



NICA

Miracle On The Mountain XC

May 15, 2022
Oneonta High School, Oneonta NY

Miracle On The Mountain XC

RACE DESCRIPTION:

Start Line: Grassy-Standing Start

Type Of Terrain: Grass, Roots, Rocks

Trail Description: 70% Single Track, 30% Double Track, Tight Turns

Elevation: Approximately 295ft per lap

Finish Line: Grassy

Mileage Per Lap: 3. miles



ONEONTA HIGH SCHOOL

Home of the Yellowjackets

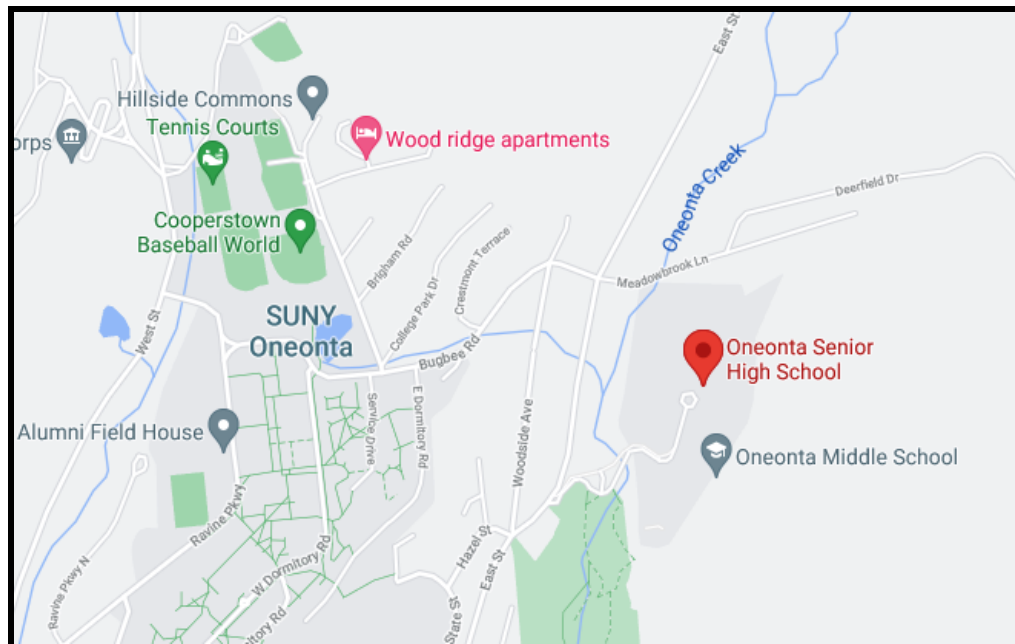




NICA

Race Venue Location

130 East St Oneonta, NY 13820
[42.469695, -75.051692](tel:42.469695,-75.051692)



[Link to Google Directions](#)

[Directions](#) Northern NY Areas

[Directions](#) Northwest NY Areas

[Directions](#) ADK Areas

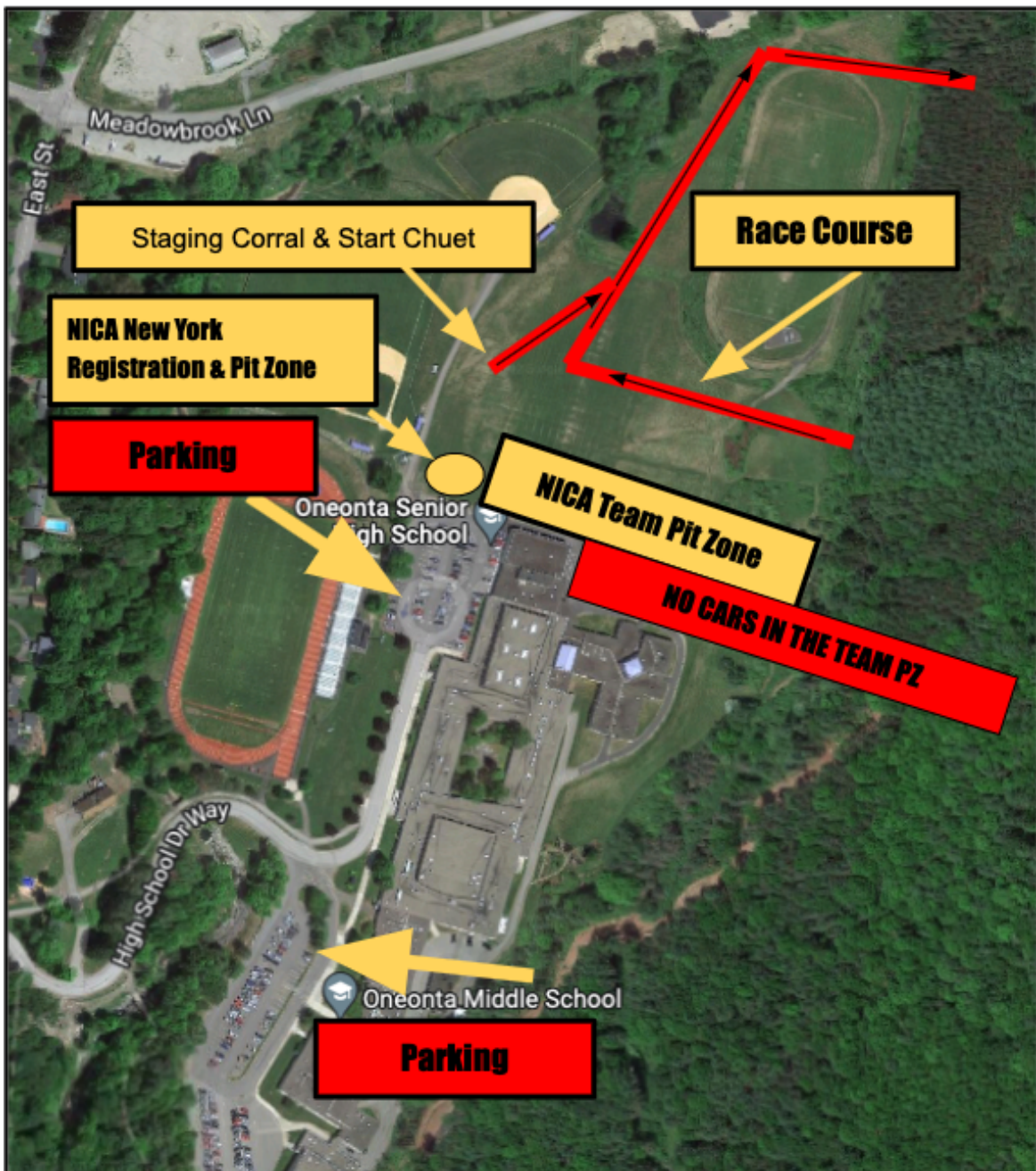
[Directions](#) Southern NY Areas



NICA

Parking & Team Pit Zone

- Please Follow signs up to the NICA Pit Zone:
- Vehicles must park in the designated areas.
- Cars are NOT allowed in the team Pit Zone on the field.
- 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





NICA

Registration

- Online registration closes for race 3 Wednesday May 11th 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 7:00am-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!





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 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 COMING SOON** 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 Boys
10:30 AM Second Wave Starts - MS Girls
Noon Third Wave Start - HS Boys
12:15 PM Middle School Awards Ceremony
1:30 PM Fourth Wave Starts - HS Girls
4:00ish PM High School Awards Ceremony

Awards Ceremony will commence after each race has finished and the results have been posted and not contested.



NICA

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 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.

FINISH LINE & STARTING LINE RULES

No weelies 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.



Pre-Ride Race Schedule

Pre-Ride Hours

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

Sunday morning (7:00 AM–8:30 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 May 18th Midnight

Race Five June 1st Midnight

Race Plates: Race Plates can be picked up on Saturday

May 14th starting at 3:00 pm at the registration tent.

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



NICA

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.

Wave 1: Middle School Boys

CATEGORY	STAGING TIME	START TIME	LAP COUNT	EARNED LAP CUT-OFF TIME	MILEAGE PER LAP
8th Grade Boys	9:20 AM	9:30 AM	3	10:30 AM	3.0 Miles
7th Grade Boys	9:20 AM	9:33 AM	3	10:30 AM	3.0 Miles
6th Grade Boys	9:20 AM	9:35 AM	3	10:30 AM	3.0 Miles

Wave 2: Middle School Girls

CATEGORY	STAGING TIME	START TIME	LAP COUNT	EARNED LAP CUT-OFF TIME	MILEAGE PER LAP
8th Grade Girls	10:30AM	10:38 AM	3	11:40 AM	3.0 Miles
7th Grade Girls	10:30AM	10:40 AM	3	11:40 AM	3.0 Miles
6th Grade Girls	10:30AM	10:42 AM	3	11:40 AM	3.0 Miles



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Wave 3: High School Boys

CATEGORY	STAGING TIME	START TIME	LAP COUNT	EARNED LAP CUT-OFF TIME	MILEAGE PER LAP
Varsity Boys	11:50 PM	12:00 PM	6	1:30 PM	3.0 Miles
JV Boys	11:50 PM	12:02 PM	5	1:30 PM	3.0 Miles
Sophomore Boys	11:50 PM	12:04 PM	4	1:30 PM	3.0 Miles
Freshman Boys	11:50 PM	12:06 PM	4	1:30 PM	3.0 Miles

Wave 4: High School Girls

CATEGORY	STAGING TIME	START TIME	LAP COUNT	EARNED LAP CUT-OFF TIME	MILEAGE PER LAP
Varsity Girls	1:30 PM	1:45 PM	5	3:15 PM	3.0 Miles
JV Girls	1:30 PM	1:47 PM	4	3:15 PM	3.0 Miles
Sophomore Girls	1:30 PM	1:49 PM	3	3:15 PM	3.0 Miles
Freshman Girls	1:30 PM	1:52 PM	3	3:15 PM	3.0 Miles



NICA

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

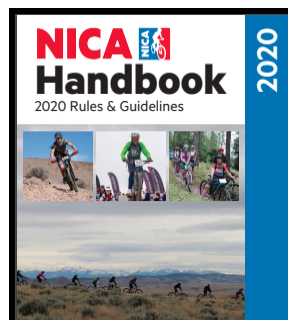
Refund/Weather Policy

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.

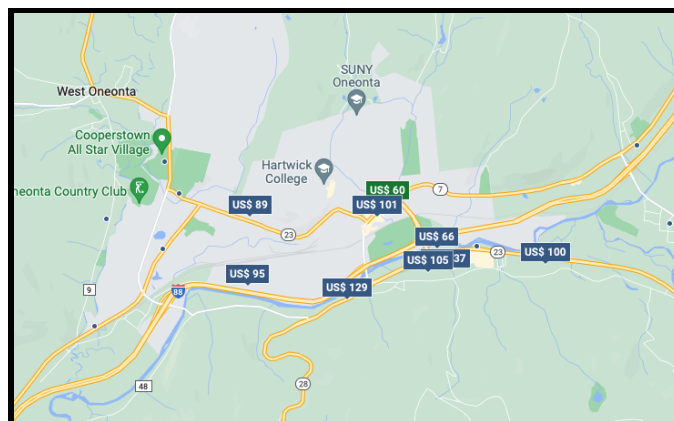
Racers who do not make the time limit cut-off **will still be scored and ranked**.

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

Camping and Lodging

NO CAMPING AT THIS VENUE

-Oneonta 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 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.





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New York League and National Sponsors

2022 NICA New York Sponsors



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NICA NATIONAL FOUNDATION PARTNERS

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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.

