



**NICA**

# Timber Ridge XC

**June 1st, 2025**

**Lippman Park Wawarsing, NY**

# Timber Ridge XC

## RACE DESCRIPTION:

**Start Line: Grass Standing Start**

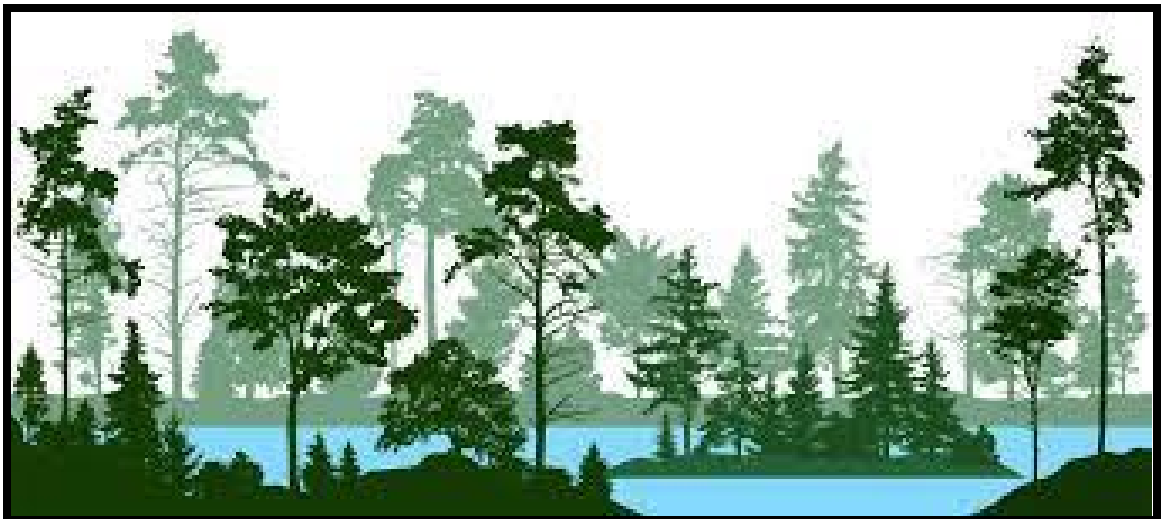
**Finish Line: Grass**

**Type Of Terrain: Gravel, Roots & Rocks**

**Trail Description: 70% Single Track, 30% Double Track**

**Lap Elevation: HS 254 Each Lap- MS 185 Each Lap**

**NO DOGS ALLOWED IN THE PARK.**





# NICA

## Race Day - Parking - Team PZ Set Up

Vehicles must park in the designated areas for NICA NY.

The Main Parking Lot Will Close at 8:30 Sunday morning and not reopen for cars to exit until 3:00

ONE CAR PER TEAM IS allowed in the team Pit Zone in the grass field.

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.

No riding on the course before the pre-ride opening at 3:00 pm

**Race Day: Pre-Ride Sunday 7:00 am-9:00 am**

**25-point deduction to Teams if a Rider or Coach is on a bike on the course after 9:00 am**

## Location! Location! Location!

US-209, Wawarsing, NY 12489

### [Lippman Park](#)

[Directions Northern NY Areas](#)

[Directions Northwest NY Areas](#)

[Directions ADK Areas](#)

[Directions Southern NY Areas](#)

[Directions Albany Area](#)

# 2025 NICA New York Sponsors





# 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

Lap Elevation 185 Per Lap

CATEGORY	STAGING TIME START	START TIME	LAP COUNT	EARNED LAP CUT-OFF TIME	MILEAGE PER LAP
MS Advanced Girls	9:20 AM	9:30 AM	3	10:25 AM	2.8
8th Grade Girls	9:20 AM	9:33 AM	2	10:20 AM	2.8
7th Grade Girls	9:20 AM	9:36 AM	2	10:20 AM	2.8
6th Grade Girls	9:20 AM	9:40 AM	2	10:20 AM	2.8

### Wave 2: High School Girls

Lap Elevation 254 Per Lap

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	11:50 PM	3.3
JV Girls	10:20 AM	10:31 AM	4	11:50 PM	3.3
Sophomore Girls	10:20 AM	10:32 AM	3	11:50 PM	3.3
Freshman Girls	10:20 AM	10:33 AM	3	11:50 PM	3.3



# 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

Lap Elevavation 185 per lap

CATEGORY	STAGING TIME START	START TIME	LAP COUNT	EARNED LAP CUT-OFF TIME	MILEAGE PER LAP
MS Advanced Boys	12:05 PM	12:15 PM	3	1:10 PM	2.8
8th Grade Boys	12:05 PM	12:17 PM	2	1:05 PM	2.8
7th Grade Boys	12:05 PM	12:19 PM	2	1:05 PM	2.8
6th Grade Boys	12:05 PM	12:21 PM	2	1:05 PM	2.8

## Wave 4: High School Boys

Lap Elevavation 254 per lap

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	2:35 PM	3.3
JV Boys	1:05 PM	1:16 PM	4	2:35 PM	3.3
Sophomore Boys	1:05 PM	1:17 PM	3	2:35 PM	3.3
Freshman Boys	1:05 PM	1:18 PM	3	2:35 PM	3.3



# NICA

## 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. [Rules Book 2025](#)

## NICA New York NICA Race Duration Guidelines

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

- **50 minutes Cut-Off For All Middle School Riders**
- **55 minutes Cut-Off For All Middle Advanced School Riders**
- **80 minutes Cut-Off For Frosh/Sophomore Riders**
- **80 minutes Cut-Off For JV Riders**
- **80 minutes Cut-Off For Varsity Riders**

Student-athletes will be asked to withdraw at the finish line after the 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 such as safety, heat, cold, rain, muddy conditions, or fatigue.

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's Discretion.

STAGING will begin 10 minutes before each wave.

Call-ups for All Riders Will Be Called.

The top 5 overall riders will be called to the line by name, and all other riders by number.



# NICA

## Registration Race

Online registration closes **Wednesday, May 28th, 2025**

**All riders must be registered in the NICA NY Pit Zone**

**No Race Day Registration is available on race weekend.**

**Please check in at the NICA Registration Tent on Saturday, 12:30 pm-4:30 pm.  
and Sunday 7:00am-11:00am.**

DO NOT LOSE YOUR RACE PLATE! Students will receive a race plate for the series to be used in 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 fee to replace race plates if they are** 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!

## **Race Registration Closing Schedule 2025**

Race Rescheduled Three Wednesday, May 28th, 11:59 PM

Race Four Thursday, May 15th, 11:00 PM

Race Five Thursday, June 4th, 11:00 PM

Race Plates: You can pick up your race plates at the registration tent on Saturday.

Scholarships and financial assistance are available. For more information, email

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

## PARK & Pit Zone Information

The Pit Zone is open for loading/unloading

Saturday: 10:00 AM -5:00 pm

**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.**

Fire/Grilling expectations - **FLAME ON!!!** BBQs are welcome & Jason Always Needs A Burger!

No inappropriate language is allowed.

**Dog expectations: NO DOGS ALLOWED AT LIPPMAN PARK**

NO Alcohol

No Smoking or Vaping

Traffic and Parking Plan: Please follow all posted parking signs. If no signs have been posted about parking, use your best judgment to determine where to park.



# 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 are with you every step of the way. You will feel confident and well-prepared for your task.

View volunteer training videos [HERE](#)

**CLICK Volunteer Link HERE TO GUARANTEE YOUR PREFERRED VOLUNTEER SPOT.**

**[VOLUNTEER REGISTRATION](#)**





# NICA

## Event Weekend Schedule

### **Saturday**

**9:00 am** Volunteer Shifts Begin  
**Noon-ish** Volunteer Lunch  
**1:00 pm** GRiT Rider Meet Up & Ride  
**2:00 pm** Registration Opens  
**3:00 pm** Pre-Ride Open to all riders

**\*Everyone on the course must have a race plate on their bikes. (student, coach, league staff)**

**5:00 pm** Pre-Ride Closed  
**4:30 pm** Registration Closed

### **Sunday**

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

**25-point deduction to Teams if a Rider or Coach is on a bike on the course after 9:00 am**

**8:45 am** Coaches Meeting  
**9:30 am** First Wave  
**10:30am** Second Wave  
**12:15 pm** Third Wave  
**1:15 pm** Fourth Wave  
**3:30 pm** Awards Ceremony

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



# NICA

## More Pit Zone Information

- ★ No Smoking, Alcohol, Guns, or Open Pit Fires On The Property.
- ★ Conflicts and/or disputes should not be handled 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 a chip-timing transponder on the backside. Riders will use the same plate for the entire race series, so 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.**



# NICA

## Petitions for Category Placement

Contact your Team Director or Head Coach to be invited  
Independent riders contact [jason@newyorkmtb.org](mailto:jason@newyorkmtb.org)

## Refund/Weather Policy

Below are the guidelines for how the league will conduct races in 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 attempt to notify the racing population via email, social media, and website updates as soon as possible. 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

## 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 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](#).



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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## NICA CORE VALUES





**NICA**