best way to relax is lounge and chill out music combined with beautiful female vocals."

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## GOOD TASTE IN MUSIC FOR MARIE DORIN HABERT

Five-time World Champion Marie Dorin Habert is an accomplished pianist who appreciates good music. Last summer she attended a music festival with her daughter Adele and her parents. She commented, "We are trying to teach Adèle to appreciate the good music at an early age!"

The French star's taste in music depends on her mood and time of the day. She listens to Rosemary Standley "la nuit je mens" before going to sleep and to Ben Harper's "Glory and consequences" before the race to get herself pumped up and motivated before the competition. Her top three tracks include funk music along with the songs by the founding father of the genre James Brown.

## AUTHENTIC: TRADITIONAL AUSTRIAN, NORWEGIAN, CZECH AND RUSSIAN

Whereas most biathletes named songs in English as their top songs, many still prefer listening to music in their native language. Rising star Lisa Hauser of Austria wrote, "I like to hear the hits from the radio but not too often. In my home sometimes we are singing traditional Austrian songs!"

Norway's Marte Olsbu included only Norwegian songs on her top list. She scored her first podium last season; when asked if any music motivated her,

she said, "I love listening to music and I would say that my musical tastes are very varied! I don't listen to music when I train, but sometimes when I am warming up before competition."

Just like Olsbu, Russia's Olga Podchufarova also hit the podium for the first time last season. She wrote, "When I warm up before the start and cool down afterwards, I listen to Pink. The trainings are so hard and busy, that I have no chance to put my earphones on." Most of her favourite songs are Russian, including a famous rock band Bi2 from the 90's.

Czech Republic Ondrej Moravec enjoys listening to music on the plane while travelling during the World Cup season; his top three songs are only Czech. His two favorite genres are pop and rock.

## #IBUWAYBACK WEDNESDAY

A road to Olympic Medals is long; many biathletes were skiing soon after they learned how to walk. IBU asked them to share their childhood photos. The first one to send his was Martin Fourcade. The star remember his childhood years, "I started with cross country skiing at the age of 6, then I tried biathlon and I never stopped shooting ever since."

Susan Dunklee shared her two childhood photos. She wrote under the first one, "I am number 15. Start line at the Bill Koch Youth Ski League New England Festival in Bretton Woods, New Hamp-



Martin Fourcade - FRA

shire 1996". In fact, there was hardly any need to identify herself: the girl on the photo looks exactly like her now, with the same characteristic will power on the uphill. "Bill Koch Youth Ski League"

Simon Eder sets the record as the youngest athlete on skis, "On this picture you can see me in my first cross country race in Saalfelden, 4 years old, one second before my first crash in a cross country race."

## BIATHLETES IN CHILDHOOD: CUTE AND ADORABLE

The biggest public engagement of this campaign was a cute photo of Semerenko sisters, when Biathlonworld asked the audience which one is Valja and which one is Vita. The photo features two little girls with enormous white bows, completely identical, like two peas in a pod. In fact, when IBU freelance writer Maria

## FOLLOW IBU ON SOCIAL MEDIA



**BIATHLONWORLD**



**IBU\_BIATHLONWORLD**



**IBU TV**



**BIATHLONWORLD**



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- **IBU\_JUNIOR**





Osolodkina asked sisters for photos, Vita was not sure who was who herself! One can follow trends in children's fashion in the 90's Ukraine, as Olena Pidhrushna photo from childhood features a little girl with brown eyes, holding her favorite doll

and, just like in the Semerenko photo, a huge white bow almost a size of her head!

Franziska Preuss shared the most adorable photo of her first day at school. In the photo, she looks very confident and

happy, proudly holding a "schultüte" – a traditional present for a first-grader with sweets and other goodies! **I**

**TEXT** Marina Dmukhovskaya

**PICTURES** Personal Archives



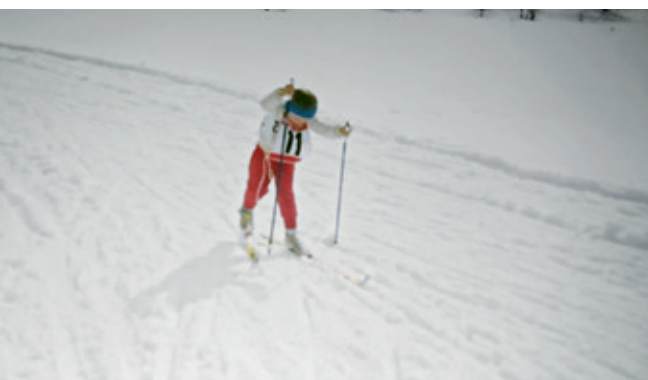
Franziska Preuss - GER



Valja and Vita Semerenko - UKR



Susan Dunklee - USA



Simon Eder - AUT



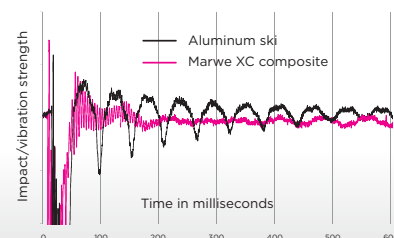
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ÖSTERSUND, POKLJUKA, NOVÉ MĚSTO NM,  
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- **IBU OECB BIATHLON 2017**  
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Power consumption in kWh/100 km: 15.4 to 15.3. The image shows special equipment sets.