



On behalf of
Central Cross Country Skiing
and

The United States Ski and Snowboard Association
we would like to extend our sincerest invitation and welcome to all
athletes, coaches, and spectators for a series of four consecutive weeks
of FIS Continental Cup SuperTour events January 14-February 5, 2006
in the Central Region of the United States of America.

- A variety of nine events will be offered from Classic and Free Technique Sprints to 35k Mass Start Free Technique races.
- Total prize money for the 4-week series is over \$37,000 US dollars.
- A new Master's Cup is included in this season's competition.
- The four venues are located close together with major airports close to the opening and closing events. Ground travel is convenient between the four venues. Lodging and Race Headquarters are located near each event with ski-out-the-door lodging at two locations.
- Travel and lodging guides and language assistance is available immediately upon request from race director Yuri Gusev at gusev_yura@hotmail.com phone 1-608-385-8864.
- Additional FIS Continental Cup SuperTour racing opportunities while in the United States immediately before the Central Cross Country Skiing series includes the US National Championships at Soldier Hollow, Utah, the 2002 Olympic venue. Five races in eight days with total prizes of \$21,000 US dollars.
- Details on registration, schedules, courses, travel, lodging and meals is available at www.cxcskiing.org.

We look forward to joining you in this exciting ski celebration and
hope that your visit will be enjoyable and rewarding.

Our warmest regards,

The Central Cross Country Skiing FIS Continental Cup Organizing
Committees





**FIS SuperTour Freestyle Team Sprint
FIS SuperTour Classic Sprint
January 14-15, 2006**

www.capitolsquaresprints.org



Invitation to competitors and officials to Madison, WI, USA

We would like to invite you to be part of spectacular cross-country ski classic sprint race around Wisconsin State Capitol in the heart of downtown and visit beautiful city of Madison.

Date:	January 14 th -15 th , 2006
Venue:	Downtown of Madison, WI. The course circles around Wisconsin State Capitol and finishes up by the Best Western Inn on Park Hotel. Back up race course is Tyrol Basin Ski Area.
Training:	Race course will be open for training on Saturday, January 14 th and on Sunday, January 15 th .
Madison, WI	You will find the best of all worlds in Wisconsin's vibrant capital city and picturesque surrounding towns: natural beauty and outdoor recreation, stimulating cultural offerings, distinctive restaurants and shops, and an irreverent spirit of fun. Built on an isthmus between lakes Monona and Mendota, Madison is renowned for its beautiful scenery. A total of five area lakes and over 200 parks provide an abundance of year-round outdoor activities, from hiking, biking, swimming and sailing along with cross-country skiing, snow sailing, and ice fishing. Urban culture, natural beauty, small town charm - the greater Madison area offers it all! Visit www.visitmadison.com for more info about Madison, WI



Wisconsin State Capitol

The capitol building reaches a height of 284.5 feet and is capped by Daniel Chester French's graceful, gold – gilded, bronze statue named "Wisconsin" which stands 15.5 feet tall and weighs over 3 tons. The capitol itself is an expansive 448, 297 square feet. The capitol building's current uses include: the Wisconsin supreme court, the state senate, representative,

and governor offices, as well as various other legislator's offices. The capitol building's architecture is very similar to that of the capitol building in Washington D.C. The building's architecture is that of the classical revival and beaux-arts style with a huge dome, numerous columns, pilasters, arches, as well as numerous sculptures, and decorative dentil details and friezes.

Club Organizer

Club RSSS has been providing programs for cross country skiers since 2002. Based in Madison, Club RSSS continues to lead the way in developing cross country ski sport, programs and athletes whether it is recreational or highly competitive level.

www.rsss-usa.com

Snow

Tyrol Basin Ski Area near Mount Horeb will make about 100,000 cubic feet of snow using its snowmaking equipment. The snow will then be trucked to the venue in 70 to 80 loads by Hammersley Stone and spread around the course late Friday night. The snow will remain through the weekend and be cleaned off by Monday morning.

Race Schedule

SATURDAY, JANUARY 14, 2006

FIS SuperTour Freestyle Team Sprint presented by Pisten Bulley

12:15PM - Team Captains Meeting

6:00PM - Warm Up

6:30PM - Woman Semifinal 1 (6 laps)

6:49PM - Woman Semifinal 2 (6 laps)

7:08PM - Man Semifinal 1 (6 laps)

7:23PM - Man Semifinal 2 (6 laps)

7:38PM - Woman Final (8 laps)

7:57PM - Man Final (10 laps)

8:20PM - Winners Presentation

SUNDAY, JANUARY 15, 2006

FIS SuperTour Classic Sprint presented by UW Health

8:00AM - Warm Up

9:00AM - Woman Qualification

9:20AM - Man Qualification

10:50AM - Semifinal Heat 1, Finals 9-16 Woman

10:53AM - Semifinal Heat 2, Finals 9-16 Woman

10:56AM - Semifinal Heat 1, Finals 1-8 Woman

10:59AM - Semifinal Heat 2, Finals 1-8 Woman

11:02AM - Semifinal Heat 1, Finals 9-16 Man

11:05AM - Semifinal Heat 2, Finals 9-16 Man

11:08AM - Semifinal Heat 1, Finals 1-8 Man

11:11AM - Semifinal Heat 2, Finals 1-8 Man

11:14AM - Final B, Finals 9-16 Woman

11:17AM - Final A, Finals 9-16 Woman

11:20AM - Final B, Finals 1-8 Woman

11:23AM - Final A, Finals 1-8 Woman

11:26AM - Final B, Finals 9-16 Man

11:29AM - Final A, Finals 9-16 Man

11:32AM - Final B, Finals 1-8 Man

11:35AM - Final A, Finals 1-8 Man

11:38AM - Winner's Presentation

Other Events

- Junior Olympic Qualifier
- Special Olympics Wisconsin
- Wisconsin High School Championships Freestyle Relay
- Citizen criterium-style classic and freestyle races.
- Demo & Open Ski (rental equipment will be available and

	<p>provided on site)</p> <ul style="list-style-type: none"> - Cross Country Ski Conference - Rail Jam Competition - Fit City Kids
Registration	<p>Registration will be available on line and by mail on November 1st. www.capitolsquaresprints.org</p>
Registration Deadline	<p>Registration will be closed on January 10th, 2006</p>
Press and Media Invitation	<p>Press and Media Invitation will be mailed separately or can be find at www.capitolsquaresprints.org. For more info, please, e-mail info@capitolsquaresprints.org</p>
Prizes	<p>Money prizes are according to USSA rules.</p> <p>SATURDAY, JANUARY 14, 2006 FIS SuperTour Freestyle Team Sprint presented by Pisten Bulley</p> <ul style="list-style-type: none"> 1st place - \$1550 2nd place - \$500 3rd place - \$225 4th place - \$100 5th place - \$50 <p>SUNDAY, JANUARY 15, 2006 FIS SuperTour Classic Sprint presented by UW Health</p> <ul style="list-style-type: none"> 1st place - \$800 2nd place - \$375 3rd place - \$250 4th place - \$200 5th place - \$150 6th place - \$125 7th place - \$100 8th place - \$75 9th place - \$50 10th place - \$25 <p>U-23 Bonus - \$275 (payable to the top U-23 finisher in each competition)</p>
Transportation	<p>Dane County Regional Airport – Madison, WI</p> <ul style="list-style-type: none"> - More than 600 domestic and 70 international one-stop connections - 22 direct flight destinations - More than 100 commercial planes depart and arrive at the Dane County Regional Airport on a average day
Accommodation	<p>The <u>Madison Concourse Hotel</u> is the Official Hotel and the headquarters for the Capitol Square Sprints. It is also the place where will stay U.S. Ski Team, U.S. Disabled Ski Team, Subaru Factory Team, Rossignol Team and other international athletes.</p> <p>The Madison Concourse Hotel is giving \$79.00 Special Two-Person Guestroom Rate per night with the option of \$10.00 for additional person.</p> <p>Hotel's Address: 1 West Dayton Street, Madison, WI 53703 (603) 257-6000</p>

	<p>(800) 356-8293 www.concoursehotel.com</p>
Accommodation	<p><u>Best Western Inn on the Park</u> Capitol Sprints START AND FINISH LINE right outside our front door Madison's only full service hotel on the Capitol Square</p> <ul style="list-style-type: none"> - Complimentary valet parking - Airport shuttle for ALL overnight guests <p>Call us directly and ask for Capital Square Sprints Block! 1-(800)-279-8811</p> <p>Hotel's Address: 22 South Carroll Street, Madison, WI 53703 (800) 279-8811 www.bestwestern.com</p>
Insurance	<p>All athletes must have their own insurance or be insured through their national ski federation. The race organizers are not responsible for any injury to the person or any damage to the property. All attendants have to be covered by an adequate insurance policy, which insures for accidents, illness and civic liability.</p>
Competition Rules	<p>The race will be held in compliance with FIS Competition Rules</p>
Doping Control	<p>Anti Doping control may take place during the event</p>
Local Transportation Services	<p><u>Downtown Madison</u> is very pedestrian-friendly, and many visitors find it easiest to park in one of the eight downtown parking areas (http://www.ci.madison.wi.us/parking/parking.html) and see the city on foot. Parking in the cashier-operated section of any City of Madison ramp costs just \$2 weekdays after 6 p.m. and on the weekends. <u>The Madison Metro Bus System</u> (http://www.ci.madison.wi.us/metro/metro.html) offers convenient means for reaching all areas of the city. The Madison Metro VisiTour Pass allows unlimited bus rides for just \$3 per day. Visitor passes can be purchased at Madison Metro, 1101 East Washington Avenue or at one of their 60 ticket outlets throughout the city.</p>
Team Captains Meeting	<p>Will be held at the Madison Concourse Hotel on Saturday, January 14th, 2006 at 12.15PM.</p>
Organizing Committee	<p>Yuriy Gusev - Chief of Competition Duncan Bathe – Assistant Chief of Competition Clare Seguin – Chief of Secretariat Sepp Candinas - Chief of Course & Stadium Chip Plumber - Chief of Athlete Compound Tony Hartman – Chief of Sport Production Dirk Mason - Chief of Competition Control & Security Joe Cline – Chief of Athletes Medical</p>

**FIS/USSA
Representative**

Luke Bodensteiner

**Technical
Delegate
Web Site**

Scott Wilson

www.capitolsquaresprints.org

E - Mail

info@capitolsquaresprints.org

Phone

(608) 385-8864

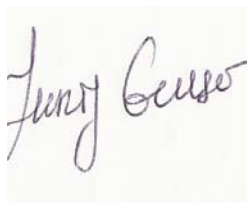
Fax

(608) 845-8254

Address

Capitol Square Sprints
P.O.Box 930442
Verona, WI 53593
USA

Madison, WI
10.20.2004



Yuriy Gusev
Event Organizer





FIS SUPER TOUR

AT

MT. ITASCA

Central Cross Country Skiing SuperTour at Mount Itasca

FIS SuperTour/Great Lakes & Midwest Junior Olympic Qualifier/Collegiate & Citizen Race

Hosted by Mt. Itasca Biathlon Association

Mount Itasca, Coleraine, MN USA

Sat, Jan. 21- Sun 22, 2006

The Organizing Committee would like to invite you to participate in two days of classic and freestyle cross-country races on challenging ski trails in the northwoods of Minnesota, USA.

Location: Mount Itasca, Coleraine, MN
Dates: Sat, Jan.21- Sun. Jan. 22, 2006
Entry fees: \$35 one race; \$55 two races; JOQ-\$35 for Saturday race
Registration Deadline: **Midnight Tuesday Jan.17, 2006** for entry form to be received.
Accommodations: Limited housing for teams and coaches available at Wendigo Lodge located 4 miles south of Grand Rapids.. Phone: (218)327-2211. www.wendigolodge.com.. From Hwy 169 south of Grand Rapids, turn east on Harristown Road and go 2.4 miles, turn right at the Wendigo sign. Standard Room 2 queens: \$68 per night. Extended Stay Kitchen Units: 2 queen beds, 1 pull out \$159-\$199 per night. Personal checks, Canadian funds, and American Express are not accepted. Must ask for "SuperTour Rates" at Wendigo Lodge. Deadline for Super Tour rate is January 1, 2006. Wax room available. Other hotel accommodations contact Grand Rapids Visitors Bureau 1-800-355-9740 www.visitgrandrapids.com/vacations/lodging/index.html

Race Schedule:

Tues. Jan.17

Last day for both online and mail in registration to be received.

NO RACE DAY REGISTRATION!

Thurs. Jan 19

Tentative Start lists for all races posted at www.cxcskiing.org

Fri. Jan 20

1:00 – 5:00 pm Official course inspection

5:00 pm Coaches meeting, Mt Itasca Registration Building

Sat. Jan 21

8:00 - 11:30 am Bib pick up, Mt. Itasca Registration Building

9:30 am 10 K Skate Interval Start Men-

11:00 am 10 K Skate Interval Start Women-

12:00 pm 5 K Skate Interval Start J1 Women, J2 Boys, J2 Girls,

12:30 pm 3 K Skate Interval Start J3/J4

Flower ceremony following races

2:00 - 5:00 pm Course Inspection

Sun, Jan 22

8:00 - 11:30 am Bib pick up, Mt. Itasca Registration Building

9:30 am 10 K Classic Interval Start Men- NorAm,

11:00am 10 K Classic Interval Start Women-

Flower ceremony following races

Junior Age Groups: Year of birth: OJ-'86'87; J1-'88'89; J2-'90'91; J3-'92'93; J4-'94,'95

Citizen Age groups: 5 year age groups

NorAm-Collegiate: Open

Registration:

Online- www.midwestevents.com or www.excskiing.org, or by mail entry form with payment.

Awards: Money prizes are according to USSA rules for male and female for each race .1st place - \$775, 2nd place - \$350, 3rd place - \$225, 4th place - \$175, 5th place - \$150, 6th place - \$125, 7th place - \$100, 8th place - \$75, 9th place - \$50, 10th place - \$25, U-23 Bonus - \$250 (payable to the top U-23 finisher in each competition)

Other Events: Junior Olympic Qualifier, Collegiate NCAA Race, Citizen and High School Races.

Directions to Mount Itasca:

- International flights into both Duluth, Minnesota, USA or Minneapolis, Minnesota, USA
- Easy drive by road from previous week's event in Madison, Wisconsin. Grand Rapids/Coleraine is 80 miles northwest of Duluth (1 ½ hours); 180 miles north of Minneapolis (3 ½ hours).
- Driving from downtown Grand Rapids, Minnesota; take Hwy 169 North, traveling east out of Grand Rapids to Coleraine, about 6 miles. When entering Coleraine, turn left at Curly Ave –follow the Ole N. Mangseth Ski Jump signs. Go past the arena, left on Cty Rd 61 for ½ mile. Turn left into the Mt. Itasca driveway – stay left at the Y.

Transportation and language support: For assistance with travel, lodging, or language please contact Yuri Gusev, Chief of Competition, Madison, Wisconsin Capital Square Sprints, at gusev_yura@hotmail.com or phone at 1-608-385-8864

For further race information, contact:

Ken Patzoldt, Chief of Course - 218-326-0763

Paula Byrne, Race Secretary oonadog@uslink.net, 218-245-3522,

Maren Gaalaas, Race Secretary mareng@mchsi.com 218-326-5227



FIS Continental Cup SuperTour
Central Cross Country Skiing SuperTour at Telemark Resort
January 25, 28, 29, 2006
www.cxcskiing.org

CXC extends a warm welcome to all competitors, coaches, spectators, media, industry representatives, and officials to Telemark Resort, Cable, Wisconsin, USA

Welcome: The CXC Organizing Committee would like to invite you to be part of a fantastic week of 3 cross country ski races in the rolling wooded forests of Northern Wisconsin, USA. Courses include portions of the American Birkebeiner World Loppet Marathon Cup course. The 3 events include Classic Technique Sprint, 5/10k Classic, 10/15k Mass Start Free Technique

Dates: January 25, 28, 29, 2006

Venue: World Cup Trails at Telemark Resort. Ski out the Lodging doors to the famous 75km Sven Wiik/Marty Hall designed trails, site of the first World Cup races ever held and the 52km American Birkebeiner Trail network. Course maps and profiles are available at
http://www.cxcskiing.org/2005_2006_JOQ/joq_telemark.htm

Training: All race courses and the entire trail system will be open for training Monday January 23 through Sunday January 29 at no charge to athletes and coaches.

Race Headquarters and Lodging: Race Headquarters and Official Lodging Sponsor is Telemark Resort, Cable, Wisconsin, USA. It is located on the SuperTour trail network with a view of the stadium from the lodge windows. It is a full service facility with 100 single, double, triple and quad rooms, condominiums with cooking facilities, restaurants and bars, wax facilities, spa with indoor swimming pool, theater, banquet facilities, and snack shop. All meetings will take place at Telemark Resort. Please consider when booking your accommodations that Telemark Resort is the primary sponsor for this FIS SuperTour and has been very generous in their support of the event.

A lodging offer is posted at http://www.cxcskiing.org/2005_2006_JOQ/joq_telemark.htm Or go directly to www.telemarkresort.com 1-715-798-3999

Club Organizer; Central Cross Country Skiing (CXC) is the regional coordinator for Cross Country Skiing in the 10 state Central Region of the USA. www.cxcskiing.org

Snow: The area has very reliable snow during the winter months. Man made snowmaking is available to supplement natural snow if necessary.

Registration: Registration will be available on line and by mail: forms and links at www.cxcskiing.org

Registration Deadline: Registration will be closed on Midnight Sunday, January 22, 2006

Competition Rules: The race will be held in compliance with FIS Competition Rules

Doping Control: Doping control may take place during the event as directed by WADA and FIS.

Race Schedule-All events to be held at Telemark Lodge unless otherwise noted:

Mon Jan 23 All courses groomed and marked for inspection
Tues Jan 24 10:00 AM-3:00 PM: Official course inspection for Sprint, all courses open for inspection
4:30 PM: Team Captains meeting Laukka Theater
6:30 PM: Team Captains welcoming reception Prince Haakon Grill
Wed Jan 25 11:00AM to 1:00PM: Sprint bib pick up Laukka Theater
1:30-2:00PM 1km Sprint Qualifier women followed by men
2:30-4:30PM Sprint Heats women followed by men, ¼ finals, semi finals, b-a finals
6:30PM Athlete and Coaches reception Parlor Lounge-live music
Thurs Jan 26 All weekend courses groomed and marked for inspection
6:00PM Athlete/Coach/Volunteer appreciation party, Sawmill Saloon, Seeley, WI
Fri Jan 27 9:00 AM to 5:00 PM: Official course inspection for weekend races
6:30 PM: Team Captains meeting Laukka Theater
7:00 PM: Coaches reception Laukka Theater
Sat Jan 28 9:30 AM 5/10km Interval start Classic race
5:30 PM Awards ceremony Namekagon Room
Sun Jan 29 9:30 AM 10/15 km Free Technique Mass Start

Competition categories: FIS SuperTour, Junior Olympic Qualifier, Collegiate NCAA Qualifier, High School, Middle School, Senior/Master, CXC Masters Cup, Citizen, Youth. 570 competitors each day.

Prizes: Money prizes (US Dollars) are according to USSA rules for male and female for each FIS race.
1st place - \$800, 2nd place - \$375, 3rd place - \$250, 4th place - \$200, 5th place - \$150, 6th place - \$125,
7th place - \$100, 8th place - \$75, 9th place - \$50, 10th place - \$25, U-23 Bonus - \$275 (payable to the top
U-23 finisher in each competition) www.ussa.org

Transportation: Telemark Resort is easily reached by road from earlier FIS SuperTour events or from the Minneapolis, Minnesota or the Duluth, Minnesota International Airports.

Transportation and language support: For assistance with travel, lodging, or language please contact Yuri Gusev at yuriy@rsss-usa.com or phone at 1.608.385.8864

Team Captains Meetings: All meetings will be held at Telemark Resort

Organizing Committee:

Scott Wilson - Chief of Competition
Dennis Kruse-Organizing Committee Chair
Kay Wilson - Chief of Secretariat
Chris Campbell - Chief of Stadium
Terry Tansey-Chief of Course
Jack Moin-Head Groomer
Chad Salmela - Chief of Sport Production
Carl Lippert - Chief of Competition Control & Security
DR Richard Gladisch - Chief Medical Officer
FIS/USSA Representative - Luke Bodensteiner
FIS Technical Delegate – Jack Jeffery

Contacts:

Current weather: <http://www.wunderground.com/cgi-bin/findweather/getForecast?query=cable%2C+wi>
Telemark race Web Site with details – http://www.cxcskiing.org/2005_2006_JOQ/joq_telemark.htm
Address – CXC Skiing, PO Box 429, Hayward, WI USA 54843
On-line registration with secure credit card payment- link from race page on www.cxcskiing.org

With warmest regards and best wishes for a successful season and safe travel,

Scott Wilson, Chief of Competition wilson@cresthillresort.com phone:1.715.462.9911
Dennis Kruse, Organizing Chair kruseski@cheqnet.net phone: 1.715.798.3571



City of Lakes Loppet
February 4-5, 2006
www.cityoflakesloppet.com
612-715-1479

What: The City of Lakes Loppet is North America's largest Urban Ski Race. The Loppet hosts two FIS SuperTour events - the Toko/Finn Sisu Sprints and the 35 kilometer Loppet Freestyle Race.

- **Toko/Finn Sisu Sprints:** February 4, 2006. Preliminary heats at 9 a.m. in Theodore Wirth Park in Minneapolis. Sprint finals from 5 - 7 p.m. on the streets of Uptown, Minneapolis.
- **Loppet 35 kilometer Freestyle Race:** February 5, 2006 at 10:30 a.m. Theodore Wirth Park to Uptown, Minneapolis.

Registration: Registration is available online at www.cityoflakesloppet.com. Registrations are also accepted by mail. Registration forms can be downloaded at www.cityoflakesloppet.com. Call 612-715-1479 to have a registration form sent to you.

Prizes: Both the Toko/Finn Sisu Sprints and the Loppet Freestyle Race have cash prizes for 1st - 10th place. Prizes range from \$25 for 10th to \$1000 for first place.

Competition Rules: The competition will be held in compliance with the FIS Competition Rules

Parking and Transportation: Parking will be available at Theodore Wirth Park on Saturday morning. Parking provided in Uptown for those who advance to the finals. Check our website at www.cityoflakesloppet.com for updates on parking and transportation.

Training: Theodore Wirth Park will be open from sunrise to sunset daily before February 4. Trails will be open Saturday morning for warm up and training.

Accommodations: Schweizer Lodging is the official lodging sponsor for all City of Lakes Loppet events.

- Website: www.bwyankesquareinn.com.
- 1-800-624-2888.

Organizing Committee:

- Race Director: John Munger
- Chief of Course: Bill Dossett
- Technical Delegate: Gary Larsen
- Operations: Gene Kay
- USSA Liaison: Luke Bodensteiner

Other Events and Amenities: The Loppet is located in Minneapolis, Minnesota, arguably the largest skiing city in the world. Minneapolis/St. Paul International Airport is just ten miles from the course. The Loppet is a two-day festival of skiing with over 2000 participants. Other events include: the Fetch Skijoring Loppet, the Sons of Norway Minne-Loppet, the Rossignol Junior Loppet, the Caribou Coffee Luminary Loppet, the REI Tour and the 35 kilometer Hoigaard's Classic. Finally, the Loppet plays host to a Vendor Village with over 30 sponsors showing their wares.

For updates on the course, race and weather conditions visit www.cityoflakesloppet.com or call 1-612-715-1479.

