

# Bulletin 1



## 2012 Sierra Ski-O Tour

January 26 - February 5

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

## World Cup 2012

Round 1

Bay Area Orienteering Club



[www.baoc.org](http://www.baoc.org)



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

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



## **Organizers:**

<b>Event Director:</b>	<b>Tony Pinkham</b> <b>runnerinwoods@gmail.com</b>
<b>IOF Event Adviser:</b>	<b>Markku Vauhkonen, FIN</b> <b>markku.vauhkonen@orienteering.org</b>
<b>National controller:</b>	<b>Ken Walker Sr., CSU</b> <b>kwalker@vmec.org</b>
<b>Course setters:</b>	<b>Neil Hunt and Greg Walker</b> <b>gwalker@catchingfeatures.com</b> <b>nhunt@nhunt.org</b>
<b>Event secretary:</b>	<b>To be nominated</b>

**[http://baoc.org/wiki/2012Ski-O\\_Tour](http://baoc.org/wiki/2012Ski-O_Tour)**

### **Event Office:**

**Ski-O World Cup 2012 Sierras**  
**c/o Tony Pinkham 988 Farley St,**  
**Mountain View, CA, USA 94043**  
**E-mail: runnerinwoods@gmail.com**  
**Phone: 650-969-5320**



## Arrival and Travel Connections

We recommend that teams fly to San Francisco (SFO), the closest major airport to the Lake Tahoe region. Other nearby airports include Sacramento (SMF) and Reno (RNO). The best means of transportation from SFO to the competition venues is by rental car (ca. 400-800 USD per week). The organizers recommend that the teams rent either a normal passenger car or mini-van with snow chains and ski racks, or four-wheel drive vehicles with ski racks. These are available from the most rental companies at SFO.

(<http://www.flysfo.com/web/page/tofrom/rental-cars/rc-agencies/>).

## Venues

The World Cup Round 1 in the Lake Tahoe region will have two event centers:

### Jan 26-29, 2012

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

WC 1 – Long Distance event.

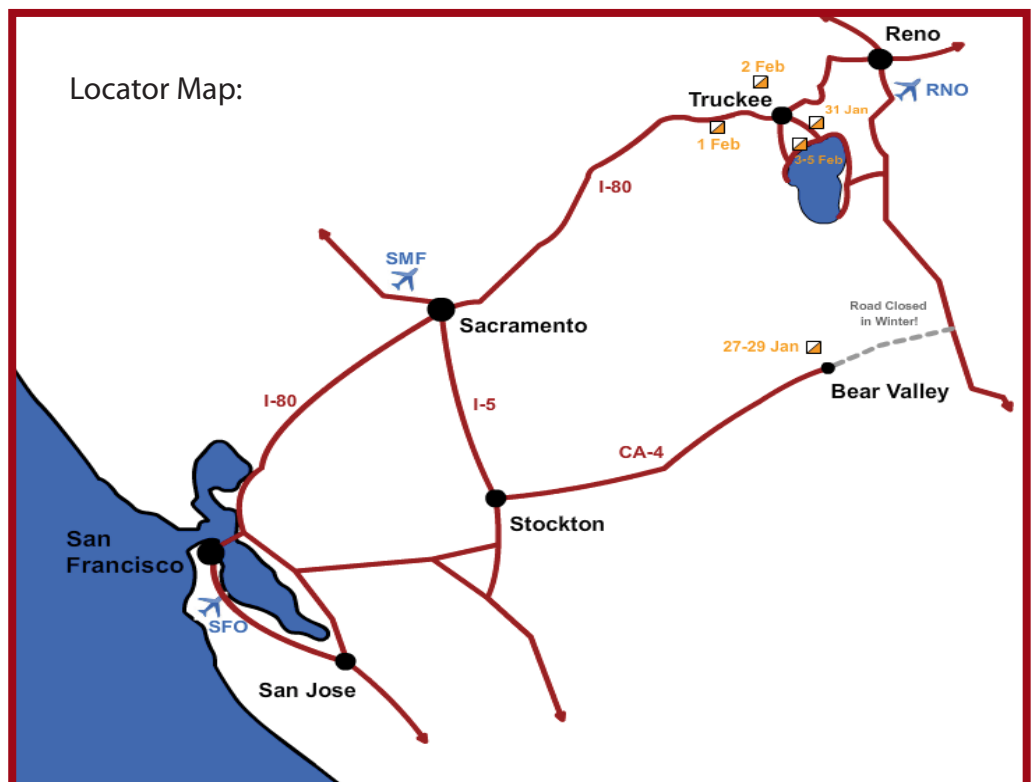
### Jan 30–Feb 5, 2012

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

WC 2 – Sprint Distance event, WC3 - Middle Distance event, and WC4 - Mixed Sprint Relay event.

Bear Valley is located 180 miles (290 km) east from San Francisco International Airport and 152 miles (245 km) south of Sacramento International Airport.

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 Area**

The competition areas delimited by the orienteering maps “Bear Valley Cross Country”, “Auburn Ski Club”, “Tahoe Donner Cross Country” and “Tahoe XC” are embargoed until 6 February 2011 for all 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 (2000-2300 metres) above sea level. The races will take place on mountain slopes, flatter slopes and alpine plateaus.

## **Climate and Snow Conditions for the Bear Valley and Lake Tahoe Regions**

Typical temperature range in January/February is -8C to +6C. Snow depth from 0.5 – 1 metres of snow-pack (solid snow) during this period. Occasional snowstorms may hit the region with up to 100 cm 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.





## Preliminary Program

<b>Thu 26 Jan</b>	<b>Arrival</b>
<b>Fri 27 Jan</b>	<b>Model event (Bear Valley XC)</b>
<b>Sat 28 Jan</b>	<b>WC1 and North American Championships* - Long distance (Bear Valley XC)</b>
<b>Sun 29 Jan</b>	<b>Sierra Ski-O Tour open race – Sprint Distance (Bear Valley XC)</b>
<b>Mon 30 Jan</b>	<b>Rest Day (Training available at Royal Gorge XC)</b>
<b>Tue 31 Jan</b>	<b>Sierra Ski-O Tour open race – Middle Distance (Northstar)</b>
<b>Wed 1 Feb</b>	<b>WC2 – Sprint Distance and open sprint race (Auburn Ski Club)</b>
<b>Thu 2 Feb</b>	<b>WC3 – Middle Distance and open middle distance (Tahoe Donner XC)</b>
<b>Fri 3 Feb</b>	<b>WC4 – Mixed Sprint Relay and open sprint relay (Tahoe XC)</b>
<b>Sat 4 Feb</b>	<b>WRE - North American and US Championships* - Middle distance (Tahoe XC). Reserve race for the WC 6</b>
<b>Sun 5 Feb</b>	<b>WRE - North American and US Championships* - Sprint distance (Tahoe XC). Reserve race for the WC5</b>

\*US and North American Ski-O Champs proposed, but not yet approved.

The Sierra Ski-O Tour provides competition for all competitors. 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.



## **Accommodations**

In addition to hotel, motel and inn accommodation, houses and condominiums are available for teams to rent. Typical weekend rent for a 6-12 bed house is 1000 USD and 4-6 bed condominium 500 USD at Bear Valley/Arnold. Typical weekly rent for a 6-12 bed house is 1500 USD and 4-6 bed condominium 1000 USD at Tahoe Donner/Truckee/Tahoe City.

### **Bear Valley Lodging:**

[www.bearvalleyvacationrentals.com](http://www.bearvalleyvacationrentals.com)

[www.gocalaveras.com](http://www.gocalaveras.com)

### **Lake Tahoe/Truckee Lodging:**

[www.truckee.com/lodging.php](http://www.truckee.com/lodging.php)

[www.gotahoenorth.com](http://www.gotahoenorth.com) (choose Lodging and then Donner Summit, Tahoe City, Tahoe Vista, or Truckee)

[www.visitrenotahoe.com](http://www.visitrenotahoe.com) (inexpensive lodging, but 40-60 minutes drive from venues)

## **Training Opportunities**

Available at Royal Gorge Cross Country Center. Jan 21-26, 2012. Mainly with wide cross-country ski tracks. Maps are available upon request. A ski pass (\$26 USD per day/person) is required. Contact the event office for more information.

## **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. Detailed information about the visa application process and visa invitations is available in Bulletin 2.

## **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.