

# Grueling sport of biathlon captivates winter athletes

By Benjamin Spillman, Reno Gazette-Journal

Lisa Holan was 42 years old the first time she picked up a rifle.

Four years later, Holan, a Nordic skier and Truckee resident, is a competitive biathlon athlete.

The ancient and grueling sport that combines cross-country skiing with target shooting is largely ignored by American sports fans and adventure athletes.

But for people like Holan, who tried biathlon after seeing a flier advertising an introductory clinic, it can become a near-obsession.

**Read the whole story**