



**2005 VIESSMANN  
CROSS COUNTRY SKIING  
FIS WORLD CUP**

**DECEMBER 10-11, 2005  
VERNON, BRITISH COLUMBIA, CANADA**

**RACE INVITATION**



presented by





## Welcome to Sovereign Lake!

The Organizing Committee, and the hundreds of other volunteers who have committed themselves to this event, would like to welcome you to the 2005 FIS Cross Country World Cup, sponsored by the Sovereign Lake Nordic Club and held at Sovereign Lake Nordic Centre near Vernon BC . We are pleased to provide you with this event registration and information package. In the days leading up to the races, the nearby community Greater Vernon will come alive with a *pure eXCitement* festival filled with events for everyone, locals and visitors alike. Starting with spectacular Opening Ceremonies and Downtown Vernon Festival of Christmas Traditions on Saturday, December 3rd, the festivities will include concerts, parades, artisan market, fireworks, and more.

*Bienvenue Willkommen 欢迎 Benvenuto Добро пожаловать ようこそ Υποδοχή*  
*Bienvenida Vellkommen 환영....Welcome!*

## Registration

To register your participation, please use **Form A** (preliminary registration). For final, official entry, please fill out the FIS Entry form, **Form D** in full, specifying all required information. Forms can be sent by mail to the World Cup Office at the address below. Forms can also be faxed to the World Cup Office (250-545-9831) or emailed to [info@sovereignlake2005.ca](mailto:info@sovereignlake2005.ca)

Sovereign Lake World Cup Office  
Box 1231  
Vernon BC  
Canada V1T 6N6

## Deadlines

Visa requests (for teams requiring personal invitations to obtain VISAs to enter Canada)	<b>October 1, 2005</b>
Form A (Preliminary entry/Attache request form: athletes and officials)	<b>October 15, 2005</b>
Form B (Accommodation form)	<b>October 30, 2005</b>
Form C (Team transportation information)	<b>November 15, 2005</b>
Form D (Official Entry Form)	<b>November 27, 2005</b>

## Race Entry Restrictions

FIS Rules (2005/2006) limiting eligibility will apply. The number of participants and participating countries is governed by Section 3 of the FIS World Cup rules.

## Finances

Financial conditions apply as stated in the World Cup Rules (2005/2006), Section 8. Travel and accommodation costs will be settled in the Race Office with the Team Captains on Friday December 9.

# Travel & Visitor Information

The **Sovereign Lake Nordic Centre**, which is operated by the Sovereign Lake Nordic Club in co-operation with BC Parks, is one of the premier cross-country ski areas in North America. Located in beautiful Silver Star Provincial Park, near Vernon, B.C., at an elevation of 1664 m (5500 ft), the Centre consists of more than 50 km of manicured trails; it is world-renowned for its early season skiing and abundant snowfall. Daytime temperatures average about -3° C (27° F), cold enough to keep the snow light and fluffy, yet comfortable for winter activities. Nearby is the **Silver Star Ski Resort**, its mid-mountain village offering a wide range of accommodation and a network of over 40 km of cross-country trails. Just 20-25 minutes from the Nordic Centre is the City of **Vernon**. With a population of over 33,000, Vernon is the largest community and the commercial centre of the North Okanagan.. It offers a full range of accommodation and services. The closest International Airport is in Kelowna, 35 km or 30 minutes away from Vernon. The gateways into Kelowna are through Calgary (Alberta), Vancouver (British Columbia), or Seattle (Washington, USA).



To Canmore  
& Calgary

Sovereign  
Lake Nordic  
Centre



## Transportation

Please fill out Form C by November 15 to enable us to assist with your transportation plans

### Airlines

Star Alliance - Airline Network - [www.star-alliance.com](http://www.star-alliance.com)

Air Canada- [www.aircanada.com](http://www.aircanada.com)

West Jet- [www.westjet.com](http://www.westjet.com)

Horizon Air- [www.horizonair.alaskaair.com](http://www.horizonair.alaskaair.com)

### Airport Shuttle Service

Tour Time Holidays - [www.tourtimeholidays.com](http://www.tourtimeholidays.com)

## Transportation Provided by the Organizing Committee

1. To and From Airport: Teams arriving by air at Kelowna International Airport are entitled (according to FIS World Cup rules, Section 8.4) to transport to either (1) their accommodation in Silver Star Resort or Vernon or (2) to Vernon to pick up a rental van. Please be aware of the regulations concerning one free transfer per team and the requirement to notify the Organizing committee of transport needs by November 15 using Form C.

2. To and From Sovereign Lake Nordic Centre: Shuttle buses will run on a regular schedule between Silver Star Resort (5 minutes away) and the Nordic Centre and Vernon (20-25 minutes away) and the Nordic Centre from December 3rd to 11th.

3. From Sovereign Lake to Canmore: The Organizing Committee has made arrangements for Bus Transportation from the Sovereign Lake venue in British Columbia to the Canmore venue in Alberta, for those attending both sets of races. The cost for the trip will be \$100.00 (Cdn) per person (including equipment).

## Team Van Rental

The companies listed below offer rental of vans out of Vernon or from the Kelowna airport. Note that only Budget has 12 and 15 passenger vans to rent in the Okanagan. In addition, Budget is the only agency in Vernon that will accept drop off of vehicles rented at the Kelowna Airport (for an extra \$75 fee). Teams are welcome to use their own, rented van for travel to and from the venue or from Sovereign Lake to Canmore. Advance reservations are required and it is suggested that teams book as early as possible. As shown on Form C, the Organizing Committee would be grateful to be aware of each team's plans with respect to using this type of independent transport.

Company	Kelowna Airport	Toll free Worldwide	Website
Budget	250-491-7368 (in Vernon: 250-545-6162)	800-527-0700	www.bcbudget.com
Enterprise	250-491-9211	800-763-8222	www.enterprise.com
Avis	250-491-9500	800-831-2847	www.avis.com
Hertz	250-765-3822	800-654-3131	www.hertz.com
National	250-7652800	800-227-7368	www.national.com

## Distances

### From Sovereign Lake Nordic Centre:

- to Vernon 22 km (20-25 minutes)
- to Silver Star Resort 4 km (5 minutes)

### From Vernon:

- Closest International Airport (Kelowna) 35 km (30 minutes)
- Vancouver via Coquihalla Highway 441 km (5 hours)  
*(The Coquihalla Hwy is a tolled highway at the cost of \$10.00 (each way) Cash, Visa, MasterCard, American Express are accepted.)*
- Canmore, Alberta via Trans Canada Highway 460 km (approximately 5 hours)
- Calgary, Alberta via Trans Canada Highway 556 km (approximately 6 hours)
- Edmonton, Alberta 851 km
- Spokane, Washington USA 454 km
- Seattle Washington USA 550 km

## General Visitor Information

### Border Crossings

All persons entering Canada as visitors, other than American citizens, must possess a valid passport or other recognized travel documents. U.S. residents should carry proof of citizenship. Officials at points of entry will issue any permits required for vehicles. Vehicles that are not registered to the driver require a letter of authorization from the owner.

### Canada Customs/Border Crossing Information

All goods purchased, received or acquired abroad must be declared. Visitors to British Columbia are permitted to bring in (free of duty) a reasonable number of personal effects, a 4-day supply of food, and a full tank of gas. Visitors should note that some foods such as corn, potatoes, pitted/stone fruits and apples, as well as plants, are prohibited entry. Visitors from other countries should check on the amount of duty-free goods they are allowed to take home from Canada as it varies from country to country. **For further information concerning customs regulations contact:**

Revenue Canada Customs and Excise, Regional Information Unit  
333 Dunsmuir St.  
Vancouver B.C.  
Canada V6B 5R4

<b>Toll Free in Canada:</b> 1-800-461-9999 <b>Outside Canada:</b> (204) 983-3500
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## Currency

The currency in Canada is the Canadian dollar and its use is recommended. Canadian banks, trust companies or foreign currency exchange outlets offer the prevailing rate of exchange. Electronic banking machines are widely available.

## Drivers Licence Requirements for Tourists

Non-resident drivers who hold a valid driver's licence from their home jurisdiction may drive in B.C. with their out-of-province driver's licence for a maximum of six months. This applies regardless of whether they hold a valid international driving permit. A special class of licence is required to drive vehicles with a seating capacity of over 10 people. For more information contact the Driver Licensing Information line at 1-800-950-1498 or 978-8300 in Victoria.

## Food

British Columbian food is hard to define because of the diverse ethnic origins of its population. Stores and restaurants in Vernon offer a wide variety of foods to meet all dietary needs and preferences. See the Greater Vernon Visitors Guide.

## Goods and Services Tax (GST) Refund for Visitors to Canada

The GST is a 7% federal tax that is charged on most goods & services sold or provided in Canada. It is separate & distinct from the BC Provincial Sales Tax, which is currently 7%. When you buy goods for export, you can claim exemption from the 7% Goods & Services Tax on your purchases. When taking the goods with you, you pay the tax at the time of sale, but you can claim a full rebate if the goods are taken out of the country within 30 days. Be sure to keep the receipts showing tax paid. You will have to make the goods available for inspection at border crossings and other exit points. .

### For full details and an application form contact:

Visitor Rebate Program  
Summerside Tax Centre Canada Customs and Revenue Agency  
Suite 104, 275 Pope Rd  
Summerside, PEI  
Canada C1N 6C6

Toll-free in Canada: 1-800-668-4748.  
Outside Canada: 1-902-432-5608  
Website: [www.ccra.gc.ca/visitors](http://www.ccra.gc.ca/visitors)

## Provincial Tax

British Columbia has a Provincial Sales Tax of 7%, which is charged on most goods.

## Accommodation

Reservations for athletes and other team members can be made using Form B (online at <http://www.sovereignlake2005.ca/accommodation/index.php>). Please use this form to book accommodation and/or inform the World Cup office of your bookings. Information about the various types of accommodation available is provided on the website ([www.sovereignlake2005.ca](http://www.sovereignlake2005.ca)) and on the next page.

## Vernon Hotels





**The Prestige Inn (www.prestigeinn.com):** an elegant, 4 ½ star full-service hotel offering deluxe rooms and amenities. Each guest room is equipped with a refrigerator, coffeemaker, vanity mirror, iron and board, and complimentary wireless internet service. Facilities include an indoor pool, hot tub, fitness centre, day spa, restaurant, bar & grill, cappuccino bistro and bakery, boutique liquor store, guest laundry and convention and banquet facilities. **Identify FIS World Cup When You Book And Receive A Special Rate**

**Village Green Hotel & Casino (www.villagegreenhotel.com):** features 134 nicely appointed guest rooms with private balconies and courtyard or city and mountain views; all rooms have individually controlled heating, in room coffee makers & hairdryers, and 27" TVs. Enjoy a work out in our Fitness Centre or have a swim in our Heated Indoor Pool, with adjacent hot tub and sauna. The Restaurant serves great food daily from 6 am to 9 pm in a relaxed family atmosphere. **Identify FIS World Cup When You Book And Receive A Special Rate**

**Holiday Inn Express Vernon (www.hiexpressvernon.com):** the modern hotel for value-oriented travellers who want to make a common-sense choice and Stay Smart. Fresh, clean and uncomplicated, Express hotels provide the comfort and convenience the Holiday Inn brand has come to stand for. **Identify FIS World Cup When You Book And Receive A Special Rate**

**Best Western Vernon Lodge (www.bestwesternvernonlodge.com):** a full facility hotel. Many of our 127 deluxe guest rooms & suites overlooking our fabulous three-storey 100% organic tropical courtyard & natural stream. Relax in our indoor pool and hot tub; watch first run movies or play Super Nintendo. Enjoy the finest food with an Italian influence at the Pasta Garden Restaurant located in the tropical courtyard. We have a business office complete with high-speed Internet.

## Mountain Lodging (hotels, chalets, etc)

<p><b>Lord Aberdeen Apartments</b></p>  <p><a href="http://www.lordaberdeen.com">www.lordaberdeen.com</a></p>	<p><b>The Pinnacles Suite Hotel</b></p>  <p><a href="http://www.pinnacles.com">www.pinnacles.com</a></p>
<p><b>Putnam Station</b></p>  <p><a href="http://www.putnamstation.com">www.putnamstation.com</a></p>	<p><b>Silverlode Inn</b></p>  <p><a href="http://www.silverlode.com">www.silverlode.com</a></p>
<p><b>Silver Star Accommodation</b></p>  <p><a href="http://www.staraccom.com">www.staraccom.com</a></p>	<p><b>Silver Star Club Resort</b></p>  <p><a href="http://www.silverstarclubresort.com">www.silverstarclubresort.com</a></p>

# Technical Information

## Waxing Facilities

Waxing facilities are provided at the Sovereign Lake Nordic Centre in accordance with World Cup Rules (2005/2006), Section 8.5.

## Course Descriptions

Maps of the venue, stadium, and courses, including profile descriptions are enclosed with this invitation.

## Race Office Hours

The Race Office will be open Sat Dec 3 - Tues Dec 6, 10:00-16:00 and Wed Dec 7 - Sun Dec 11, 08:00 to 17:00 (Hours subject to change)

**Race office phone number (active from Sat Dec 3): 250-503-1415; Fax line 250-503-1420**

## Races & Dates

- **December 10, 2005**
  - Pursuit (without a break)
    - Women - 7.5 Km + 7.5 km (2 X 3.75 C + 3 X 2.5 F)
    - Men - 15 km + 15 km (4 X 3.75 C + 4 X 3.75 F)
- **December 11, 2005**
  - Individual Sprints Free Technique
    - Qualifying Time Trial – Morning; Elimination Heat Sprints - Afternoon
      - Women - 1.2 km
      - Men - 1.2 km

## Event Schedule (subject to change)

Day	Date	Time	Event	Location (at Nordic Centre)
Tuesday	6/12/2005	18:00	Coaches meeting	Athlete's lounge/meeting tent
Wednesday	7/12/2005	08:00-16:00	Open Training	All trails/courses
Thursday	8/12/2005	08:00-16:00	Open Training	All trails/courses
Friday	9/12/2005	08:00-16:00 10:00-14:00 14:00-15:00 17:00-18:00	Official Training Official Training Test event Team Captains' meeting	Non competition courses Competition courses Competition courses Athletes' lounge/meeting tent
Saturday	10/12/2005	08:00-16:00 11:00-12:30 13:30-14:15 15:00-16:00 17:00-18:00	Open Training Men's Pursuit race Women's Pursuit race Sprint Official training Team Captains' meeting	Non competition courses 3.75 k classic & free courses 3.75 k classic & 2.5 free courses Sprint course Athletes' lounge/meeting tent
Sunday	11/12/2005	11:00 Start  13:00 start  18:00	Individual Sprint races, qualifying round—Women & Men Sprint Elimination Heats— Women & Men Awards banquet (Prize giving ceremony: M&W 1-10)	1.2 k sprint course  1.2 k sprint course  <b>In Vernon</b>

## Other Scheduled Events

Opening Ceremonies  
Welcome the World to Sovereign Lake Social  
Adopt a Country/Adopt an Athlete  
Welcome Reception (by invitation)  
Festival on the Hill

December 3  
December 4  
December 5-6  
December 8  
December 10-11

Downtown Vernon  
Sovereign Lake Nordic Centre  
Vernon Schools  
O'Keefe Ranch  
Sovereign Lake Nordic Centre



# Registration and Accreditation

All team members (competitors, coaches, team leaders, Assistant team leaders, team medical staff), FIS Office Holders, FIS referees and Judges, FIS event officials and volunteers and media must register upon arrival and pick up appropriate accreditation. Until Dec 2 this can be done in Vernon at the Community Futures Building, (09:00 to 15:00), 33<sup>rd</sup> Street, 1<sup>st</sup> Floor, room 3105 (phone 558-4770); after this, accreditation services will be located at the Sovereign Lake Nordic Centre. No accreditation for athletes will be issued without presentation of a valid passport, and completion of all required forms and documentation.

A media accreditation form is available at: <http://www.sovereignlake2005.ca/media/index.php>

Please complete and return to:

World Cup Office

Box 1231 Vernon BC Canada V1T 6N6

E-mail: [info@sovereignlake2005.ca](mailto:info@sovereignlake2005.ca)

## Contacts

Please send all requests for information and or required forms to the **World Cup Office** at the addresses listed below. Office hours are Monday to Friday 09:00- 17:00

<b>Mailing address:</b>	Box 1231 Vernon, BC Canada V1T 6N6	<b>Office location:</b>	2 <sup>nd</sup> floor 3105 33 <sup>rd</sup> St., Vernon, BC
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**Email :** [info@sovereignlake2005.ca](mailto:info@sovereignlake2005.ca)

**Phone :** 250-558-4770

**Fax :** 250-545-9831

## Race Jury

FIS TD

FIS Assistant TD

FIS Race Director

National TD

Chief of Competition

John Aalberg

Christian Egli

Jürg Capol

Diane Thomson

Rob Bernhardt

778-229-9380

+41(79)419 02 20

613-236-4328

250-542-7478

[rob@sovereignlake.com](mailto:rob@sovereignlake.com)

## Other Important Contact Information

**Competition Secretary - Nancy Flood**

**Phone:** 250-372-2425

[nancy@sovereignlake.com](mailto:nancy@sovereignlake.com)

**Transportation Chair - Bob Vedan**

**Phone:** 250-545-7558

[bob@sovereignlake.com](mailto:bob@sovereignlake.com)

**Protocol and Hospitality Chair- Karen Truesdale**

**Phone:** 250-542-4614

[karen@sovereignlake.com](mailto:karen@sovereignlake.com)

**Chief of Course - Mike Edwards**

**Phone:** 250-558-3036

[mike@sovereignlake.com](mailto:mike@sovereignlake.com)

**Chief of Stadium - Jill Benz**

**Phone:** 250-545-4991

[jill@sovereignlake.com](mailto:jill@sovereignlake.com)

**Chief of Timing - Byron Beck**

**Phone:** 250-545-7753

[byron@sovereignlake.com](mailto:byron@sovereignlake.com)

**Project Assistant - Anna Green**

**Phone:** 250-558-4770

**Fax:** 250-545-9831

[anna@sovereignlake.com](mailto:anna@sovereignlake.com)

**Venue Planning & Services Chair - Steve Russell**

**Phone:** 250-542-1804

[steve@sovereignlake.com](mailto:steve@sovereignlake.com)