



NICA

Cobweb Shredder XC

April 23 2023

EF Academy-Thornwood New York

Cobweb Shredder XC EF Academy

Course Information:

Terrain: Loose Dirt/Roots/Rock/Grass

Trail: 45% passing 55% Single Track

Elevation:TBA

Millage: MS 3.5 Mile/ HS 4.5 Mile

Start Terrain:Grass Field

Finish Terrain:Grassy Flat





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Parking & Team Pit Set Up

Vehicles must park in the designated areas for NICA NY.

Please park in designated parking areas. Use your best judgment

NO Cars allowed in the team Pit Zone.

Teams can drop off equipment & tents Saturday

Team pit zones can be left overnight.

NICA NY is not responsible for any damage or theft of team property if left overnight.

Location Location Location!

EF Academy

582 Columbus Ave, Thornwood, NY 10594

[Link to Google Directions](#)

[Directions](#) Northern NY Areas

[Directions](#) Northwest NY Areas

[Directions](#) ADK Areas

[Directions](#) Southern NY Areas

2023 NICA New York Sponsors



TREK



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Wave Start Times

STAGING will begin 10 minutes before each wave.

Riders will be called up at random for this race only. Race Plate Call Ups Will Be Held In The Staging Corral Before Each Race.

Note: Final lap count decision per category will be confirmed at the start of each race in addition to any lap cut-offs if necessary.

Call Ups will start at race Two.

Wave 1: Middle School Girls

CATEGORY	STAGING TIME	START TIME	LAP COUNT	EARNED LAP CUT-OFF TIME	MILEAGE PER LAP
8th Grade Girls	9:20AM	9:30 AM	3	10:30 AM	3.5 Miles
7th Grade Girls	9:20AM	9:32 AM	3	10:30 AM	3.5 Miles
6th Grade Girls	9:20AM	9:34 AM	2	10:30 AM	3.5 Miles

Wave 2: High School Girls

CATEGORY	STAGING TIME	START TIME	LAP COUNT	EARNED LAP CUT-OFF TIME	MILEAGE PER LAP
Varsity Girls	10:20 AM	10:30 AM	4	12:00 PM	4.5 Miles
JV Girls	10:20 AM	10:32 AM	4	12:00 PM	4.5 Miles
Sophomore Girls	10:20 AM	10:34 AM	3	12:00 PM	4.5 Miles
Freshman Girls	10:20 AM	10:36 AM	3	12:00 PM	4.5 Miles

NICA New York Policies and Rules

All participants are required to read, understand and abide by all league policies, rules and protocols while attending

any league event. [Ruels Book 2023](#)



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Riders will be called up at random for this race only. Race Plate Call Ups Will Be Held In The Staging Corral Before Each Race. Note: Final lap count decision per category will be confirmed at the start of each race in addition to any lap cut-offs if necessary.

Call Ups will start at race Two.

Wave 3: Middle School Boys

CATEGORY	STAGING TIME	START TIME	LAP COUNT	EARNED LAP CUT-OFF TIME	MILEAGE PER LAP
8th Grade Boys	11:50 AM	12:00 PM	3	1:00 PM	3.5 Miles
7th Grade Boys	11:50 AM	12:02 PM	3	1:00 PM	3.5 Miles
6th Grade Boys	11:50 AM	12:04 PM	2	1:00 PM	3.5 Miles

Wave 4: High School Boys

CATEGORY	STAGING TIME	START TIME	LAP COUNT	EARNED LAP CUT-OFF TIME	MILEAGE PER LAP
Varsity Boys	12:50 PM	1:00 PM	4	2:30 PM	4.5 Miles
JV Boys	12:50 PM	1:02 PM	4	2:30 PM	4.5 Miles
Sophomore Boys	12:50 PM	1:04 PM	3	2:30 PM	4.5 Miles
Freshman Boys	12:50 PM	1:06 PM	3	2:30 PM	4.5 Miles

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NICA New York NICA Race Duration Guidelines

Riders will complete laps with the following Race Duration Guidelines for each category:

- **60 mins for Middle School Boys & Girls**
- **90 mins for Frosh/Soph boys and girls & and JV girls**
- **90 mins for JV boys and Varsity girls**
- **90 mins for Varsity boys**

Student-athletes will be asked to withdraw at the finish line after cut off time limits have been reached.

Race officials reserve the right to determine these time limits at any time.

Time limits may be imposed for reasons that include, among others: safety, heat, cold, rain, and muddy conditions.

Course closures may be announced at any time.

Racers who do not make the time limit cut-off will still be scored and ranked.

Due to weather or course closures, these duration guidelines may be changed at League Discretion.



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Registration Race One

Online registration closes **Tuesday April 18th 12:00 midnight**

All riders must be registered in the NICA NY Pit Zone

No Race Day Registration is available on race weekend.

Category Petitions will close on Tuesday April 5th at Noon

No Category Change Is available on race weekend

Please Check in at the NICA Registration Tent on Saturday 3:00pm-5:00pm and Sunday 7:00am-11:30am.

Coaches Please Pick Up Your Team Race Plate Packs On Saturday Starting at 2:00 & Sunday Starting at 7:00am

DO NOT LOSE YOUR RACE PLATE! Students will receive a race plate for the race series to be used for all races, so please take care of them. Race plates have chips on the back and require care to avoid damage. There is a **\$10.00** fee to replace race plates if lost, or forgotten. Replacement plates are at the registration tent all season long, along with some empathy because we have all lost our race plates before!

Race Registration Closing Schedule 2023

Race One- Tuesday April 18th Midnight

Race Two-Wednesday May 3rd Midnight

Race Three Wednesday May 17th Midnight

Race Four Wednesday May 31st Midnight

Race Five Wednesday June 7th Midnight

Race Plates: Race Plates can be picked up on Saturday April 22nd starting at 2:00 pm at the registration tent.

Scholarships and financial assistance are available, for more information email

jason@newyorkmtb.org





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Volunteering at our Events

Race day would not be possible without the incredible work of our volunteers. It takes a “village” to put on quality youth mountain bike races. Many parents and cycling enthusiasts find that getting involved with our events is a fun and rewarding experience.

Saturday and Sunday positions are available. We know some positions can look complex and possibly overwhelming for first-time volunteers. Rest assured ALL of our volunteer positions are fun and require no previous experience and our Core Race Staff are with you every step of the way. You will feel confident and well prepared for your task.

View volunteer training videos [HERE](#)

Pick one (or two) that sound interesting to you, and look forward to the fun!

CLICK [Volunteer Link](#) HERE TO GUARANTEE YOUR PREFERRED VOLUNTEER SPOTS FOR EACH OF THE RACES! For more information contact our Volunteer Coordinator,

Jim DiLiberto otsegocomposite@gmail.com or **Pamela Diliberto** pjdiliberto@gmail.com





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Event Weekend Schedule

Saturday

9:00am Volunteer Shifts Begin
Noon-ish Volunteer Lunch
1:30 pm GRiT Rider Meet Up
2:00 pm Race Plate Pick Up Opens
3:00 pm Registration Opens
3:00 pm Pre-Ride Open to all riders

***Everyone on course must have a race plate affixed to their bikes. (student, coach, league staff)**

5:00 pm Pre-Ride Closed
5:00 pm Registration Closed

Sunday

7:00-9:00 am Course Pre Ride Open/Close
9:00am Coaches Meeting
9:20am Wave One Staging
10:30am Wave Two Staging
11:50 am Wave Three Staging
1:30 pm Wave Four Staging
3:30 pm Awards Ceremony

(Award Ceremonies Will Commence After The Results Have Been Posted & Not Contented)

Pit Zone Information

Pit Zone is open for loading/unloading

Saturday: 1:00pm -5:00pm

There will be no riding on course prior to the pre-ride opening at 3:00pm

NO BIKE RIDING ALLOWED IN THE PIT ZONE- Please do not walk, ride or drag your bike into the NY Pit Zone Please.

Garbage expectations -**Teams must remove all garbage from the Pit Zone.**

Fire/Grilling expectations - **FLAME ON!!!** BBQs are welcome & Jason Always Needs A Burger!

No inappropriate language allowed

Dog expectations: Put A Leash On Old Yellow For Us & Scoop That Poop Please!

Traffic/Parking Plan: Please follow all parking signs posted. If no signs have been posted about parking please use your best judgment where you end up parking.



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More Pit Zone Information

- ★ Parking in the Pit Zone-1 vehicle per team will be allowed in the team PZ on the grass.
- ★ IF The Field Is Too Wet, We Will Not Allow Cars On The Field.
- ★ No Smoking, Alcohol, Guns or Open Pit Fires On The School Property.
- ★ Conflicts and/or disputes should not be dealt with in the team Pit Zone area
- ★ Keep cool folks, it's just a bike race!!!
- ★ Any violation of the above rules may result in a suspension from the league, team penalty and/or expulsion from the Pit Zone and infield.

Race Fee/Late Fee

	MIDDLE SCHOOL	HIGH SCHOOL	LATE FEE AT RACE*
League Registration (annual)	\$30	\$30	\$
Race Entry Fee (per race)	\$30	\$30	\$

Chip Timing Info

All riders will receive a permanent number plate with chip timing transponder on the backside. Riders will use the same plate for the entire race series, so please remove this number plate before mounting the bike for transport to prevent loss.

Replacement number plates will be available at the registration tent for \$10.00 if lost.

Petitions for Category Placement

**Those petitioning for exceptions to category placement must do so by
Tuesday April 17th**

[Petition Link](#)

No race day petitions will be accepted

Petitions must be submitted by **Tuesday April 17th**

All riders need to be invited to register in the Pit Zone online.

Contact your Team Director or Head Coach to be invited

Independent riders contact jason@newyorkmtb.org



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Refund/Weather Policy

Below are the guidelines for how the league will conduct races in the event of challenging weather. Our primary considerations are the safety of riders, support staff and spectators, and potential damage to the venue and trails. Any decisions regarding canceling, postponing or altering race start times, lap lengths, number of laps, etc. will be made jointly by league staff and the land manager. Often this decision cannot be made until the morning of the race due to the unpredictable and rapidly changing nature of severe weather. The league will make every attempt to notify the racing population as soon as possible via email, social media and website updates. Please review our full weather policy at: newyorkmtb.org

Camping and Lodging

Hotels Camping

Contact Information

General League Questions:

Jason Cairo jason@newyorkmtb.org

Race/Venue Specific Questions:

Dolores Diaz doloresEdiaz@gmail.com

Rule Specific Questions:

Andy Greenspan greenspanandy@gmail.com

Registration Specific Questions:

Ellen Tarbay ellen.tarbay@gmail.com

Please note that most staff arrive onsite Thursday or Friday of each race weekend and may not have sufficient cell/data coverage to respond to calls/emails. Please plan accordingly.

NICA Safety Reporting and Insurance Coverage

Safety Reporting

Incident reports are mandatory whenever a student-athlete or coach is injured during a NICA activity. These incident reports are submitted by each Team's Designated Reporter or an independent rider's parent. For more information on Safety Reporting reporting please see our [brochure here](#).



Insurance Coverage

NICA Insurance coverage is for registered student-athletes and registered coaches injured while participating in the sanctioned pre-ride and race events.

For more information on NICA Insurance Coverage, please see our [FAQ here](#).



The **New York** Interscholastic Cycling League is a Project League of the National Interscholastic Cycling Association, a 501(c)(3) non-profit youth development organization, guided by the core values of fun, inclusivity, equity, respect and community. The league promotes interscholastic mountain bike racing, provides training and education to new teams and coaches, and offers a comprehensive infrastructure to grow youth cycling in a professional, safe and engaging manner.

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