



NICA

Cobweb Shredder XC

April 10th 2022

EF Academy-Thornwood New York

Cobweb Shredder XC EF Academy

EF Academy is one of NICA New York's new race venues for the 2022 season.

Terrain: Loose Dirt/Roots/Rock/Grass

Trail: 45% passing 55% Single Track

Elevation:TBA

Millage: 4.0 Mile

Start Terrain:Grass Field

Finish Terrain:Grassy Flat

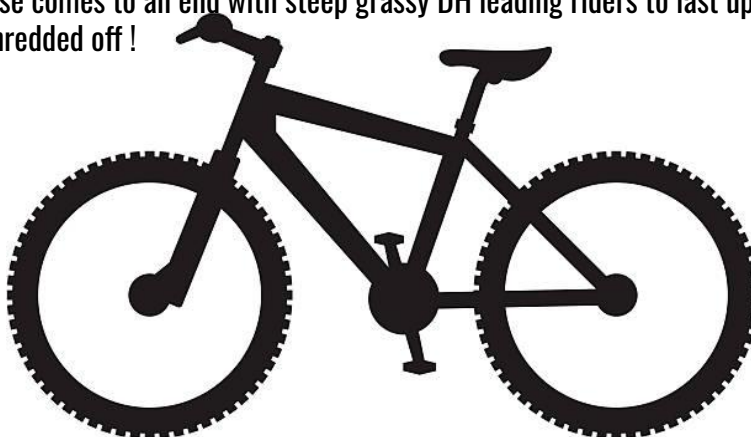
Course description:

Wide open grassy start, sending riders toward the first of many small uphill chute's on the course.

Riders hit the woods for a moment and emerge again back into the infield for a lap around Fantasy Island.

Riders then head back into the woods over one of the many rock walls on the course.

Twisting and turning through the wooded EF trail network is a gas on, gas off tempo much like Cathedral Pines! Plenty of passing opportunities out on the course, BUT BE AWARE!! It can quickly Change to singletrack. The course comes to an end with steep grassy DH leading riders to last uphill, that is certain to get those Cobwebs Shredded off !



Location Location Location!



NICA

EF Academy

248 Westlake Dr Valhalla, NY 10595

Saturday Entrance Opens 12:00 to 5:00pm

Sunday Entrance Opens 6:00am-8:30am

582 Columbus Ave, Thornwood, NY 10594

Sunday Entrance Opens 8:30am

[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 for NICA NY.
- One Car is 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

Parking At EF-Helpful Tips:

Arrive early to avoid traffic back up & Get That sweet spot Uncle Leo would be proud of!

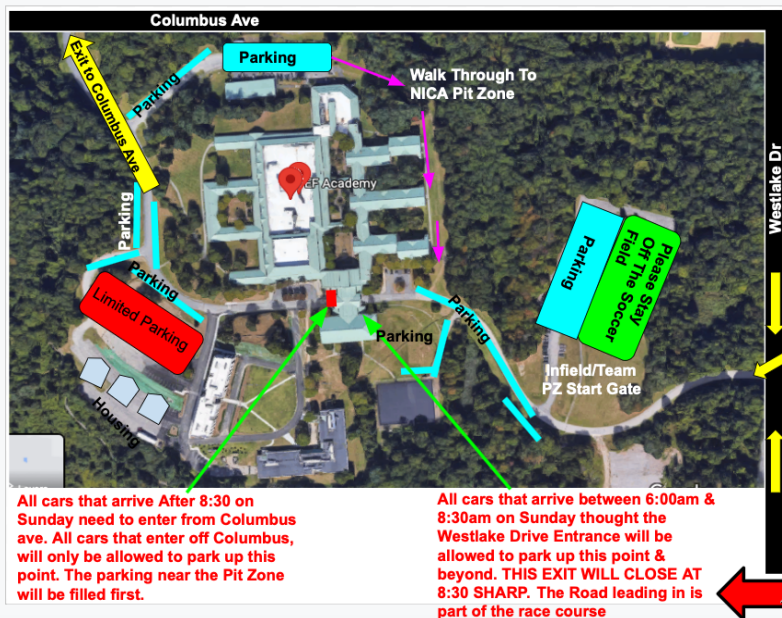
Parking is allowed on the side of the road and grassy areas. Areas are marked in blue on the map are open for parking.

Please park front end in first when you can.

Please avoid parallel parking, we can maximise space by parking front end in first.

Please use your best judgment when parking this weekend.

Carpooling is appreciated!!!



All cars that arrive After 8:30 on Sunday need to enter from Columbus ave. All cars that enter off Columbus, will only be allowed to park up this point. The parking near the Pit Zone will be filled first.

All cars that arrive between 6:00am & 8:30am on Sunday through the Westlake Drive Entrance will be allowed to park up this point & beyond. THIS EXIT WILL CLOSE AT 8:30 SHARP. The Road leading in is part of the race course

PARKING & SCHOOL ENTRANCE RULES AND GUIDELINES

School Entrance Times:

Saturday April 9th: Please Enter EF from Westlake Dr-The gate will be open from 12:00-5:00 pm- Please Use the exit out to Columbus Ave when leaving the school. Thank You (see map for details)

Westlake Dr Entrance

Sunday April 10th: Please Enter EF from Westlake Dr-The Gate will be open from 6:00am-8:30am
After 8:30 Cars will need to enter from Columbus Ave. THIS EXIT WILL CLOSE AT 8:30 SHARP. The Road leading into the school will be part of the race course.

Please Use the exit out to Columbus Ave when leaving the school. Thank You (see map for details)

Important Information!!!



NICA

Registration

Online registration closes **Tuesday April 5th 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!





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](#) 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





NICA

Event Weekend Schedule

Saturday

9:00 AM Volunteer Shifts Begin
Noon-ish Volunteer Lunch
1:30PM GRiT Rider Meet Up
2:00PM Race Plate Pick Up Opens
3:00 PM Registration Opens

(No Race Weekend Registration, Please be sure to register before midnight April 5th)

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)

3:00 PM *NICA GRiT Ride - meet at the NICA GRiT Tent

5:00 PM Pre-Ride Closed - (No riders allowed on course after pre-ride is closed)

5:00 PM Registration Closed

Sunday

7:00-9:00 Course Pre Ride Open/Close

9:00 Coaches Meeting

9:30 Wave One Staging

10:30 Wave Two Staging

11:50 Wave Three Staging

12:15 MS Awards Ceremony (Award Ceremonies Will Commence After The Results Have Been Posted & Not Contented)

1:30 Wave Four Staging

4:00 HS Awards Ceremony (Award Ceremonies Will Commence After The Results Have Been Posted & Not Contented)

-PLEASE READ THE RACE TIME & LAP TABLE BELOW-



NICA

Pit Zone Information and NICA Rules

- 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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- ★ 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.



Pre-Ride Race Plate

Pre-Ride Hours

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

Sunday morning (7:00 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 at 3:00pm

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 ON COURSE





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 May 1st Midnight

Race Plates: Race Plates can be picked up on Saturday April 9th starting at 2:00 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 10 minutes before each wave.

Call Ups will start at race Two. Riders will be called up at random for this race only.

Random Number 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.

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	2	10:30 AM	4 Miles
7th Grade Boys	9:20 AM	9:32 AM	2	10:30 AM	4 Miles
6th Grade Boys	9:20 AM	9:34 AM	2	10:30 AM	4 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	10:40 AM	2	11:40 AM	4 Miles
7th Grade Girls	10:30AM	10:42 AM	2	11:40 AM	4 Miles
6th Grade Girls	10:30AM	10:44 AM	2	11:40 AM	4 Miles

**Middle School Award Ceremony: Wave One & Wave
Two Awards Ceremony Time**

12:15



NICA

Wave 3: High School Boys

CATEGORY	STAGING TIME	START TIME	LAP COUNT	EARNED LAP CUT-OFF TIME	MILEAGE PER LAP
Varsity Boys	11:50 AM	12:00 PM	5	1:30 PM	4 Miles
JV Boys	11:50 AM	12:02 PM	4	1:30 PM	4 Miles
Sophomore Boys	11:50 AM	12:04 PM	3	1:30 PM	4 Miles
Freshman Boys	11:50 AM	12:06 PM	3	1:30 PM	4 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	1:40 PM	4	3:15 PM	4 Miles
JV Girls	1:30 PM	1:42 PM	4	3:15 PM	4 Miles
Sophomore Girls	1:30 PM	1:44 PM	3	3:15 PM	4 Miles
Freshman Girls	1:30 PM	1:46 PM	3	3:15 PM	4 Miles

High School Award Ceremony:

Wave Three & Wave Four Awards Ceremony

Time 4:00



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

Those petitioning for exceptions to category placement must do so by

Tuesday April 5th Race Day [Petition Link](#)

No race day petitions will be accepted

Petitions must be submitted by **Tuesday April 5th**

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

Race Registration Closing Schedule 2022

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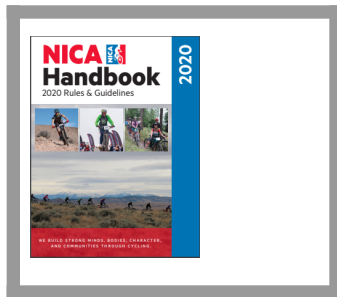
NICA

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**

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.





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

-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.

Additional Event Info

Additional Event Info to Share

- NICA GRiT Ride
- Local Trail Networks Near The Race -Graham Hills Park-Sprain Ridge Park-York Town Trails- Blue Mountain



NICA

NICA CORE VALUES





NICA

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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.