



NICA

Gurney Lane XC

May 22, 2022

Gurney Lane, Quuensbury , New York

Gurney Lane XC

RACE DESCRIPTION:

Start Line: Grassy Loose Rock-Rolling Start

Type Of Terrain: Grass, Roots, Rocks

Trail Description: 60% Single Track, 40% Double Track, Tight Turns

Elevation: Approximately 295ft per lap

Finish Line: Grassy





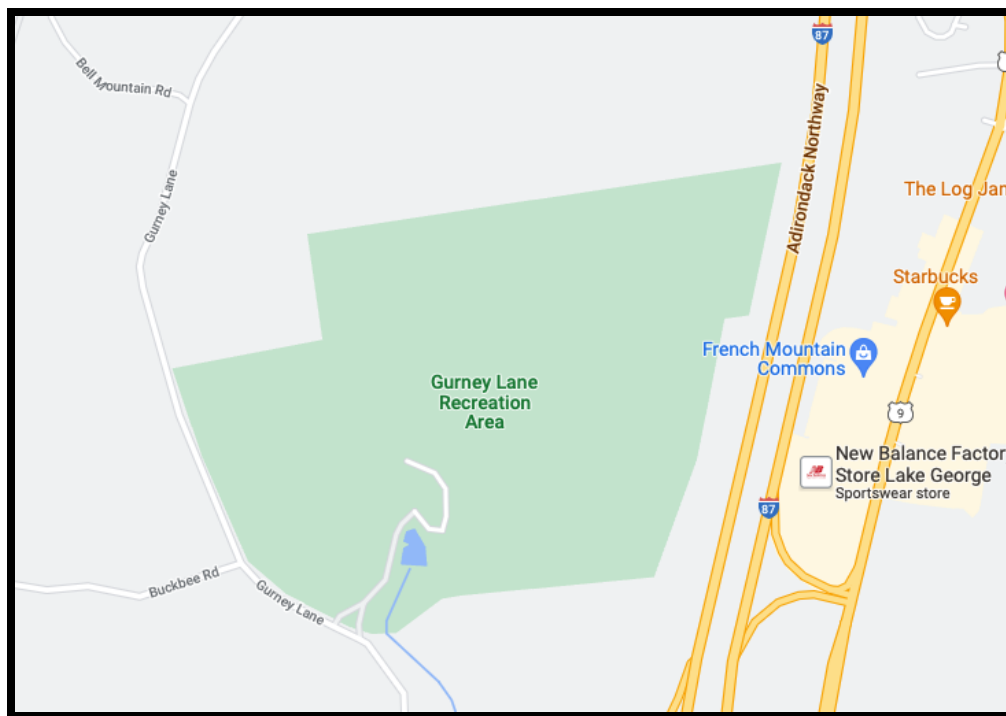
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Race Venue Location

Gurney Lane PArk

118 Gurney Lane Queensbury, NY 12804

43.361895, -73.710673



[Link to Google Directions](#)

[Directions](#) Northern NY Areas

[Directions](#) Northwest NY Areas

[Directions](#) ADK Areas

[Directions](#) Southern NY Areas



NICA

Parking & Team Pit Zone

- Vehicles must park in the designated areas.
- Cars are NOT allowed in the team Pit Zone.
- Teams can drop off team equipment & tents Saturday and are welcome to leave the Team Pit Zone up overnight.
- NICA NY is not responsible for any damage or theft of team property if left overnight.
- [PIT ZONE MAP](#)

Please Read!!!!

Teams will be allowed to drop off Team Pit Zone equipment on Saturday, May 21st all day & Sunday from 6:00am-7:30am

**Saturday, May 21 & Sunday, May 22nd
Team Trailers are allowed in L1 & L2 - Overnight
Trailer Parking Is Welcome & Encouraged.**

All cars in L1 & L2 will NOT be able to exit the park until 3:30 On Sunday, May 22nd.

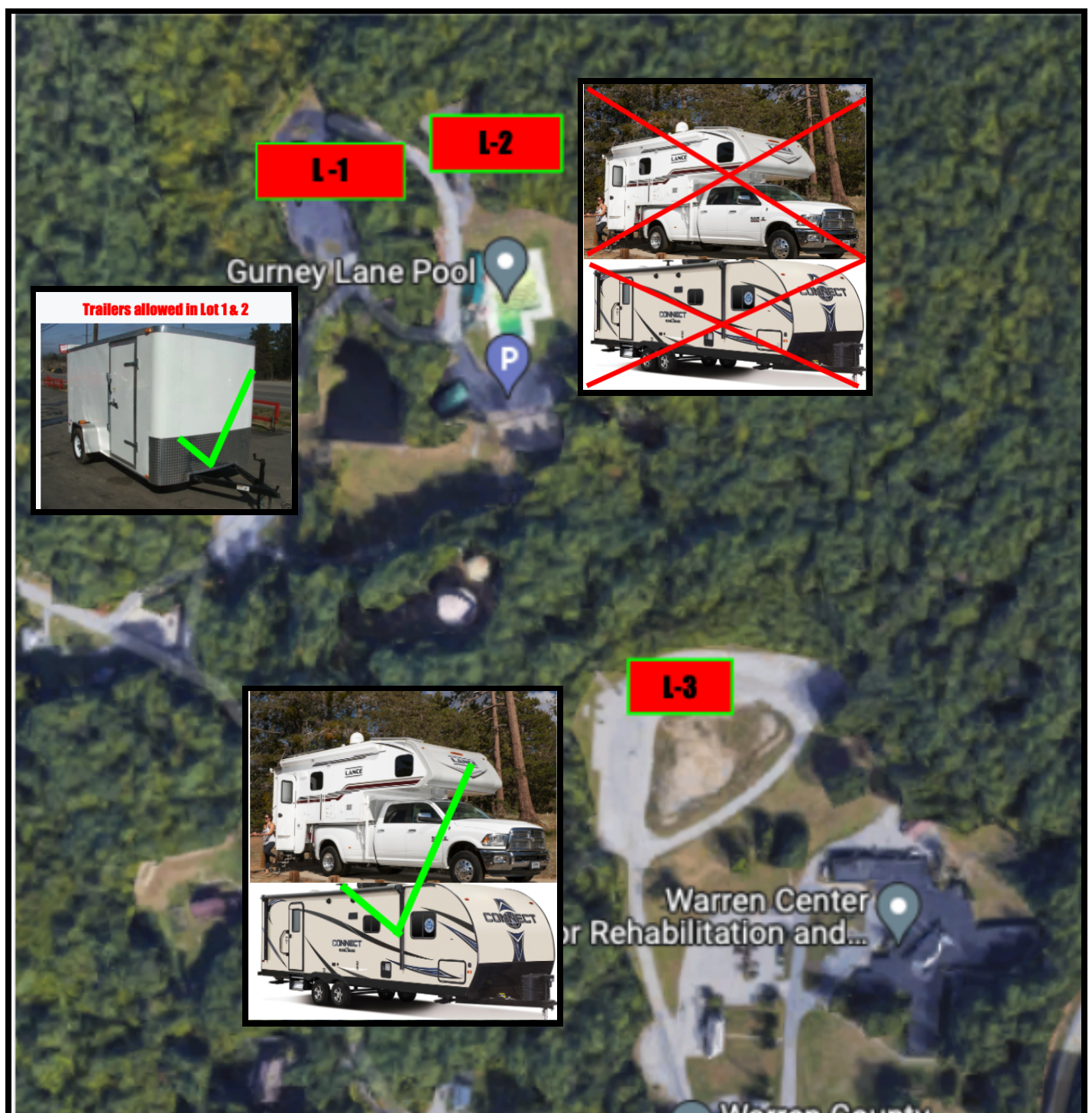
Parking lot 3 will be open all weekend, you are welcome to exit at any time.

Camper Parking in Lot 3 Only



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**NO OVERNIGHT PARKING IN THE PARK OR LOT 3 -
NO CAMPERS IN Lot 1 or Lot 2 On
May 21st & May 22nd
See Map Below**





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Registration

- Online registration closes for race 4 Wednesday May 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 Petition is closed for the 2022 season**
- Please Check in at the NICA Registration Tent on race weekend.
NICA Reg Tent Open- Saturday 3:00pm-5:00pm and Sunday 7:30am-11:30am.
- **DO NOT LOSE YOUR RACE PLATE!** Students will receive a race plate for the race series to be used for all races. Please take care of your plate!!! 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!

2022



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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 sounds 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

- 9:00 AM** Volunteer Shifts Begin
Noon-ish Volunteer Lunch
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)**
1:30 PM NICA GRiT Ride - meet at the NICA GRiT Tent
1:45 PM **GRiT Ride Rolls Out!**
5:00 PM Pre-Ride Closed - (No riders allowed on course after pre-ride is closed)
5:00 PM Registration Closes

Sunday

- 7:30 AM** NICA Registration Opens
7:30 AM Course Pre Ride Opens
9:00 AM Course Pre Ride Close
9:00 AM Coaches Meeting
9:30 AM First Wave Starts - MS Girls
10:30 AM Second Wave Starts - HS Girls
Noon Third Wave Start - MS Boys
1:30 PM Fourth Wave Starts - HS Boys
4:00ish PM Awards Ceremony

**The Awards Ceremony Will Be Held At The End
Of The Day For All Categories**



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Pit Zone Information and NICA Rules

- Pit Zone is open for loading/unloading Saturday: 1:00pm -5:00pm
 - Please No riding on course prior to the pre-ride opening at 3:00pm
 - NO BIKE RIDING ALLOWED IN THE PIT ZONE.
 - Garbage expectations - Pack in/Pack out
 - 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.
-
- Parking in the Pit Zone-NO Cars will be allowed in the team PZ at this race.
 - Athletes only in the staging area - Parents and Coaches should head to the race start and out onto the course to cheer and enjoy the race!
 - Teams must remove all garbage from Pit Zone and camping areas whether or not a dumpster is on site
 - No Smoking, Alcohol, Guns or Open Pit Fires In the park.
 - 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.

FINISH LINE & STARTING LINE RULES

No wheelies through the finish line.

No wheelies off the start line.

No wheelies while racing.

One hand or both hands must be on your handlebars off the start line and through the Finish Line.



NICA

Pre-Ride Race Schedule

Pre-Ride Hours

(Saturday 3:00PM -5:00PM)

Sunday morning (7:30 AM–9:00 AM)

All racers should pre-ride the course

RIDERS MUST ADHERE TO ANY COURSE RESTRICTIONS

NICA GRiT Rides are Saturday! Please Meet at the NICA GRiT Tent starting at 1:30

TO BE ON COURSE:

ALL RIDERS (STUDENTS & REGISTERED COACHES) must be fully practice-ready in the Pit Zone and have their number plates affixed to their bike

NO UNREGISTERED PARENTS/SIBLINGS ALLOWED TO RIDE THE COURSE DURING RACES





NICA

Race Fee/Late Fee

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

Race Registration Closing Schedule 2022

Race One- Tuesday April 5th Midnight

Race Two-Wednesday April 20th Midnight

Race Three Wednesday May 11th Midnight

Race Four Wednesday May18th Midnight

Race Five June 1st Midnight

Scholarships and financial assistance are available, for more information email jason@newyorkmtb.org



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Wave Start Times

STAGING will begin 5 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.

NEW START TIMES

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	3.0 Miles
7th Grade Girls	9:20AM	9:32 AM	3	10:30 AM	3.0 Miles
6th Grade Girls	9:20AM	9:34 AM	2	10:30 AM	3.0 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	4.0 Miles
JV Girls	10:20 AM	10:32 AM	4	12:00 PM	4.0 Miles
Sophomore Girls	10:20 AM	10:34 AM	3	12:00 PM	4.0 Miles
Freshman Girls	10:20 AM	10:36 AM	3	12:00 PM	4.0 Miles

STAGING will begin 5 minutes before each wave.



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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.

NEW START TIMES

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	3.0 Miles
7th Grade Boys	11:50 AM	12:02 PM	3	1:00 PM	3.0 Miles
6th Grade Boys	11:50 AM	12:04 PM	2	1:00 PM	3.0 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	5	2:30 PM	4.0 Miles
JV Boys	12:50 PM	1:02 PM	4	2:30 PM	4.0 Miles
Sophomore Boys	12:50 PM	1:04 PM	3	2:30 PM	4.0 Miles
Freshman Boys	12:50 PM	1:06 PM	3	2:30 PM	4.0 Miles



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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 2022 Season

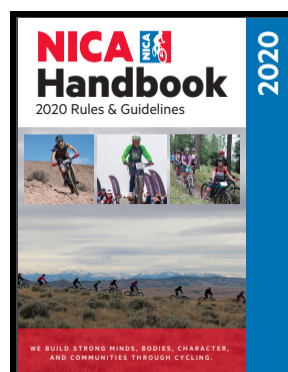
Refund/Weather Policy

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: **New York** [LEAGUE WEATHER POLICY LINK](#)

Handbook: 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.

[2022 Rule 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
- 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.

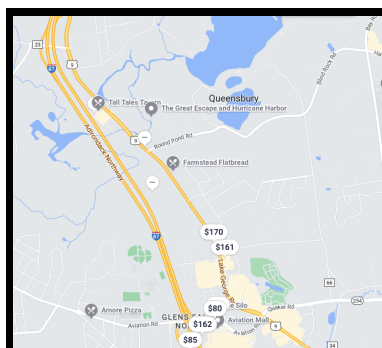
Racers who do not make the time limit cut-off **will still be scored and ranked**.

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

Camping and Lodging

NO CAMPING AT THIS VENUE

-Queensbury Hotels-





NICA

Food Service

NO FOOD VENDORS AT THIS VENUE

Contact Information

General League Questions:

Jason Cairo jason@newyorkmtb.org

Race/Venue Specific Questions:

Dolores Diaz dolores@newyorkmtb.org

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.





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2022 NICA New York Sponsors



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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.

