



# NICA

## Glimmerglass State Park

June 9th 2024

Cooperstown 1527 Co Rd 31, Cooperstown NY 13326

### Hyde Park XC

#### RACE DESCRIPTION:

Start Line: Grassy, Uphill.

Type Of Terrain: sweet dirt with some rocks and roots.

Trail Description: 80% Single Track.

Elevation: Approximately 380 feet per lap.

Finish Line: Grassy

Mileage Per Lap: 2.5 for MS & 3.25 HS.

**Parking Fee- 8:00 am-5:00 pm \$7.00**

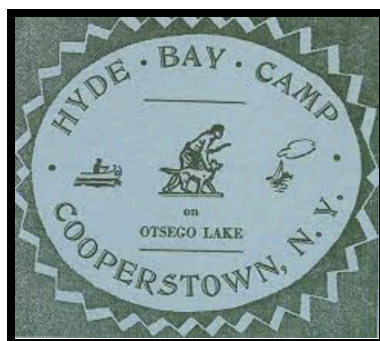
**Empire Pass Welcome**

Hyde Park History: [Hyde Park](#)

Hyde House: [Ghost History](#)

**Volunteers Needed!**

**[Volunteer Link](#)**





# NICA

## Parking & Team Pit Set Up

Vehicles must park in the designated areas for NICA NY.

**Please do not drive your car onto grassy areas to drop off team equipment.**

**Park Parking Fee Starts At 8:00 am. \$7.00 per car-get in early!**

Teams can drop off equipment & tents on 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!

Cooperstown 1527 Co Rd 31, Cooperstown NY 13326

**42.786051, -74.865032**

[Directions Northern NY Areas](#)

[Directions Northwest NY Areas](#)

[Directions ADK Areas](#)

[Directions Southern NY Areas](#)

# 2024 NICA New York Sponsors



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# 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

**Full Race Mileage For Each Category - 8th Grade 7.5 — 7th Grade 7.50 — 6th Grade 7.50**

CATEGORY	STAGING TIME START	START TIME	LAP COUNT	EARNED LAP CUT-OFF TIME	MILEAGE PER LAP
8th Grade Girls	9:20AM	9:30 AM	3	10:30 AM	2.5 Miles
7th Grade Girls	9:20AM	9:31 AM	3	10:30 AM	2.5 Miles
6th Grade Girls	9:20AM	9:32 AM	3	10:30 AM	2.5 Miles

### Wave 2: High School Girls

**Full Race Mileage For Each Category - Varsity 13.0 — JV 13.0 — Sophomore 9.75 — Freshman 9.75**

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	3.25 Miles
JV Girls	10:20 AM	10:31 AM	4	12:00 PM	3.25 Miles
Sophomore Girls	10:20 AM	10:32 AM	3	12:00 PM	3.25 Miles
Freshman Girls	10:20 AM	10:33 AM	3	12:00 PM	3.25 Miles

## NICA New York Policies and Rules

All participants must read, understand and abide by all league policies, rules and protocols while attending any

league event. [Rules Book](#)



# NICA

**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 3: Middle School Boys

**Full Race Mileage For Each Category - 8th Grade 7.50—7th Grade 7.50—6th Grade 7.50**

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	2.5 Miles
7th Grade Boys	12:05PM	12:17 PM	3	1:15 PM	2.5 Miles
6th Grade Boys	12:05 PM	12:19 PM	3	1:15 PM	2.5 Miles

## Wave 4: High School Boys

**Full Race Mileage For Each Category - Varsity 16.25—JV 13.00—Sophomore 9.75—Freshman 9.75**

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	3.25 Miles-
JV Boys	1:05 PM	1:16 PM	4	2:45 PM	3.25 Miles-
Sophomore Boys	1:05 PM	1:17 PM	4	2:45 PM	3.25 Miles-
Freshman Boys	1:05 PM	1:18 PM	3	2:45 PM	3.25 Miles-

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league event. [Rules Book](#)



# NICA

## 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. 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 numberNote:

Final lap count decisions per category will be confirmed at the start of each race in addition to any lap cut-offs If necessary.



# NICA

## Registration Race Four

Online registration closes **Wednesday June 5th, 11:30pm**

**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 2024 season**

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

**Please Check in at the NICA Registration Tent on Saturday 12:00pm-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!

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



# NICA

## 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 getting involved with our events a fun and rewarding experience.

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

**[REGISTER HERE](#)**

**TO VOLUNTEER AT RACE 5**





# NICA

## Event Weekend Schedule

### Saturday

**9:00am** Volunteer Shifts Begin  
**Noon-ish** Volunteer Lunch  
**12:30** Registration Opens  
**1:00 pm** GRiT Rider Meet Up & Ride  
**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  
**3:45 pm** Awards Ceremony

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

## Pit Zone Information

The Pit Zone is open for loading/unloading

Saturday: starting at 10:00 am

No riding on the course before the pre-ride opening at 2:30

**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 posted parking signs. If no signs have been posted about parking, please use your best judgment where you park.





# NICA

## More Pit Zone Information

- ★ No Smoking, 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!!!
- ★ Any violation of the above rules may result in a league suspension, 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 2024 Season**

Contact your Team Director or Head Coach to be invited

Independent riders contact [jason@newyorkmtb.org](mailto:jason@newyorkmtb.org)



# NICA

## 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](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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