

Bulletin 3



2012 Sierra Ski-O Tour

January 27 - February 5

~~Bear Valley and~~
Lake Tahoe, CA, USA

World Cup 2012

Round 1

Bay Area Orienteering Club



www.baoc.org



Orienteering USA and the Bay Area Orienteering Club (BAOC) invite you to the 2012 Ski Orienteering World Cup Round 1, at Lake Tahoe, California, in the United States of America.

The Lake Tahoe region and Squaw Valley were the venue for the VIII Olympic Winter Games in 1960.

This bulletin presents the schedule, transportation, lodging, and registration information as of 12-November-2011. For the latest information, go to the event web site at http://baoc.org/wiki/Schedule/2012/Ski-O_Tour.



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http://baoc.org/wiki/2012Ski-O_Tour

Event Office:
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Program

Day	Date	Venue	World Cup	World Ranking	NA/US Champs
Fri	27 Jan	Bear Valley XC	Model event WCup opening ceremony	-	-
Sat	28 Jan	Bear Valley XC	Long	-	Long (NA)
Sun	29 Jan	Northstar XC	Model event	Model	Model
Mon	30 Jan	Tahoe Donner XC	Long	-	Long (NA)
Tue	31 Jan	Royal Gorge XC	Middle	-	Middle (NA)
Wed	1 Feb	Auburn Ski Club	Sprint	-	Sprint (NA)
Thu	2 Feb	Tahoe XC	Middle	-	Long (US)
Fri	3 Feb	Tahoe XC	Mixed Relay WCup closing ceremony	-	(Open relay)
Sat	4 Feb	Tahoe XC	***	Middle	Middle (US)
Sun	5 Feb	Auburn Ski Club	***	Sprint	Sprint (US)

***Saturday Feb 4 and Sunday Feb 5 are World Cup make-up days, if bad weather postpones other WCup events. If those days are used for the WCup, the closing ceremony moves to the closing of the last WCup event.

The Sierra Ski-O Tour provides competition for all competitors. Open/spectator races will be available each competition day. This ski-O tour provides an excellent opportunity for all ski orienteers irrespective of their gender, age, or experience to compete and enjoy Sierra Nevada skiing and this unique World Cup experience in North America.

www.baoc.org/wiki/2012ski-o_tour

Venues

The World Cup Round 1 will have two event centers:

~~**Jan 27-29, 2012**~~

~~Bear Valley Cross Country Center, 1 Bear Valley Road, Bear Valley, California (GPS coordinates: 38.46190 N, 120.04230 W)~~

~~WCup 1 — Long Distance event, and North American Long Distance.~~

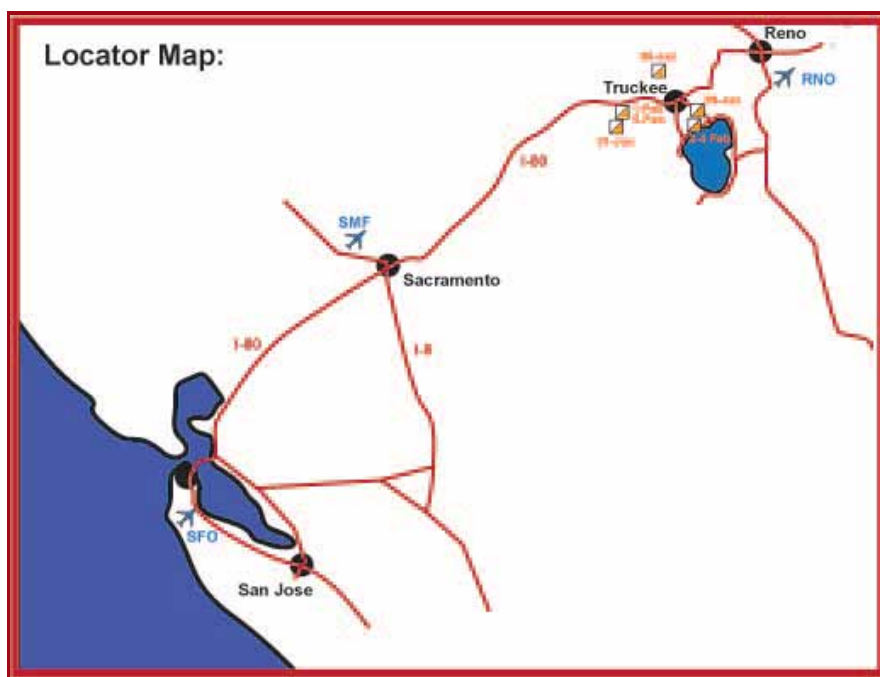
Jan 29-Feb 5, 2012

Truckee-Donner Recreation Center, 10046 Church Street, Truckee, California (GPS coordinates: 39.329425 N, 120.183615 W)

WCup 2 — Sprint Distance event, WCup 3 - Middle Distance event, and WCup 4 - Mixed Sprint Relay event.

Venue	Elevation	Forested	Open
Northstar-at-Tahoe XC	2000-2250m	60%	40%
Royal Gorge XC	2000-2250m	90%	10%
Auburn Ski Club	2100-2200m	90%	10%
Tahoe Donner XC	2000-2250m	60%	40%
Tahoe Cross Country	1900-2200m	70%	30%

Truckee is located 240 miles (380 km) from Bear Valley (5 hours driving), and 200 miles (320 km) east of San Francisco International Airport, and 110 miles (177 km) east of Sacramento International Airport. The event venues Northstar, Auburn Ski Club, Tahoe Donner XC, and Tahoe XC are all located within a 30 minute drive from Tahoe Donner.



Embargoed Areas

The competition areas delimited by the orienteering maps “Auburn Ski Club”, “Tahoe Donner Cross Country” and “Tahoe XC” are embargoed until 6 February 2011 for all World Cup competitors and team leaders. The areas are closed for all orienteering activity. Cross-country skiing and roller skiing in open tracks is allowed until 1 January 2012.

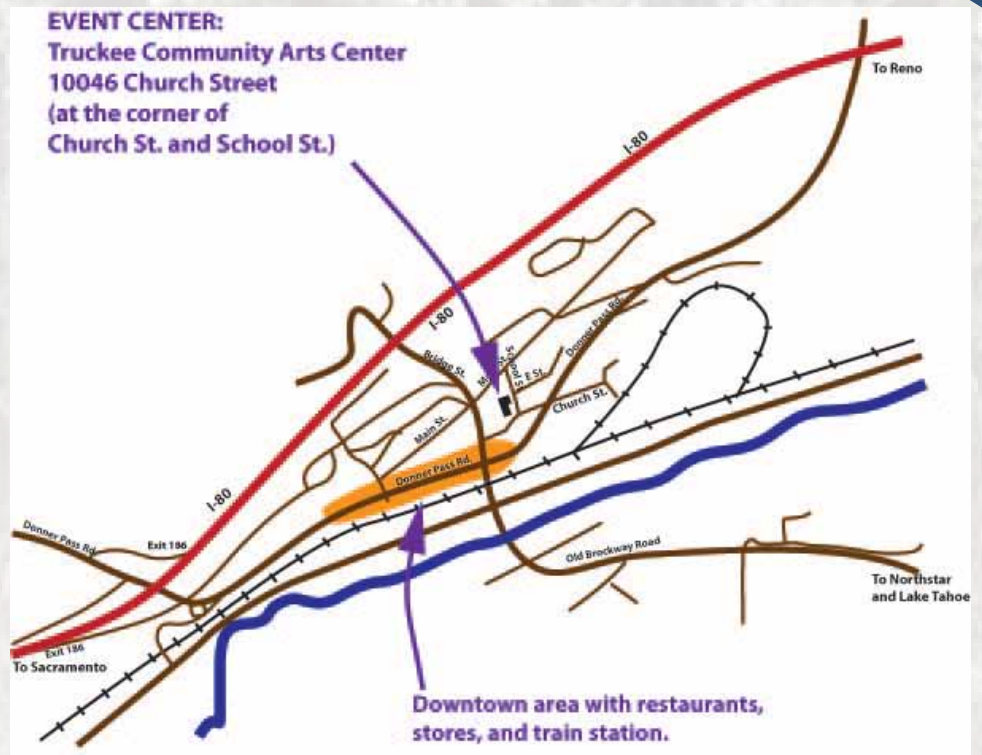
Terrain

Ranging from sparse pine forest to open mountain terrain. Altitudes of 6500-7500 ft (1900-2300 metres) above sea level. The races will take place on mountain slopes, flatter slopes and alpine plateaus.

www.baoc.org/wiki/2012ski-o_tour

Event Center

We have an event center that is open for our team leader meetings each evening before a World Cup event. The event center is located at Community Arts Center, at 10046 Church Street, Truckee CA. These meetings are scheduled to occur at 6:00 PM on the evenings of 29-January, 31-January, 1-February, and 2-February. National teams must send their representatives to this meeting to get the latest updates and equipment needed for the next day.



Visa and Entry to the United States

Canadian citizens can enter to United States with a valid passport. Citizens of other nations will either need to have a valid visa or they have to register and get their entry authorised through the U.S. Electronic System of Travel Authorisation.

Citizens of the following countries do not need a visa, but do need to get their entry ESTA authorised:

Andorra, Australia, Austria, Belgium, Brunei, Czech Republic, Denmark, Estonia, Finland, France, Germany, Greece, Hungary, Iceland, Ireland, Italy, Japan, Latvia, Liechtenstein, Lithuania, Luxembourg, Monaco, Netherlands, New Zealand, Norway, Portugal, Republic of Malta, San Marino, Singapore, Slovakia, Slovenia, South Korea, Spain, Sweden, Switzerland, and United Kingdom.

Please see the ESTA webpage (<https://esta.cbp.dhs.gov/esta/>) for detailed information.

For the citizens of all other countries, the organizers and IOF will provide visa invitations to the national federations upon receipt of the team member personal and passport details.

Insurance

The organizers strongly recommend that all competitors acquire a travel and health insurance policy that has sufficient coverage for health and medical treatment in case of injury or illness. Medical costs in the United States can be very high. Please ask your insurance company about your current insurance coverage and ascertain its validity in the United States.



Registration

Pre registration is closed as of 20-January, but you may register for the North American Championships, US Championships, and Open events on the event days. People who register on the day of the event will be given assigned start times at the end of the starts.

If you did not register to get a trail pass for the model events, you may go to the model event and purchase a trail pass and do the model course.

Fees for all registrations must be paid in US dollars. You can either write a check made out to BAOC or pay in cash.

Because we have had to change our event schedule to move the Bear Valley events to the Lake Tahoe area, it was necessary to reschedule some of our events. If you signed up for a moved event, you are still registered for that event--we just moved your registration to a new day as follows:

- If you registered for one or more model events, you are automatically registered for the 29-January model event that is now scheduled.
- If you registered for the WCup or North American long course on 28-January, you are now registered for the long course event on 30-January at Tahoe Donner.
- If you registered for the North American middle course championship or the Royal Gorge open event, you are now registered for the 31-January Royal Gorge event, which now include the North American championships.
- If you registered for the WCup middle or US Long course championships on Thursday 2-February at Tahoe Donner XC, you are now registered for the same events at Tahoe XC on the same date.
- If you registered for the WRE or US Sprints event at Tahoe XC on 5-Feb, you are now registered for the same events at Auburn Ski Club on that date.

If you have any questions about registration, either ask the people working at the Registration desk at an event or send your questions to SierraSkiOTour@gmail.com

Transportation

The organizers recommend flying to San Francisco International (SFO). Smaller alternative airports include the following:

Reno International
Sacramento International
Stockton Metropolitan (not recommended except for regional transportation)
Oakland International
San Jose International

The following table presents ideal driving times between airports and venues. Note that snowstorms can add 1 or 2 hours driving time, and chains may be required.

Airport

Truckee

San Francisco International (recommended)	3 hrs 30 min
Reno-Tahoe International	0 hrs 45 min
Sacramento International	2 hrs 00 min
Stockton Metropolitan Airport	2 hrs 45 min
Oakland International	3 hrs 15 min
San Jose International	4 hrs 00 min

We recommend that you rent a car that is set for snow conditions to drive to the venues. Your car must have all-wheel or four-wheel drive or chains or cables. If you do not have those things for your car during a snowstorm, you will be stopped at checkpoints because your car is not safe to drive and it will be a danger to other vehicles. **MAKE SURE THAT YOU HAVE THE FOLLOWING:**

All-wheel or four-wheel drive with chains (you will be denied access to highways if you do not have chains)

Two-wheel drive with chains or cables (at minimum, you must have chains or cables for any Sierra driving)

You can request all-wheel or four-wheel drive with rental cars (Subaru cars and many SUVs have them) or you can buy chains or cables (\$70) at automotive stores.

We recommend the following airport car rental websites:

San Francisco International Airport Rental Car Agencies (<http://www.flysfo.com/web/page/tofrom/rental-cars/rc-agencies/>)
Reno-Tahoe International Airport Rental Car Agencies (<http://renoairport.com/to-from-airport/rental-cars-reno-tahoe-international-airport/>)
Sacramento International Airport Rental Car Agencies (http://www.metrotravelguide.com/car_rentals/airport/smf)
Stockton metropolitan airport car rental Agencies (http://usa.rentalcargroup.com/stockton_metropolitan_airport.htm)
Oakland International Airport Car Rental Agencies (http://www.flyoakland.com/car_rentals.shtml)
San Jose International Airport Car Rental Agencies (http://www.airportrentalcars.com/us-airports/san-jose-intl-sjc/?refid=RPGOOGLEPCARC&refclickid=ARC_AIRPORT_RC_25005)

Alternatively, you can use Priceline (www.priceline.com), Orbitz (www.orbitz.com), or Hotline (www.hotline.com) services or contact one of the following car rental agencies:

Advantage (www.advantage.com) (only at San Jose and Reno-Tahoe airports)
Alamo (www.alamo.com)
Avis (www.avis.com)
Budget (www.budget.com)
Dollar (www.dollar.com)
Enterprise (www.enterprise.com)
Fox (www.foxrentacar.com)
Hertz (www.hertz.com)
National (www.nationalcar.com)
Payless (www.paylesscar.com)
Thrifty (www.thrifty.com)

You must get a car with all-wheel or four-wheel drive with chains or two-wheel-drive vehicle with chains or cables. Be sure that you are fully insured for using the car for the time that you are using it.

Start Times

Nearly all of our events have assigned start times for our competitors. The exceptions are the following events:

- Model event on 29-January
- World Cup and North American Long Course 30-January (has mass starts)
- World Cup and Open relay events on 3-February (has mass starts)

For the events with assigned start times, there are typically three groups of starts:

1. First group of starts for World Cup or WRE start times typically beginning at 9 AM (8 AM for the WCup and N.A. Long Course Championships on 30-January)
2. Second group of starts for North American or US Championship starts beginning typically about 10:30
3. Third group of starts beginning typically around 11:30 AM or Noon to 12:30 for late starters and recreational skiers

Each World Cup competitor starts at their assigned time. If they are late to the starting area, their start occurs as scheduled. North American or US competitors get an assigned start time but if they miss it for some reason, they can reschedule a time after the second group of starts has occurred. Rescheduling your start time is not recommended, because it is subject to a limited amount of slots that are given on a first-come-first-serve basis at a time of day when the snow is beginning to melt for slower racing times.

Climate and Snow Conditions for the Lake Tahoe Region

Typical temperature range in January/February is -8C to +6C. Snow depth from 0.5 – 1 metres of snowpack (solid snow) during this period. Occasional snowstorms may hit the region with up to 100 cm of fluffy new snow. The likelihood for that to happen is 5-10 percent and therefore the WC races will have reserve days planned into the program. Due to snow softening in the afternoons and freezing during nights, the race start will take place early in the morning (i.e. 8 AM) to give the athletes best possible and equal conditions. Sunrise during the event days occurs between 7:02 and 7:10 AM.

This year is a low snow year. We might have to make late changes to our courses to get around melted areas. Be aware that you might be skiing over areas with thin snow cover.

Lodging

We recommend that you rent a cabin/house/townhouse/condominium close to the event site because winter storm conditions can make travel very difficult (roads can be closed in extreme conditions). If your team wants a place to wax skis, we recommend renting a house that provides access to a garage. We also list hotels and motels but they tend to be very expensive and typically do not have places to wax your skis. If you are willing to take chances with storms and need more affordable lodging, see the listings for Verdi and Reno.



Lodging:

Lake Tahoe/Truckee Region Lodging

The best places to find lodging for the Lake Tahoe/Truckee events are in Truckee, Tahoe Donner, Norden/Soda Springs, Northstar, Tahoe City, and Kings Beach/Tahoe Vista. More distant but less expensive lodging is available in Verdi and Reno (Nevada). The following table shows the amount of driving time (ideal conditions) between lodging locations and each of the Lake Tahoe/Truckee events. Allow for driving time (longer if snowing), 15 minutes to get from your car to the trail head, sometimes more time to get to the starts, and any time that you need to prepare.

Venue	Norden	Truckee	Tahoe City	Kings Beach	Northstar	Verdi	Reno
Tahoe Donner (Event Center)	25min.	8	30	25	25	35	42
Tahoe Donner XC	25	13	35	30	30	38	46
ASC	7	15	35	40	30	37	45
Tahoe XC	38	27	10	13	25	50	58
Royal Gorge XC	10	25	45	50	40	47	55
Northstar XC	30	15	32	12	-	40	47

Truckee and Tahoe Donner cabins and townhouses:

Rentals By Owner (Truckee listing) (<http://www.vrbo.com/search?q=truckee%2C+ca&ui-from-date=Arrival&from-date=&ui-to-date=Departure&to-date=>)

Truckee and Tahoe Donner hotels and motels:

Truckee Hotel (Historic with shared bathrooms), starts at \$79/night (<http://www.truckeehotel.com/>)

Inn at Truckee, starts at \$80/night (<http://www.innattruckee.com/home>)

Donner Lake Village Resort, starts at \$146/night (2 beds) (<http://www.donnerlakevillage.com/>)

Hampton Inn & Suites, starts at \$154/night (<http://www.hamptonintruckee.com/>)

Norden and Soda Springs cabins and townhouses:

Rentals By Owner (Norden Listing) (<http://www.vrbo.com/search?q=norden%2C+ca&ui-from-date=Arrival&from-date=&ui-to-date=Departure&to-date=>)

Rentals By Owner (Soda Springs) (<http://www.vrbo.com/search?q=soda+springs%2C+ca&ui-from-date=Arrival&from-date=&ui-to-date=Departure&to-date=>)

Rentals By Owner (Serene Lakes) (<http://www.vrbo.com/search?q=serene+lakes%2C+ca&ui-from-date=Arrival&from-date=&ui-to-date=Departure&to-date=>)

Norden and Soda Sprints hostels:

Clair Tappan (Sierra Club lodge but open to non members), starts at \$60/night but there are specials if you stay over 5 days. Dorm living with chore requirement. (<http://www.sierraclub.org/outings/lodges/ctl/booknow/default.aspx.>)

Tahoe City cabins and townhouses:

Rentals By Owner (Tahoe City listing) (<http://www.vrbo.com/search?q=Tahoe+City%2C+ca&ui-from-date=Arrival&from-date=&ui-to-date=Departure&to-date=>)

Tahoe City hotels and motels:

America's Best Value Inn, starts at \$100/night (<http://www.americasbestvalueinn.com/bestv.cfm?idp=1013>)

Tahoe City Inn, starts at \$84/night (<http://www.tahoe-cityinn.com/>)

Northstar and Kings Beach/Tahoe Vista cabins and townhouses:

Rentals By Owner (Kings Beach) (<http://www.vrbo.com/search?q=kings+beach%2C+ca&ui-from-date=Arrival&from-date=&ui-to-date=Departure&to-date=>)

Rentals By Owner (Northstar) (<http://www.vrbo.com/search?q=northstar-at-tahoe%2C+ca&ui-from-date=Arrival&from-date=&ui-to-date=Departure&to-date=>)

Northstar and Kings Beach/Tahoe Vista hotels and motels:

Tahoe Inn, starts at \$50/night (<http://staynorthtahoe.com/>)

Tahoe Vistana Inn, starts at \$74/night (<http://tahoevistana.com/>)

Cal Neva Resort Spa and Casino, starts at \$75/night (<http://www.calnevaresort.com/>)

Parkside Inn (in Incline Village), starts at \$77/night (<http://www.innatincline.com/>)

Ferrari's Crown Resort, starts at \$79/night (<http://www.tahoecrown.com/lake-front-lodging>)

Firelight Lodge, starts at \$87/night (<http://www.booking.com/hotel/us/firelite-lodge.en.html?aid=311088;label=firelite-lodge-XgzEBwtHgwJOOSNRLKL2QS3146957643;ws=&gclid=Clr39qr4-KsCFckZQgodslDujg>)

Verdi and Reno (not recommended because of distance, but these prices are the lowest) hotels and motels (low prices at casino resorts, quality ratings shown (scale 1-5):

Grand Sierra Resort (Reno) 3.5-star rating, starts at \$26/night (<http://grandsierraresort.com/>)

Sands Regency 2.5-star rating, \$34/night (<http://www.sandsregency.com/>)

Motel 6 (Reno, not a casino) 1-star rating, \$37/night (<http://www.motel6.com/accormaps/m6ProximityResults.aspx?searchtype=C>)

Circus Circus (Reno) 3-star rating, starts at \$40/night, (<http://www.circusreno.com/>)

Super 8 (Reno, not a casino) 2-star rating, \$44/night, (http://www.super8.com/Super8/control/Booking/property_info?propertyId=10036)

Hawthorn Suites (Reno) 2.5-star rating, starts at \$45/night (<http://www.hawthorn.com/>)

Boomtown (in Verdi) 3-star rating, starts at \$51/night, (<http://www.boomtownreno.com/casino-campaign-2010.aspx?gclid=CNvloEOf-asCFRFZhwodQT20IQ>)

Vagabond Inn (Reno, not a casino) 2-star rating, starts at \$52/night, (<http://www.vagabondinn.com>)

More Reno and Verdi options are shown on the website.

www.baoc.org/wiki/2012ski-o_tour

Winning Times

Because of low snow conditions, we are still making changes to our events and courses, so we do not have course length and climb specifications at this time. We can, however, provide the expected winning times for the World Cup and WRE courses (these are typically the winning times for the North American and U.S. Championship courses of the same type). The following table provides these winning times:

provides these winning times:

Day	Date	Venue	Event Type	WCup and WRE		NA/US Champs	
				M21	W21	M-21+	F-21+
Fri.	27-Jan	-	(cancelled)	N.A.	N.A.	N.A.	N.A.
Sat.	28-Jan	-	(cancelled)	N.A.	N.A.	N.A.	N.A.
Sun.	29-Jan	Northstar XC	Model event	N.A.	N.A.	N.A.	N.A.
Mon.	30-Jan	Tahoe Donner XC	WCup/NA Long course	90	80	90	80
Tues.	31-Jan	Royal Gorge XC	NA Middle course	N.A.	N.A.	45-50	45-50
Wed.	1-Feb	Auburn Ski Club	WCup/NA Sprints	13	13	13	13
Thurs.	2-Feb	Tahoe XC	WCup Middle/US Long	45	42	85-100; 75-85	
Fri.	3-Feb	Tahoe XC	WCup Mixed Relay	6x7min, winning time 42			
Sat.	4-Feb	Tahoe XC	WRE/US Middle course	40	40	40	40
Sun.	5-Feb	Auburn Ski Club	WRE/US Sprints	12-14	12-14	12-14	12-14

Quarantine

At the World Cup Sprints (Day 6 on 1-Feb) and World Cup Middle events, it is necessary to quarantine the World Cup competitors before they start their courses. World Cup competitors in the quarantine area are not allowed to communicate in person or by electronic or other device with people outside the quarantine. When World Cup competitors arrive at the trail head before their starts or when they finish their races, they will be directed to quarantine areas until the last World Cup start occurs for that day.

Map information

All long and middle distance events will use 1:10,000 scale maps with 5 meter contours. The sprint and sprint relay events will use 1:5000 scale maps with 5 meter contours.

Day	Date	Venue	Event Type	Scale	Contours
Sun.	29-Jan	Northstar-at-Tahoe XC	Model	1:10000	5m
Mon.	30-Jan	Tahoe Donner XC	Long	1:10000	5m
Tues.	31-Jan	Royal Gorge XC	Middle	1:10000	5m
Weds.	1-Feb	Auburn Ski Club	Sprints	1:5000	5m
Thurs.	2-Feb	Tahoe XC	Middle/Long	1:10000	5m
Fri.	3-Feb	Tahoe XC	Relay	1:5000	5m
Sat.	4-Feb	Tahoe XC	Middle	1:10,000	5m
Sun.	5-Feb	Auburn Ski Club	Sprints	1:5000	5m

Training Opportunities

The day 4 long course is at 2000m of elevation, so you may wish to acclimate before racing. Training is available at the following places:

Royal Gorge Cross Country Center (North Lake Tahoe/Donner Summit area)—Largest cross country resort in North America but 230 miles (4 hours drive) from Bear Valley, and it is located among the Tahoe venues. For more information, see <http://www.royalgorge.com/>. Maps are available upon request. A ski pass (\$26 USD per day/person) is required.

Kirkwood Cross Country: (between Bear Valley and Lake Tahoe—2 hours drive from Tahoe areas)—See <http://www.kirkwood.com/site/lessons-rentals/cross-country>.

Northstar Cross Country: Teams may train at Northstar after the model event on 29 January. Trail passes are required.

Tahoe Donner Cross Country: Teams may train at Tahoe Donner Cross Country after the Long distance race on 30 January. Trail passes are required.