



Craftsbury

Ski Orienteering World Cup Round 3

World Masters Ski Orienteering Championships



SKI ORIENTEERING
WORLD CUP



Bulletin 2

March 5-10 • 2018 • USA

www.craftsbury.com/skio18



Welcome from the Craftsbury Outdoor Center

The Town of Craftsbury, the Craftsbury Outdoor Center (COC), and the organizing committee invite you to attend the March 2018 week of ski-orienteeing races. This area of Vermont is known for its welcoming and friendly people, farm-fresh food, and abundance of snow in the winter. We are excited to host this event in our special part of Vermont and the United States of America.



The Craftsbury Outdoor Center is a non-profit organization with a mission that focuses on sport, sustainability, and stewardship. The COC runs Olympic Development programs in Rowing, Nordic Skiing and Biathlon. The COC has gained a reputation for hosting top-quality ski races at the national level.

Craftsbury has a long history of ski orienteeing, and members of our staff have been medal winners in past Ski WOC events. In the last 9 years, Craftsbury athletes have competed around the world in Junior, Master, and Senior World Championships, and before that, the COC has held U.S. Ski Orienteering Championship Events since the 1980s. This week of competitions is one way to say thank you to all the people, organizations, and countries that have hosted ski orienteeing events before us.

– Judy Geer, Craftsbury Outdoor Center

The Scott Pleban Long Distance Event

The Long Distances races are named in memoriam Scott Pleban, a long-time racer and supporter of ski orienteeing in the US.

Scott Pleban was a member of the U.S. Ski Orienteering Team for over 20 years, and also competed as a master. Scott was a many-time U.S. Ski Orienteering Champion, and always a contender at WMSOC. He won a silver medal at World Masters in Switzerland in 2008, and top finishing in Norway, Ukraine, and Latvia in 2011-2013. Outside of ski orienteeing, Scott was a talented Adventure Racer, and navigated his Team SOG to victory at the 2011 USARA Adventure Race National Championship. His teammates and competitors alike described him as a caring, thoughtful, and adventurous spirit.



Contents

| | |
|---|----|
| Welcome from the Craftsbury Outdoor Center | 2 |
| Organizing Committee | 4 |
| Competition Schedule | 4 |
| Classes and Participation Restrictions | 5 |
| Visas | 5 |
| Punching System | 5 |
| Location, Terrain, and Pre-Training Opportunities | 5 |
| Entry Fees | 6 |
| Waxing Trailers | 6 |
| Transportation | 7 |
| Housing | 7 |
| Doping Control | 8 |
| Maps | 8 |
| Courses | 8 |
| Punching System | 8 |
| Embargoed Area | 9 |
| Embargoed Area Map | 9 |
| Previous Orienteering map | 10 |



Organizing Committee

Event Director: Adrian Owens
Technical Director: Ed Despard
Course Setters: Alex Jospe and Andy Hall
Media Contact: Greg Walker (gwalker@catchingfeatures.com)

Contact

Website: craftsbury.com/skio18
E-Mail: SkioVT2018@gmail.com
Phone: +1 802.289.2890

Mailing Address: Adrian Owens
400 Post Rd
Craftsbury Common, Vermont
05827

Controllers

National Event Controller: Ken Walker, Sr (USA)
IOF Event Advisor: Staffan Tunis (FIN)
IOF Senior Event Advisor: Antti Myllärinen (FIN)

Competition Schedule

| Date | World Cup | World Masters | |
|-------------------|---------------------------|--|---------------|
| Sunday March 4 | Arrival | Arrival | |
| Monday March 5 | Model event | Model event | Late arrival |
| Tuesday March 6 | Sprint distance | Middle distance 1 | |
| Wednesday March 7 | Middle distance | Middle distance 2 | |
| Thursday March 8 | Rest day | Rest day | |
| Friday March 9 | Long distance | Long distance | WMSOC banquet |
| Saturday March 10 | Mixed sprint relay | Open sprint relay After WCup relay | WCup banquet |
| Sunday March 11 | Departure | Departure | |



Classes and Participation Restrictions

Competitors aged 21 or older belong to each class from the beginning of the calendar year in which they reach the given age. They are entitled to compete in younger classes down to and including 21.

World Cup (M/W 21):

Participation restrictions according to IOF World Cup rules: In each competition each federation may enter a maximum of 6 men and 6 women per country for individual races, and a maximum of 3 teams for the mixed sprint relay.

WMSOC (M/W 35, 40, 45, 50, 55, 60, 65, 70, 75, 80, 85, 90):

Open to anyone over the age of 35. Medals are awarded in long distance and in middle distance events (two sets of medals).

Long distance: Single race event with random start order.

Middle distance: The result is based on the sum of the times of two middle distance races. The start order for the first event will be drawn at random; start order for the second race will be the reverse of the first race start list.

Open Classes:

Open classes for juniors, and non world cup M/W 21 competitors will be available.

Orienteering USA Nationals:

The World Cup Long Distance race is also the Orienteering USA National Championships for the M/W 21 classes. All other classes will be on their World Masters course for OUSA Nationals. The second day of the World Masters Middle Distance is the Orienteering USA National Championship, along with the World Cup Middle Distance for M/W 21 classes.

Location, Terrain, and Pre-Training Opportunities

The event center will be located at the Craftsbury Outdoor Center.

535 Lost Nation Rd
Craftsbury Common, VT USA
05827

The town of Craftsbury (population 1,136) is located in the northeastern part of the State of Vermont, in the northeastern part of the United States of America.

The racing terrain is a mix of forest, fields, and lakes. The forest is mix of conifers and deciduous trees. The altitude ranges from 270m to 400m above sea level. The Craftsbury Outdoor Center maintains approximately 80 km of groomed cross-country ski trails.

Pre-training possibilities are nearby with cross-country ski trails in the towns of Greensboro and Stowe, Vermont. These cross-country ski areas charge daily trail fees, but may be included in some local lodging.

There are many post event winter recreation activities in Vermont and surrounding states. There are many alpine and nordic ski areas as well extensive National Forests for backcountry exploration.

Visas

For citizens of Nations requiring a visa to enter the United States, Orienteering USA will provide an Invitation Letter as required for the visa application process. Please contact the nearest US Embassy to determine the specific requirements for your visa and be sure to allow enough time for the approval process. Request an invitation letter through kwalker@vmec.org



Entry Fees

All entries via IOF eventor: <http://eventor.orienteering.org>

All competitors will be required to sign the Orienteering USA liability release at event check-in.

| WMSOC | Early (Before Dec 1st) | Regular (Dec 1st-Jan 31st) | Late (Feb 1-28 2018) |
|---|------------------------|----------------------------|------------------------|
| 2 Middles+ Long | \$138 | \$165 | \$184 |
| Sprint Relay (2 person team, Women, Men, or Mixed) Entry fee is per team. | \$60 | \$60 | \$70 (until March 9th) |

| WCup | Regular | Late (After Jan 31st 2018) |
|--|---------|----------------------------|
| Individual Races | \$60 | \$72 |
| Mixed Sprint Relay Entry fee is per team. | \$105 | \$126 |
| Team Official Accreditation | \$60 | \$72 |
| Media Accreditation | \$30 | \$36 |

Team official accreditation fee covers all races at the event, and includes printed start lists and results, maps at the conclusion of the event, and admittance to the team leaders meetings and coaching areas.

Media accreditation covers fee all races at the event, and includes printed start lists and results, maps at the conclusion of the event, and admittance to designated media zones.

Teams must enter their number of athletes by Jan 31st. Names of athletes are due Feb 28th. After Jan 31st additional athlete entries will be charged the late fees (+20%).

Waxing Trailers

Mobile trailers are being brought on site for team and group waxing facilities. 2.4m x 6m, and 3m x 12m spaces are available, with heat, ventilation, and power. Contact the event organizers for details on costs. Reserved trailers will be the only indoor waxing spaces available. Additional power plugs are available outside at designated locations.

All waxing facilities are equipped with 110V power only. No 220V power is available.



Transportation

The nearest international airports are:

Boston (BOS), Massachusetts, approximately 4 hours/350km away, or Montreal (YUL), Quebec, approximately 2.5 hours/170km away. If flying into Canada, you may need an entry visa.

The nearest domestic airport is Burlington, Vermont (BTV), approximately 1.5 hours/100km away.

The nearest railway station is in Montpelier, or Waterbury Vermont. The Waterbury station has more frequent services. Amtrak's "Vermont" train runs once per day, leaving New York City's Penn Station at 11:30 am.

<http://www.amtrak.com/vermonter-train>

There are public transport buses from Boston to Montpelier or Burlington, with Megabus, or Greyhound.

Boston Logan Airport is served by Concord Coach bus service, with twice daily routes to Littleton, New Hampshire.

Some public transportation is available from the US airports to Northern Vermont, but it is usually only once or twice per day. Pick-up by event organizers to the event center can be arranged for a fee from Burlington Vermont, Waterbury Vermont, Montpelier Vermont, and Littleton New Hampshire, with advanced notice.

Rental cars are available at all airports.



Housing

The Craftsbury Outdoor Center (COC) has 100 beds across a mix of single, double, and triple-person rooms, and cabins. All lodging at the COC includes three meals per day. Once on site, no car is required for transport. The office staff at the COC can help find other nearby housing (Craftsbury.com), +1-802.586.7767, ask for Chassidy.

Many local houses are advertised through "Vacation Rental by Owner" (www.vrbo.com), and AirBnB (www.airbnb.com). Often single or double rooms are available.

Nearby Towns:

Greensboro - 15km

The Highland Lodge has rooms in the main lodge, and four winterized cabins. 38 total beds. Kitchen access can be arranged. This is the best location for teams looking for pre-training with ski trails right to the door. (B-C standard) (<http://www.highlandlodge.com/>)

Morrisville - 25km

Sunset Motor Inn has A and B standard rooms, with a restaurant next door to the motel. 100 total beds.

Stowe - 40km

Stowe has a much larger tourism industry, with hundreds of rooms and three nordic ski areas. Group rates have been arranged at facilities in stowe, including the Trapp family lodge (Use booking code 50N21F), and the Stoweflake resort (2 day minimum stay, reserve before Jan 1st, reference World Masters Ski Orienteering when booking).

St Johnsbury - 50km, and Newport - 45km

These towns are further from the event center, but have less expensive lodging options.



Doping control

Doping is strictly forbidden, and the organizers of the Ski Orienteering World Cup in Craftsbury are dedicated to supporting the anti-doping authorities in their work.

Doping controls may be carried out any time during the competition period. Selected athletes will be given instruction to report to the doping control after finishing their race, and will be escorted by a chaperone. Random doping control may occur even during the days when there are no competitions. Doping tests will always be carried out in accordance with the procedures described in the WADA International Standard for Testing and Investigations. The World Anti-Doping Code and IOF Anti-Doping Rules apply as of 1st of January 2015.

Athletes selected for the doping tests must bring an official identification document (with photo) to the doping test area. The athlete should also bring along their Therapeutic Use Exemption (TUE) if applicable.

Maps

The map is a new Lidar based production made 2017-2018. Contour interval is 5m, and scale will be according to the IOF rules for each race/class.

Courses

All course lengths and winning times will be according to IOF rules.

Punching System

All races will use the SportIdent Air+ system. World Cup competitors will be provided with a SIAC for the entire event. World Masters competitors can bring their own SIAC, or rent one from the organizers.



Embargoed Area

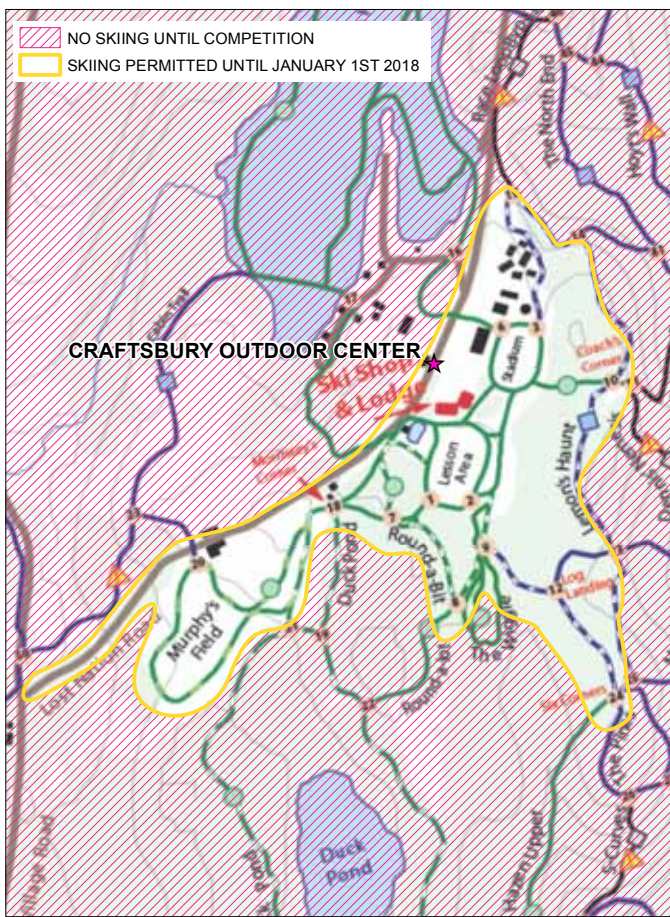
The embargo does not apply to competitors who are only participating in the open sprint relay on Saturday.

World Cup skiers and team officials are prohibited from any skiing on trails in the northern half of the town of Craftsbury and southern part of the town of Albany after April 1, 2017.

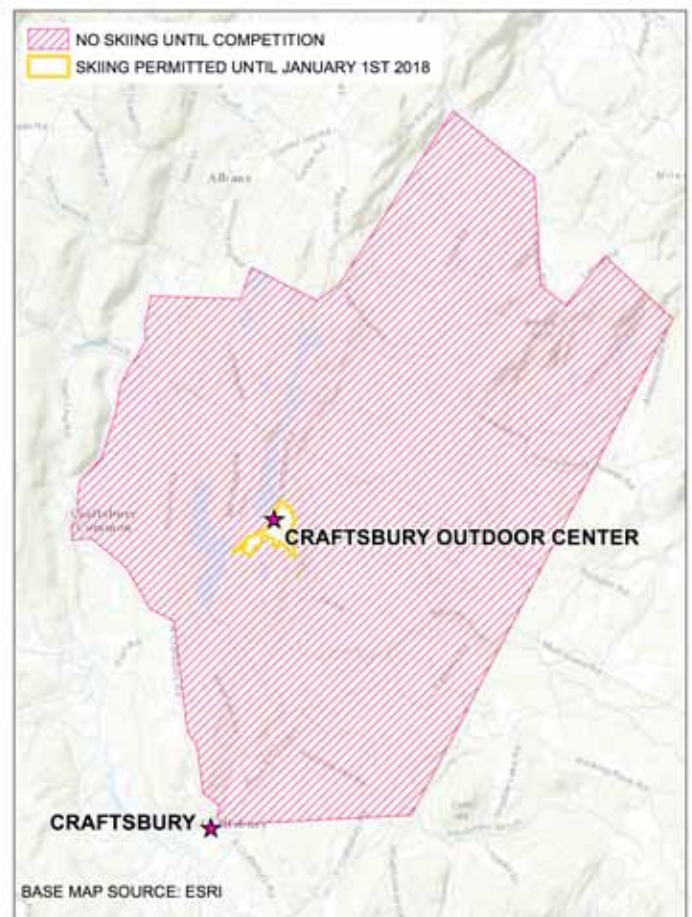
World Masters Competitors are allowed to ski on the Craftsbury Outdoor Center trails without a map and without any route testing until after the Craftsbury Marathon/Supertour weekend, January 26-28th 2017.

Skiing on the early season snowmaking trails is allowed from Nov. 1 to Dec. 31, 2017. The snow making trails include: the upper and lower field, Log Landing, Lemon's Haunt, Round-a-Bit, and Murphy's Field. No training with a map of those trails or testing routes with a watch or GPS is allowed.

Snowmaking Exception Area



Embargo Map



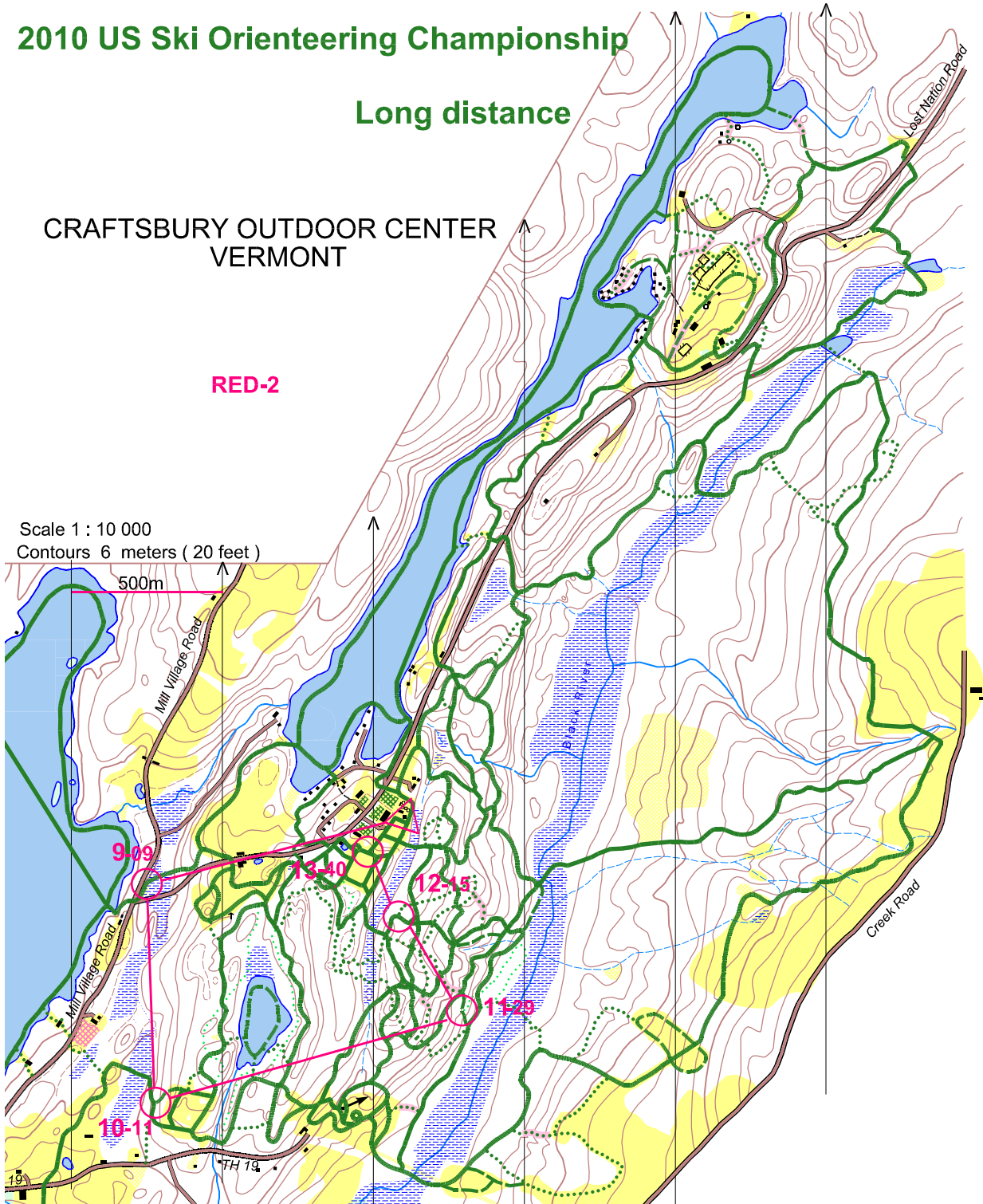
Previous Orienteering map

2010 US Ski Orienteering Championship

Long distance

CRAFTSBURY OUTDOOR CENTER
VERMONT

RED-2



WINTER'S COMING. **BE READY.**

Train with the Concept2 SkiErg.



Ida Sargent
US Ski Team

Belong to your regional ski association?
Be sure to ask for our discount.

concept 2

concept2.com/ski 800.245.5676