

Bulletin 2



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, 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.

This bulletin presents the schedule, transportation, lodging, and registration information as of 20-October-2011. For the latest information, go to the event web site at http://baoc.org/wiki/Schedule/2012/Ski-O_Tour.



Organizers:

Event Director:

Tony Pinkham
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IOF Event Adviser:

Markku Vauhkonen, FIN
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National controller:

Ken Walker Sr., CSU
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Course setters:

Neil Hunt and Greg Walker
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Event secretary:

To be nominated

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



Program

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

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

The Sierra Ski-O Tour provides competition for all competitors (open races). 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 in the Lake Tahoe region 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)

WC 1 – Long Distance event, and North American Long Distance.

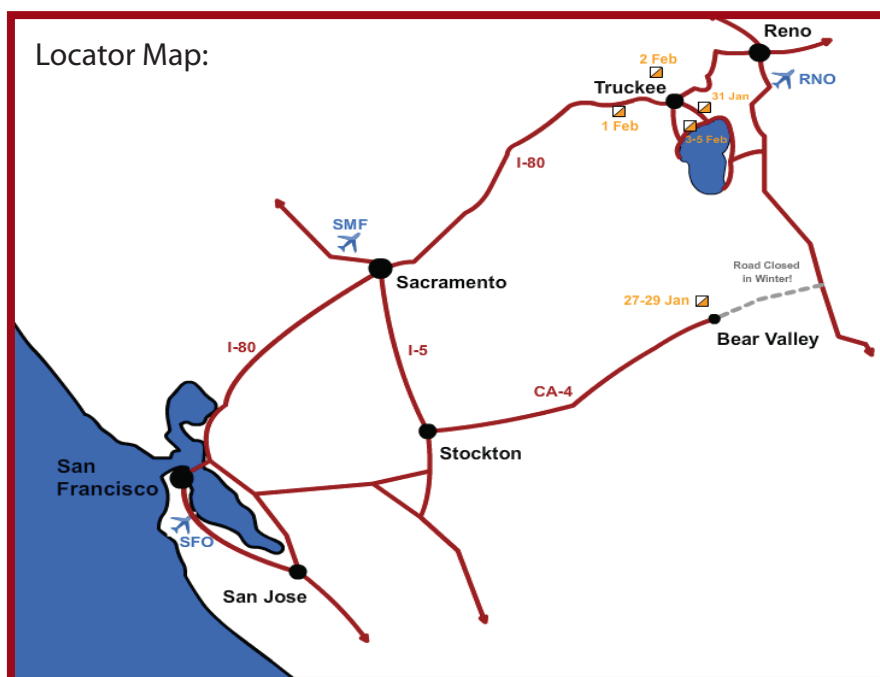
Jan 30–Feb 5, 2012

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.

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

Training Opportunities

The day 2 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. 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 30 min drive)—See <http://www.kirkwood.com/site/lessons-rentals/cross-country>.

Yosemite National Park--there is a fee for each car but skiing is free and the views are spectacular at the end of the Glacier Point Road. This is 2 hours 30 minutes drive from Bear Valley. For more information, see http://www.yosemitepark.com/badgerpass_crosscountryskiing.aspx.

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

You can register as a World Cup competitor and team or as an individual competitor for the North American Championships, US Championships, or Spectator races.

World Cup teams can register early to specify their probable team members and their contact information. Each World Cup team member must also register individually by the January deadline. Either you or your team can request visa invitation letters if needed. You can use the following forms to register your team and yourself:

World Cup team registration form:

http://baoc.org/wiki/images/5/59/2012_Sierra_SkiO_Reg_Form_WC_Team_Preliminary.pdf

World Cup team member registration form:

http://baoc.org/wiki/images/0/0a/Reg_form_2012_WC_individual.pdf

Everyone else who is entering the North American Ski-Orienteeing Championships, the US Ski-Orienteeing Championships, or the spectator races must register individually. Use one form per participant, even if two or more people are teaming up to do a course together.

General registration form:

http://baoc.org/wiki/images/5/53/2012_Sierra_SkiO_Reg_Form.pdf

If you are from North America, please pay your total fees by check made out to BAOC and enclose your check with your registration form. We hope to have a Paypal payment method set up soon in case you prefer that method of payment.

If you are from outside North America, you may pay in US Dollars on the day that you arrive and pick up your registration materials. We hope to have a Paypal payment method set up soon in case you prefer that method of payment.

Mail your registration forms to one of the following:

2012 Sierra Ski-O Tour Registration
988 Farley Street
Mountain View, CA 94043
USA

Runnerinwoods@gmail.com



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

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 from Airport to venues. Note that snowstorms can add 1 or 2 hours driving time, and chains may be required.

Airport	Bear Valley	Truckee
San Francisco International (recommended)	3 hrs 20 min	3 hrs 30 min
Reno-Tahoe International	4 hrs 45 min	0 hrs 45 min
Sacramento International	2 hrs 30 min	2 hrs 00 min
Stockton Metropolitan Airport	2 hrs 00 min	2 hrs 45 min
Oakland International	3 hrs 00 min	3 hrs 15 min
San Jose International	3 hrs 15 min	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&reflickid=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)

After our Day 3 event at Bear Valley on Sunday 29-January, everyone will move from the Bear Valley area to the Truckee area. This is a 235-mile (380 km) drive that takes at least 4.25 hours in ideal conditions. If there are winter storms in the Sierras, the driving will take longer. Highway 4 is closed east of Bear Valley, so to go to Lake Tahoe you should go west on Highway 4 to either Highway 49 or Highway 99, then take that highway to Interstate 80, and then go east on Interstate 80 to Truckee. This minimizes your drive in snow conditions and maximizes your speed on snow-free highways. Using Highway 99 is longer but faster driving. Using Highway 49 is shorter but slower driving. Both routes take about the same amount of time.

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.

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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 snowpack (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.

Lodging

We are using two regions for our events: Bear Valley and North Lake Tahoe/Truckee. 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 Angels Camp and Arnold (for the Bear Valley event) or Verdi and Reno (for the Lake Tahoe/Truckee events).

Bear Valley Region Lodging

The following table shows the amount of driving time (ideal conditions) between some lodging locations and Bear Valley Cross Country. Allow for driving time, 10 to 15 minutes to get from your car to the starting area, and any time that you need to prepare.

Venue	Bear Valley	Tamarack	Arnold	Murphys	Angels Camp
Bear Valley Cross Country	1 min.	5 min.	27 min.	42 min.	53 min.

Bear Valley and Tamarack cabins:

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

Bear Valley Real Estate cabin rentals (<http://www.bearvalleyvacationrentals.com/>)

Bear Valley and Tamarack hotels and motels:

Bear Valley Lodge starts at \$165/night for 2 or 3 people (<http://www.bearvalleylodge.com/>)

Tamarack Pines Inn suites starting at \$150/night for 2-4 people, Bear's Lair for up to 10 people at \$450/night, or whole inn for 28 people at \$1250/night (<http://tamarackpinesinn.com/roomrates.htm>)

Arnold cabins:

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

Barry Ward Realty Cabin Rentals (<http://rentals.barrywardrealty.com/rns/search/all-rentals.aspx>)

Cedar Creek Realty (<http://cedarcreekrealty.com/wp/vacation-rentals/>)

Arnold hotels and motels:

Arnold Meadowmont Lodge, starts at \$59/night (<http://www.arnoldlodgeca.com/>)

Arnold Hotels and B&Bs (http://www.tripadvisor.com/Hotels-g29109-Arnold_California-Hotels.html)

Timberline Lodge, starts at \$99/night (<http://www.timberlinelodge.info/>)

Angels Camp and Murphys cabins:

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

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

Angels Camp and Murphy hotels and motels:

Angels Inn Motel, starts at \$79/night (AAA motorclub discount) (<http://www.angelsinnmotel.com/>)

Best Western Cedar Inn & Suites, starts at \$107/night (<http://www.BestWesternAngelsCamp.com/>)

Directory listing of Angels Camp lodgings (<http://www.gocalaveras.com/directory/places-to-stay/angels-camp>)



Lodging, continued:

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.tahoeinn.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-XgzEBwttHgWJO0SNRLKL2QS3146957643;ws=&gclid=Clr39qr4-KsCFckZQgodslDujg>)

Verdi and Reno (not recommended because of distance but these prices are the lowest) cabins and townhouses:

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

Verdi and Reno 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>)