



# NICA

## Tilldan Hill Farm

May, 21st  
Tilden Hill Farm, Vernon New York

### Race The Farm

#### RACE DESCRIPTION:

Start Line: Grass-Standing Start

Type Of Terrain: Gravel, Roots, Rocks & Mud!

Trail Description: 50% Single Track, 50% Double Track, with a few bridges

Elevation: Approximately 250 ft per lap

Finish Line: Loose Gravel

Mileage Per Lap: 4 miles





# NICA

## Parking & Team Pit Set Up

Vehicles must park in the designated areas for NICA NY.

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!

5384 County Rd 43, Vernon, NY 13476

**43.113840, -75.528671**

[Directions Northern NY Areas](#)

[Directions Northwest NY Areas](#)

[Directions ADK Areas](#)

[Directions Southern NY Areas](#)

[Directions Albany Area](#)

## 2023 NICA New York Sponsors



# TREK





# NICA

## Wave Start Times

**STAGING** will begin 10 minutes before each wave.

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.

### Wave 1: Middle School Girls

CATEGORY	STAGING TIME START	START TIME	LAP COUNT	EARNED LAP CUT-OFF TIME	MILEAGE PER LAP
8th Grade Girls	9:20 AM	9:30 AM	2	10:30 AM	4.0 Miles
7th Grade Girls	9:20 AM	9:31 AM	2	10:30 AM	4.0 Miles
6th Grade Girls	9:20 AM	9:32 AM	2	10:30 AM	4.0 Miles

### Wave 2: High School Girls

CATEGORY	STAGING TIME START	START TIME	LAP COUNT	EARNED LAP CUT-OFF TIME	MILEAGE PER LAP
Varsity Girls	10:20 AM	10:30 AM	4	12:00 PM	4.0 Miles
JV Girls	10:20 AM	10:31 AM	4	12:00 PM	4.0 Miles
Sophomore Girls	10:20 AM	10:32 AM	3	12:00 PM	4.0 Miles
Freshman Girls	10:20 AM	10:33 AM	3	12:00 PM	4.0 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. [Rules Book 2023](#)

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## Wave 3: Middle School Boys

CATEGORY	STAGING TIME START	START TIME	LAP COUNT	EARNED LAP CUT-OFF TIME	MILEAGE PER LAP
8th Grade Boys	12:05 PM	12:15 PM	3	1:15 PM	4.0 Miles
7th Grade Boys	12:05 PM	12:17 PM	2	1:15 PM	4.0 Miles
6th Grade Boys	12:05 PM	12:19 PM	2	1:15 PM	4.0 Miles

## Wave 4: High School Boys

CATEGORY	STAGING TIME START	START TIME	LAP COUNT	EARNED LAP CUT-OFF TIME	MILEAGE PER LAP
Varsity Boys	1:05 PM	1:15 PM	5	2:45 PM	4.0 Miles
JV Boys	1:05 PM	1:16 PM	4	2:45 PM	4.0 Miles
Sophomore Boys	1:05 PM	1:17 PM	3	2:45 PM	4.0 Miles
Freshman Boys	1:05 PM	1:18 PM	3	2:45 PM	4.0 Miles

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## NICA New York NICA Race Duration Guidelines



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**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.

STAGING will begin 10 minutes before each wave. Call Ups For All Riders Will Be Called.

Top 5 overall riders will be called to the line by name-All other riders will be called up by number

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.

## Registration Race Three



# NICA

Online registration closes **Wednesday May 17th 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 are closed for the 2023 season**

**No Category Change Is available on race weekend**

**Please Check in at the NICA Registration Tent on Saturday 2:00pm-5:00pm  
and Sunday 7:00am-11:00am.**

**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 starting at 2:00 pm at the registration tent.

Scholarships and financial assistance are available, for more information email

[jason@newyorkmtb.org](mailto:jason@newyorkmtb.org)





# NICA

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](mailto:otsegocomposite@gmail.com) or **Pamela Diliberto** [pjdiliberto@gmail.com](mailto:pjdiliberto@gmail.com)



## Event Weekend Schedule

### Saturday





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**9:00am** Volunteer Shifts Begin  
**Noon-ish** Volunteer Lunch  
**1:30 pm** GRiT Rider Meet Up & Ride  
**2:00 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

**8:45am** Coaches Meeting  
**9:20am** Wave One Staging MS Girls  
**10:20am** Wave Two Staging HS Girls  
**12:10 pm** Wave Three Staging MS Boys  
**1:10 pm** Wave Four Staging HS Boys  
**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: 12:00pm -5:00pm

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.

## **More Pit Zone Information**

- ★ No Smoking, Alcohol, Guns or Open Pit Fires On The 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!!!





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★ 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

**CLOSED FOR The 2023 Season**

Contact your Team Director or Head Coach to be invited  
Independent riders contact [jason@newyorkmtb.org](mailto:jason@newyorkmtb.org)

## 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



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notify the racing population as soon as possible via email, social media and website updates. Please review our full weather policy at: [newyorkmtb.org](http://newyorkmtb.org)

## Camping and Lodging

# Hotels Camping

## Contact Information

General League Questions:

**Jason Cairo** [jason@newyorkmtb.org](mailto:jason@newyorkmtb.org)

Race/Venue Specific Questions:

**Dolores Diaz** [doloresEdiaz@gmail.com](mailto:doloresEdiaz@gmail.com)

Rule Specific Questions:

**Andy Greenspan** [greenspanandy@gmail.com](mailto:greenspanandy@gmail.com)

Registration Specific Questions:

**Ellen Tarbay** [ellen.tarbay@gmail.com](mailto: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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## NICA CORE VALUES

