

# Okanagan Cup



# Teck

## Teck Okanagan Cup #2 Race Notice



<b>Date:</b>	<b>Sunday, January 18, 2026</b> <b>Start 11:00 am</b>
<b>Technique:</b>	Classic Technique – Interval Start
<b>Hosted by:</b>	Overlander Ski Club
<b>Event Website:</b>	<a href="https://overlanderskiclub.com/">https://overlanderskiclub.com/</a>
<b>Race Location:</b>	<b>Stake Lake Nordic Centre</b> <ul style="list-style-type: none"><li>• 25 minutes south of Kamloops at 5140 Lac Le Jeune Rd.</li><li>• Start and Finish are located in the stadium, which is approximately 800 m from the day lodge and parking area.</li><li>• A warming area will be located adjacent to the stadium.</li></ul>
<b>Registration:</b>	Registration is ONLINE ONLY via <a href="https://zone4.ca">zone4.ca</a> <ul style="list-style-type: none"><li>• Search “Teck Okanagan Cup #2” to find this event</li><li>• Credit card payment is required</li><li>• Registration fees include trail fees and \$3 license fee</li></ul> <b>Please check the Zone 4 confirmation list for this race to be sure that you have registered correctly.</b>
<b>Registration Deadlines:</b>	<b>Registration deadline:</b> <ul style="list-style-type: none"><li>• Monday, January 12, 2026 11:59 pm (midnight PST)</li><li>• See table below for entry fees</li></ul> <b>Late registration deadline:</b> <ul style="list-style-type: none"><li>• Wednesday, January 14, 2026 11:59 am (noon PST)</li><li>• Draw will be done evening of Thursday, January 15, 2026.</li><li>• \$20 late registration fee in addition to entry fees in table below</li><li>• No registrations will be accepted after this time</li></ul>
<b>Licenses:</b>	<ul style="list-style-type: none"><li>• ALL participants must purchase a Tier 3 Event Licence regardless of whether they hold an FIS Licence, Nordiq Canada Race Licence, Development Licence, or Associate Race Licence.</li><li>• This \$3 fee is included in the entry fees listed below but will appear as a separate fee when you register in Zone 4.</li></ul>

## Race Categories and Fees

First category will start at 11:00 am.

Category (includes both M&F)	Age (as of Dec 31, 2025)	Year of Birth	Distance (km)	Entry fee (includes \$3 license fee)
<b>U6</b>	4-5	2020/21	0.3 km	\$4
<b>U8</b>	6-7	2018/19	0.6 km	\$4
<b>U10</b>	8-9	2016/17	1.5 km	\$13
<b>U12</b>	10-11	2014/15	2.5 km	\$18
<b>U14</b>	12-13	2012/13	3.5 km	\$18
<b>U16-18</b>	14-17	2008-2011	5.5 km	\$23
<b>U20, U23, Senior</b>	18-29	1996-2007	5.5 km	\$33
<b>Master</b>	30-39	1986-1995	5.5 km	\$33
<b>Master</b>	40-49	1976-1985	5.5 km	\$33
<b>Master</b>	50-59	1966-1975	5.5 km	\$33
<b>Master</b>	60-69	1956-1965	5.5 km	\$33
<b>Master</b>	70+	1955 or earlier	5.5 km	\$33
<b>Paraski</b>	Contact Competition Secretary: Jennifer Stieda <a href="mailto:OverlanderRace@gmail.com">OverlanderRace@gmail.com</a> 250-819-8355			\$23

<b>Start Lists:</b>	<ul style="list-style-type: none"> <li>Available on Zone 4 on Friday, January 16 by 6 pm and will be posted throughout the venue.</li> </ul>
<b>Bib pick up/ return:</b>	<ul style="list-style-type: none"> <li>Bibs will be distributed to clubs or teams (not individually)</li> <li>Pick up on race day at Race Office in machine shed between 8:30 am and 10:30 am.</li> <li>Please return all bibs at the finish line whether you finish the race or not.</li> </ul>
<b>Awards:</b>	<ul style="list-style-type: none"> <li>Age 7 &amp; under – Teck participant ribbons for all</li> <li>Age 8-15 years – Teck medals for top 3 finishers by category; Teck ribbons for 4<sup>th</sup> and 5<sup>th</sup> place</li> <li>Age 16-Masters - Medals for top 3 finishers</li> </ul>
<b>Sanctioned by:</b>	<ul style="list-style-type: none"> <li><u>Cross Country BC</u></li> </ul>
<b>Rules:</b>	<ul style="list-style-type: none"> <li>Competitions will be held according to the most recent <u>ICR-CCR (Canadian Competition Rules) with Precisions</u></li> </ul>
<b>Technical Guidelines:</b>	<ul style="list-style-type: none"> <li>The <u>Teck BC Cup Series Technical Guidelines</u> gives further directions to the race organizer.</li> </ul>
<b>Facilities:</b>	<ul style="list-style-type: none"> <li>A heated day lodge and outhouses, as well as flush toilets, are located near the parking area at the start of the Stake Lake trail system, which is approximately 800 m from the stadium.</li> <li>Portable toilets are available near the stadium and outhouses are located at various locations along the trails.</li> <li>The machine shed near the stadium will be cleared and used as a warming room/lodge for weekend.</li> </ul>
<b>Parking:</b>	<ul style="list-style-type: none"> <li>One pass per club for waxing coaches can be picked up at main parking lot ticket booth (for parking near the machine shed).</li> <li>Everyone else, please park in the main parking lot by the day lodge.</li> <li>Please don't park along Lac le Jeune Road – you may be ticketed.</li> </ul>

<b>Race Office:</b>	<ul style="list-style-type: none"> <li>• The Race Office will be in the machine shed (near the stadium).</li> <li>• Open on race day between 8:30 am and 10:30 am.</li> </ul>
<b>Food:</b>	<ul style="list-style-type: none"> <li>• Snacks and warm Gatorade will be available at the finish line for athletes finishing their race.</li> <li>• Hot chocolate will be provided in the machine shed.</li> <li>• Participants are responsible for their meals, additional snacks, and water.</li> </ul>
<b>Wax Facilities:</b>	<ul style="list-style-type: none"> <li>• Electrical outlets are available adjacent to the stadium. A few more are available outside the Stake Lake Day Lodge (800 m from the stadium).</li> <li>• No waxing inside the day lodge.</li> </ul>
<b>Warm-up/Wax Testing:</b>	<ul style="list-style-type: none"> <li>• A warm-up and wax testing area is available near the stadium.</li> <li>• No warm-up or wax testing is allowed on the course during the competition.</li> </ul>
<b>Wax Protocol</b>	<ul style="list-style-type: none"> <li>• Note that the CCBC rules regarding the use of Fluorinated Waxes apply. Please see the <u><a href="#">CCBC Wax Protocol</a></u>.</li> </ul>
<b>Weather:</b>	<ul style="list-style-type: none"> <li>• For weather and webcams: <a href="https://overlanderskiclub.com/">https://overlanderskiclub.com/</a></li> <li>• Cold weather precautions for the event will follow the <u><a href="#">ICR-CCR Rules</a></u> (see p. 127)</li> </ul>
<b>Refunds:</b>	<ul style="list-style-type: none"> <li>• In the event of a cancellation due to bad weather, the organizers reserve the right to recover costs incurred.</li> <li>• Refunds for medical reasons are available upon receipt of a medical note.</li> </ul>
<b>Accommodation:</b>	<ul style="list-style-type: none"> <li>• Visit Tourism Kamloops (<a href="https://www.tourismkamloops.com/stay/">https://www.tourismkamloops.com/stay/</a>) for places to stay.</li> <li>• Closest hotels include: <ul style="list-style-type: none"> <li>○ <u><a href="#">Lac le Jeune Resort</a></u> (5 minutes from Stake Lake. Special rate for racers!)</li> <li>○ <u><a href="#">Holiday Inn Express Kamloops by IHG</a></u></li> <li>○ <u><a href="#">The Hue Hotel</a></u></li> <li>○ <u><a href="#">Super 8 by Wyndham Kamloops On The Hill</a></u></li> <li>○ <u><a href="#">Fairfield by Marriott Inn &amp; Suites Kamloops</a></u></li> </ul> </li> </ul>
<b>Competition Committee:</b>	Chief of Competition: Chloe Hetherington hetherington.chloe@yahoo.com 778-952-5601
	Competition Secretary: Jennifer Stieda OverlanderRace@gmail.com 250-819-8355
	Chief of Timing: Alan Richards
	Chief of Course: Dana Manhard / Dillon Stuart
	Chief of Stadium: Luc Guilherme
	Chief of Competition Control: Klaus Mey

## Course Maps:

- Course maps will be posted at the site and online on the Overlander website: [www.overlanderskiclub.com](http://www.overlanderskiclub.com)

Overlander Ski Club - 300m Course

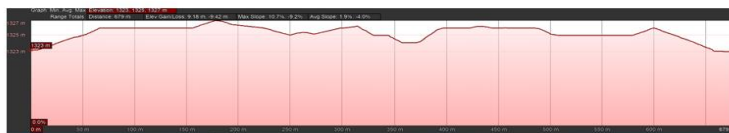


- Start
- Waxing area
- Finish
- Machine Shop/race office

Overlander Ski Club  
0.6km Course



- Start
- Waxing Area
- Ski Playground
- Finish
- Machine shop/ Registration area



Overlander Ski Club  
1.5 km



- Start
- ▲ Waxing Area
- ▲ Ski Playground
- Finish
- Machine shop/ Registration area

Overlander Ski Club  
2.5 km



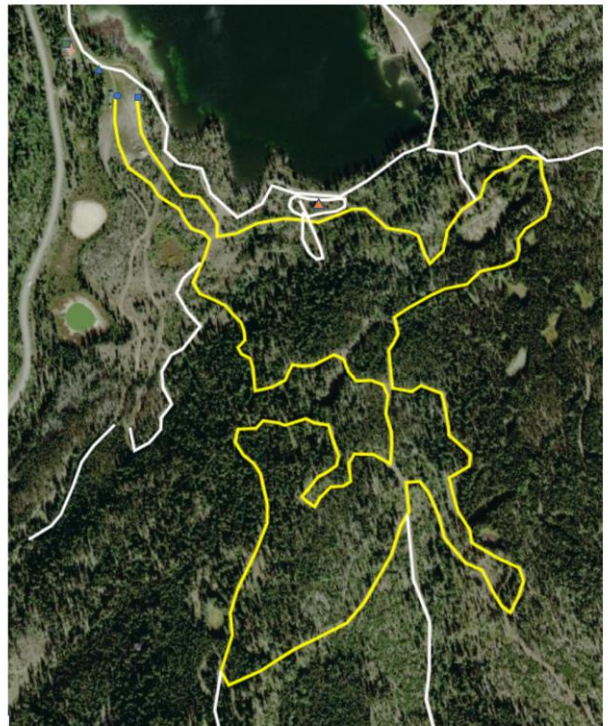
- Start
- ▲ Waxing Area
- ▲ Ski Playground
- Finish
- Machine shop/ Registration area

Overlander Ski Club  
3.5 km



- Start
- ▲ Waxing Area
- ▲ Ski Playground
- Finish
- Machine shop/ Registration area

Overlander Ski Club  
5.5 km



- Start
- ▲ Waxing Area
- ▲ Ski Playground
- Finish
- Machine shop/ Registration area