

Okanagan Cup



Teck

Teck Okanagan Cup #2 Race Notice



Date:	Sunday, January 18, 2026 Start 11:00 am
Technique:	Classic Technique – Interval Start
Hosted by:	Overlander Ski Club
Event Website:	https://overlanderskiclub.com/
Race Location:	Stake Lake Nordic Centre <ul style="list-style-type: none">• 25 minutes south of Kamloops at 5140 Lac Le Jeune Rd.• Start and Finish are located in the stadium, which is approximately 800 m from the day lodge and parking area.• A warming area will be located adjacent to the stadium.
Registration:	Registration is ONLINE ONLY via https://zone4.ca/event/2026/XE7Y7Z/ <ul style="list-style-type: none">• Or search “Teck Okanagan Cup #2” to find this event on Zone 4• Credit card payment is required• Registration fees include trail fees and \$3 license fee Please check the Zone 4 confirmation list for this race to be sure that you have registered correctly.
Registration Deadlines:	Registration deadline: <ul style="list-style-type: none">• Monday, January 12, 2026 11:59 pm (midnight PST)• See table below for entry fees Late registration deadline: <ul style="list-style-type: none">• Wednesday, January 14, 2026 11:59 am (noon PST)• Draw will be done evening of Thursday, January 15, 2026.• \$20 late registration fee in addition to entry fees in table below• No registrations will be accepted after this time
Licenses:	<ul style="list-style-type: none">• 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.• This \$3 fee is included in the entry fees listed below but will appear as a separate fee when you register in Zone 4.

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)
U6	4-5	2020/21	0.3 km	\$4
U8	6-7	2018/19	0.6 km	\$4
U10	8-9	2016/17	1.5 km	\$13
U12	10-11	2014/15	2.5 km	\$18
U14	12-13	2012/13	3.5 km	\$18
U16-18	14-17	2008-2011	5.5 km	\$23
U20, U23, Senior	18-29	1996-2007	5.5 km	\$33
Master	30-39	1986-1995	5.5 km	\$33
Master	40-49	1976-1985	5.5 km	\$33
Master	50-59	1966-1975	5.5 km	\$33
Master	60-69	1956-1965	5.5 km	\$33
Master	70+	1955 or earlier	5.5 km	\$33
Paraski	Contact Competition Secretary: Jennifer Stieda OverlanderRace@gmail.com 250-819-8355			\$23

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

Race Office:	<ul style="list-style-type: none"> • The Race Office will be in the machine shed (near the stadium). • Open on race day between 8:30 am and 10:30 am. 												
Food:	<ul style="list-style-type: none"> • Snacks and warm Gatorade will be available at the finish line for athletes finishing their race. • Hot chocolate will be provided in the machine shed. • Participants are responsible for their meals, additional snacks, and water. 												
Wax Facilities:	<ul style="list-style-type: none"> • Electrical outlets are available adjacent to the stadium. A few more are available outside the Stake Lake Day Lodge (800 m from the stadium). • No waxing inside the day lodge. 												
Warm-up/Wax Testing:	<ul style="list-style-type: none"> • A warm-up and wax testing area is available near the stadium. • No warm-up or wax testing is allowed on the course during the competition. 												
Wax Protocol	<ul style="list-style-type: none"> • Note that the CCBC rules regarding the use of Fluorinated Waxes apply. Please see the <u>CCBC Wax Protocol</u>. 												
Weather:	<ul style="list-style-type: none"> • For weather and webcams: https://overlanderskiclub.com/ • Cold weather precautions for the event will follow the <u>ICR-CCR Rules</u> (see p. 127) 												
Refunds:	<ul style="list-style-type: none"> • In the event of a cancellation due to bad weather, the organizers reserve the right to recover costs incurred. • Refunds for medical reasons are available upon receipt of a medical note. 												
Accommodation:	<ul style="list-style-type: none"> • Visit Tourism Kamloops (https://www.tourismkamloops.com/stay/) for places to stay. • Closest hotels include: <ul style="list-style-type: none"> ○ <u>Lac le Jeune Resort</u> (5 minutes from Stake Lake. Special rate for racers!) ○ <u>Holiday Inn Express Kamloops by IHG</u> ○ <u>The Hue Hotel</u> ○ <u>Super 8 by Wyndham Kamloops On The Hill</u> ○ <u>Fairfield by Marriott Inn & Suites Kamloops</u> 												
Competition Committee:	<table border="0"> <tr> <td>Chief of Competition:</td> <td>Chloe Hetherington hetherington.chloe@yahoo.com 778-952-5601</td> </tr> <tr> <td>Competition Secretary:</td> <td>Jennifer Stieda OverlanderRace@gmail.com 250-819-8355</td> </tr> <tr> <td>Chief of Timing:</td> <td>Alan Richards</td> </tr> <tr> <td>Chief of Course:</td> <td>Dana Manhard / Dillon Stuart</td> </tr> <tr> <td>Chief of Stadium:</td> <td>Luc Guilherme</td> </tr> <tr> <td>Chief of Competition Control:</td> <td>Klaus Mey</td> </tr> </table>	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
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Course Maps:

- Course maps will be posted at the site and online on the Overlander website:
www.overlanderskiclub.com

Overlander Ski Club - 300m Course

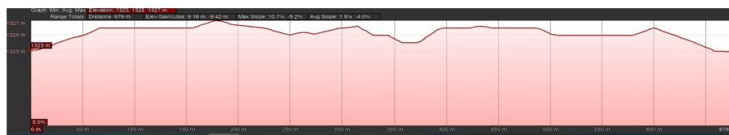


- Start
- Waxing area
- Finish
- Machine Shop/race office

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



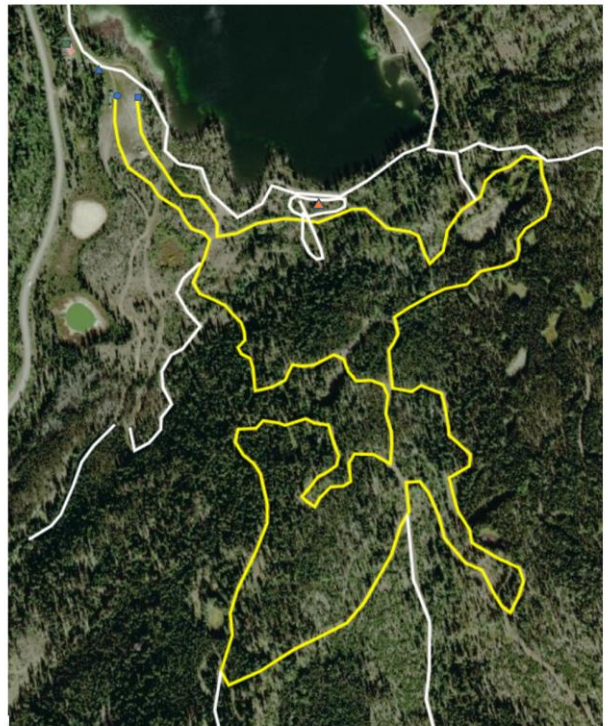
- Start ▲ Waxing Area ▲ Ski Playground
- Finish ■ Machine shop/ Registration area

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