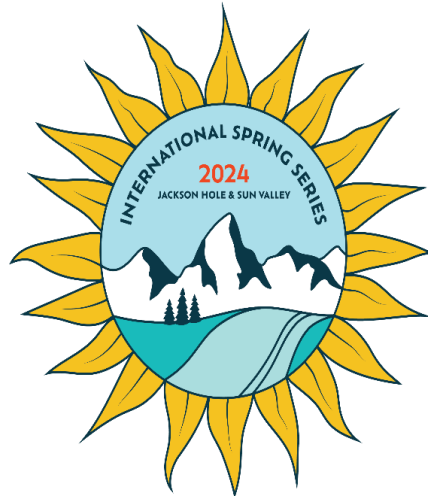




B – Tour (Spring Series)

March 28 – April 6, 2024

Jackson Hole, Wyoming & Sun Valley, Idaho



Event: International Spring Series

Date: March 28 – April 6, 2024

Location: Jackson Hole, Wyoming and Sun Valley, Idaho (USA)

Coaches: Chris Manhard (CCBC Provincial Coach), Zach Hill (Revelstoke Nordic Ski Club), Andrea Stapff (Bulkley Valley Cross Country Ski Club)

If you plan to decline this trip, please send an email to Lindsey (adcoord@crosscountrybc.ca) and Maria (coaching@crosscountrybc.ca) asap so that your position can be offered to another athlete.

Trip Registration: [CLICK HERE](#); deadline to register **is 11:59:59 on Wednesday, March 6, 2024.**

Race Registration: Race entry is being done on Zone4; therefore, all athletes are required to register themselves for their own races. Please discuss with Chris or Zach before registering for the relay. Here is the link for race registration - <https://zone4.ca/register.asp?id=34879>. Registration for races will close on March 26, 2024.

Trip Fee: The trip fee will be \$1,200.00. This includes your return flights from Vancouver or Calgary to Salt Lake City, accommodation in Jackson Hole and Sun Valley, ground transportation, trail passes, coach support and waxes.



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- If a Vancouver or Calgary departure/return does not make sense for your situation, and instead you would like to make your own arrangements to meet the team in the USA, the trip fee will be reduced to \$800.00. Please note that it will be your responsibility to coordinate these logistics to meet the team on time.

If paying by e-transfer please send e-transfer to Lindsey adcoord@crosscountrybc.ca no later than March 13, 2024.

*Athletes will be responsible for any expenses getting to and from hub cities, meals and luggage fees. *

This trip is highly subsidized by CCBC; cancellation will be only be possible with a doctors note and CCBC will refund where possible.

Trip Information: The trip will start and finish in Vancouver or Calgary. Athletes are responsible for their own travel arrangements and expenses from their hometown to/from the respective airports.

If you require a hotel room in Vancouver/Calgary on March 27th please let Lindsey know ASAP and a group booking will be made, athletes will be responsible for expenses incurred getting to and from departure/arrival points.

March 28, 2024 – Depart YVR 07:00AM/Depart YYC 06:25AM; Arrive SLC 10:30AM/08:55AM (flights subject to change depending on where athletes are flying from)

March 28, 204 – Arrive SLC, drive to Jackson Hole, Wyoming

- Check in to Mountain Modern Hotel 380 West Broadway, Jackson Hole Wyoming.
 - 307-733-4340

Jackson Hole:

Race Venue: Trail Creek Nordic Center Wilson, WY

- March 29 – Training Day - Trail Creek Nordic Center
- **March 30 - Individual Skate Sprint Qualifier and Heats**
- **March 31 - Team Relay Mixed Gender Mixed Technique (4x5km)**
- **April 1 - Individual Classic Start (10k)**

April 2 – Depart Jackson Hole and drive to Sun Valley, Idaho

- Elkhorn Village – Ketchum, Idaho
 - Fairway 9 4344
 - Fairway 9 4350
 - Bonne Vie 2221



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Sun Valley, ID

Race Venue: Lake Creek Cross Country Ski Center Ketchum, ID

- April 3 – Training Day –
- **April 4 - One Day Pursuit AM: Classic Individual Distance /PM: Freestyle Pursuit Start (3 lanes) (2 x 5k)**
- **April 5 - Team Sprint Classic at Dollar Mtn AM: Team Sprint Qualifier 1.2km /PM: Team Sprint Classic – flights of 15 teams per heat**
- **April 6 - Mass Start Skate Distance (10k) (Point to Point with Finish at Galena)**

There will be prize money schedules for both Open and Junior categories for the individual events and the relays as well as the overall. Zone4 will provide timing services for the whole series. There will be shorter U16 distance options as well for the individual distance races.

April 6 – Depart Sun Valley and drive to SLC – depart to YVR 20:59PM/Depart to YYC 20:59PM; Arrive YVR22:23PM/YYC23:12PM (flights subject to change depending on where athletes are flying from)

The events are on the calendar on the FIS website [HERE for JH](#) and [HERE for SV](#)

Medical: Please bring your medical/dental cards and inform the head coach of any medication that you are taking in advance of departure, as well as any allergies or other medical concerns the coaches should be made aware of. Medications include cough drops and aspirin.

Insurance Each athlete is responsible for arranging their own travel and medical insurance for out-of-country trips. Please contact Lindsey Olineck (adcoord@crosscountrybc.ca) for information on how to purchase additional insurance via the travel agent. Please send Lindsey and Maria a copy of your travel insurance to have on file.

Athletes under the age of 18 are also encouraged to bring a travelling abroad consent letter. The consent form can be printed and brought with you to the airport:

<https://travel.gc.ca/travelling/children/consent-letter> . To complete this form, you will need the address of your accommodation, and the number, issuing authority and date of issue of the passport of a coach traveling with you. Accommodation addresses to be provided on request. Zachary Hill Passport information - #526226226, USA, issued January 29, 2015. Christopher Manhard passport information - #AB058900, Richmond, issued on October 10, 2017.



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General Travel Tips

- Arrive at the airport early.
- Have your photo identification ready and accessible.
- Liquids are not allowed on aircrafts. Pack your water bottle EMPTY!
- Keep your luggage and carry-on baggage close to you at all times. Never leave anything unattended.
- When you arrive in Salt Lake City, and when you return to Vancouver, inspect your luggage (especially ski equipment) for damage before leaving the luggage claim area.
 - Report damaged or lost luggage immediately.
- Pack well ahead of time, except for last minute items.

General Packing Tips

- Put your name on ALL your clothes and equipment.
- Mark your name clearly, with a permanent marker, on every ski.
- Have your grip zone clearly marked on your classic skis.

Luggage Bag

- warm sweater & jacket
- gloves, mitts, toque
- casual clothes including jeans / t-shirt
- sleepwear
- polypropylene underwear / socks / race suits (if applicable)
- BC Ski Team race suit + warm ups
- one set of good clothes
- snow boots / boot warmers & running shoes
- watch and/or alarm clock (you are responsible for being on time each day)
- sunglasses & sun block
- personal toiletry items
- small sewing kit & small first aid kit
- small container of laundry soap (you may want to hand wash some clothes)

Ski Bag

Skis should be travel waxed to protect the bases. Skis can be taped together in the ski bag to spread the forces. A jacket or blanket can be used to help protect the ski tips. Poles in a protective tube have a better chance of arriving in one solid piece.



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- basic wax kit tools - a plastic scraper, nylon brush, groove scraper, and cork
- a few favorite hard waxes
- skis - skating and classic (2 pairs of each if available)
- boots - skating and classic
- poles - skating and classic, plus an extra pair per length if possible

Carry-On Bag

Always pack your ski boots in your carry-on luggage. In the event that your luggage does not arrive on time you should still be able to borrow enough equipment to train and race if you have your ski boots.

- water bottle (EMPTY)
- camera & film
- medical / dental cards
- Photo ID
- Passport
- Money
- Ski boots

Flight Tips for Athletes:

If you have compression socks/tights you may want to use them on long flights because they will reduce the amount that your legs swell from the high-altitude environment.

Hygiene is very important when travelling, so it is a good idea to use hand sanitizers. Wipes are helpful for cleaning touch screens, volume controls and food trays. It is also good to keep your nose from getting too dry as this makes it easier for germs to get in. This can be prevented with a small bottle of saline nasal spray. Stay hydrated. Bring some extra food on the plane since active people usually want to eat more than what is provided.

Have a successful tour and always keep in mind that you will be seen as a representative of BC and Canada to other teams, coaches, officials, accommodation personnel, and so on. When you are on international trips you have a great opportunity to be an ambassador for our province and country!