



NICA

RACE THREE

May 17th, 2026

Oneonta HS, 130 East St, Oneonta, NY

Thrill On The Hill XC

RACE DESCRIPTION:

Start Line: Grass Standing Start

Finish Line: Grass

Type of Terrain: hard pack, rock, roots, grass

Trail Description: 45% Single Track, 55% Double Track

Each Lap Elevation- HS 400 - Each Lap Elevation - MS 203

Garbage expectations - **Teams must remove all garbage from the Pit Zone. Pack in Pack Out**

Race Two - Race Plate Pick Up Times

Saturday, May 16th, 1:00 pm - 4:30 pm

Sunday, May 17th, 7:30 am - All Day

ALL RIDERS & COACHES MUST CHECK IN AND PICK UP A NUMBER OR COACH PLATE IF YOU DID NOT PICK ONE UP AT LIPPMAN PARK.



NICA

2026 NICA New York Sponsors

JAMIS
BIKES

HOLESHOT

VOLT
CYCLEWEAR



TREK
WATERLOO, WISCONSIN | SINCE 1976



Stewart's
Shops



STANS
NO TUBES

Parking & Team Pit Set Up

Vehicles must park in the designated areas for NICA NY guests.
NO CARS ON THE FIELD IF RAIN IS FALLING OR HEAVY RAIN HAS FALLEN ON SATURDAY. TRAILER PARKING IS ALLOWED IN THE FIELD ONLY IN DRY CONDITIONS

Teams can drop off equipment & tents on Saturday,
starting at 11:00 am.

Team pit zones can be left overnight.

NICA NY is not responsible for any damage or theft of team property if left overnight.



NICA

Rider Petition Link & Guidelines

[Petition Link](#)

NO RACE WEEKEND PETITIONS WILL BE ACCEPTED UNDER ANY CIRCUMSTANCES.

8th Grade & MS Advanced Riders may petition to Freshman

Freshman Category Riders Can Petition to JV or Varsity

Sophomore Category Riders Can Petition to JV or Varsity

JV Category Riders Can Petition to Varsity.

Points earned in race one will not carry over if the rider moves up in category.





NICA

Location, Location, Location!

ONEONTA HIGH SCHOOL

130 East St, Oneonta, NY

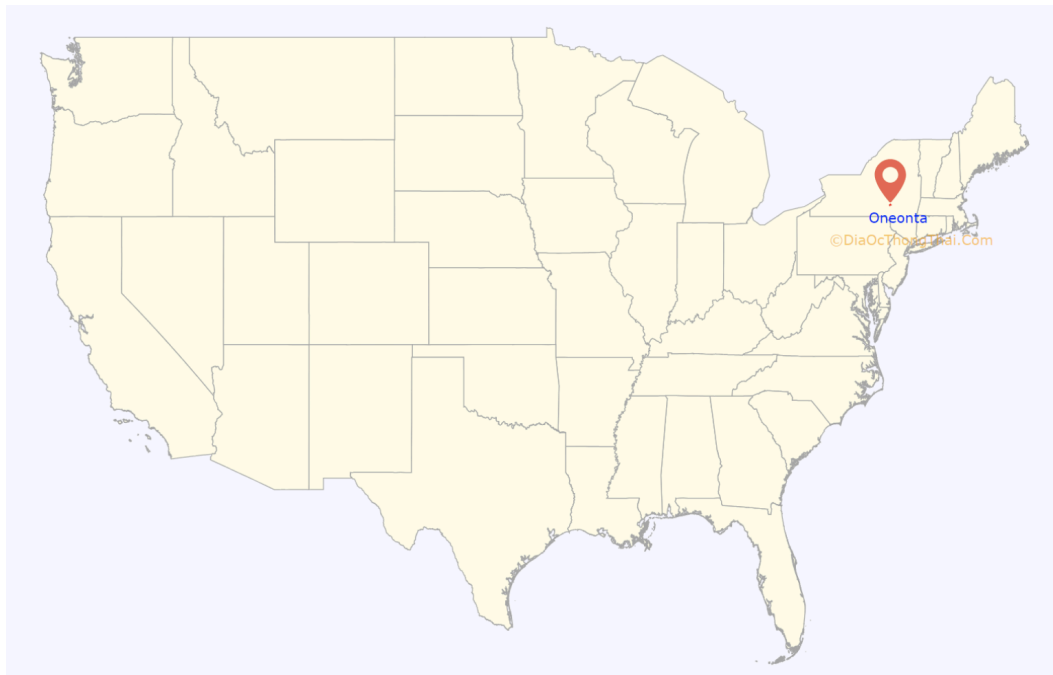
[Directions Northern NY Areas](#)

[Directions Northwest NY Areas](#)

[Directions Capital District Areas](#)

[Directions Southern NY Areas](#)

[Catskills](#)





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Wave Start Times Middle School

STAGING will begin 10 minutes before each wave.

The call-up order for race #2 and beyond will be based on series standings for all categories

Wave 1: Middle School Girls One Minute Between Each Category Start

CATEGORY	STAGING TIME	START TIME	LAP COUNT	EARNED LAP CUT-OFF TIME	MILEAGE PER LAP
MS Advanced	9:05 AM	9:15 AM	3	10:10 AM	1.8
8th Grade Girls	9:05 AM	9:16 AM	2	10:10 AM	1.8
7th Grade Girls	9:05 AM	9:17 AM	2	10:10 AM	1.8
6th Grade Girls	9:05 AM	9:18 AM	2	10:10 AM	1.8
5th Grade Girls	9:05 AM	9:19 AM	1	10:10 AM	1.8

Wave 2: MS Boys

CATEGORY	STAGING TIME	START TIME	LAP COUNT	EARNED LAP CUT-OFF TIME	MILEAGE PER LAP
MS Advanced Boys	10:00 AM	10:10 AM	3	11:05 AM	1.8
8th Grade Boys	10:00 AM	10:10 AM	2	11:05 AM	1.8
7th Grade Boys	10:00 AM	10:10 AM	2	11:05 AM	1.8
6th Grade Boys	10:00 AM	10:10 AM	2	11:05 AM	1.8
5th Grade Boys	10:00 AM	10:10 AM	1	11:05 AM	1.8



NICA

Wave Start Times High School

STAGING will begin 10 minutes before each wave.

The call-up order for race #2 and beyond will be based on series standings for all categories

Wave 3: High School Girls

CATEGORY	STAGING TIME	START TIME	LAP COUNT	EARNED LAP CUT-OFF TIME	MILEAGE PER LAP
Varsity Girls	11:30 AM	11:40 AM	4	12:50 PM	3.5
JV Girls	11:30 AM	11:41 AM	3	12:50 PM	3.5
Sophomore Girls	11:30 AM	11:42 AM	3	12:50 PM	3.5
Freshman Girls	11:30 AM	11:43 AM	3	12:50 PM	3.5

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	4	2:10 PM	3.5
JV Boys	12:50 PM	1:01 PM	3	2:10 PM	3.5
Sophomore Boys	12:50 PM	1:02 PM	3	2:10 PM	3.5
Freshman Boys	12:50 PM	1:03 PM	3	2:10 PM	3.5



NICA

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 2026](#)

NICA New York NICA Race Duration Guidelines

Riders will complete laps with the following Race Duration Guidelines for each category:

- **5th Grade 45 Minute Cut Off**
- **Middle School Races 55 Minute Cut Off**
- **High School Race 70 Minutes Cut Off**

Student-athletes will be asked to withdraw at the finish line once the cutoff time is 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 meet the time-limit cutoff will still be scored and ranked. Due to weather or course closures, these duration guidelines may be changed at the League's discretion.



NICA

Registration 2026

ALL NICA NEW YORK REGISTERED RIDERS ARE ELIGIBLE TO RACE THIS SPRING.

Once you have registered for the season, no other registration is necessary.
No Category Change is available on race weekend.

DO NOT LOSE YOUR RACE PLATE! Students will receive a race plate for the series to use for all races, so please take care of it. 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 available at the registration tent all season long, along with some empathy, since we have all lost our race plates before!

Scholarships and financial assistance are available.

[Scholarship Application](#)

Camping and Lodging

Hotels



Camping





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 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 is 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 interests you, and look forward to the fun!

[Volunteer Now!](#)

HERE TO GUARANTEE YOUR PREFERRED VOLUNTEER SPOTS FOR EACH RACE!

For more information, contact Jason at newyorkmtb.org.





NICA

Event Weekend Schedule

Saturday

- 9:00 am Volunteer Shifts Begin**
Noonish Volunteer Lunch
1:00 Registration Opens
1:00 pm GRiT Rider Meet Up
3:00 pm Pre-Ride Open to all riders

***Everyone on the 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-

25-Team Point deduction if coach or rider is on the course after 9:00 am

NO BIKES ON COURSE DURING RACE TIMES-PARENTS/COACH/RIDERS NOT RACING

8:40 am Coaches Meeting

3:30 pm Awards Ceremony

Award Ceremonies Will Commence After The Results Have Been Posted



NICA

Race Weekend Pit Zone Information

Pit Zone is open for loading/unloading

Saturday: 11:00 am -5:00 pm all season long

There will be no riding on the course before the pre-ride opening at 3:00 pm on Saturday and after 9:00 on Sunday.

NO BIKE RIDING ALLOWED IN THE PIT ZONE-

Please do not walk, ride, or drag your bike into the NY Pit Zone.

Garbage expectations -Teams must remove all garbage from the Pit Zone. 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 Yeller 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 when parking.

More Team Pit Zone Information

- ★ **Parking in the Pit Zone: Cars are NOT allowed in the Team PZ AT THIS RACE**
- ★ **No Smoking, Alcohol, Guns, Open Pit Fires, aliens, or Bigfoots are allowed in the park.**
- ★ **Conflicts and disputes should not be dealt with in the team Pit Zone area**
- ★ **Keep calm, 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.**

Race Fee/Late Fee

	MIDDLE SCHOOL	HIGH SCHOOL	
League Registration (annual)	\$20.00	\$20.00	No Race Weekend Registration
Race Entry Fee (per race)	\$20.00	\$20.00	No Race Weekend Registration

Chip Timing Info



NICA

All riders will receive a permanent number plate with a chip-timing transponder.

Riders will use the same plate for the entire race series.

Please remove it before mounting the bike for transport to prevent loss.

Replacement number plates will be available at the registration tent for \$10.00 if lost.

Independent riders contact jason@newyorkmtb.org

Contact Information

General League Questions:

Race/Venue Specific Questions:

Rule Specific Questions:

Registration Specific Questions:

Social Media

Coach Supporter

GRiT Supporter

Jason Cairo jason@newyorkmtb.org

Dolores Diaz dolores@newyorkmtb.org

Andy Greenspan greenspanandy@gmail.com

Ellen Tarbay ellen.tarbay@gmail.com

Lisa Holt lholt15@gmail.com

Nicky Jennings nicky@nationalmtb.org

Justine Kreso grit@newyorkmtb.org

Please note that most staff arrive on-site on Thursday or Friday of each race weekend and may need more cell/data coverage to respond to calls/emails. Please plan accordingly.



NICA

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, please see our [brochure here](#).

Insurance Coverage

NICA Insurance coverage covers registered student-athletes and coaches injured while participating in the sanctioned pre-ride and race events.

For more information on NICA Insurance Coverage, please see our [FAQ here](#).

NICA CORE VALUES





NICA

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 professionally, safely, and engagingly.

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NICA CORE VALUES

