



NICA

RACE ONE

April 19, 2026

Tymor Park - 8 Tymor Park Rd, Lagrangeville, NY

Tymor Park XC

Course Information:

Terrain: roots, rocks, single and double track

Trail: 60% Passing 40% Single Track

Elevation: 275 PL- Lap Millage: MS 2.75 HS 3.0

Start Terrain: Loose Gravel

Finish Terrain: Grass

Race One - Race Plate Pick UP Times

Saturday, April 18th, 12:00 pm - 4:30 pm

Sunday, April 19th, 7:30 am - All Day

Please be sure to check in and pick up your number plate & coach plate for the season.

Parents who wish to ride the course do not need a number plate.

Team Race Plate Packs Will Be Available To Pick Up Starting At Noon on 4/18/26

Coaches, please note that we will hand off Race Plates.

to riders as they show up if a team coach has not picked up the team RP pack.

ALL RIDERS & COACHES MUST CHECK IN AND PICK UP A NUMBER OR COACH PLATE.

2026 NICA New York Sponsors





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Parking & Team Pit Set Up

Vehicles must park in the designated areas for NICA NY guests.

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.

Rider Petition Link & Guidelines

Petition Placement Outline

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.

Please do not petition riders for scoring purposes or push riders to petition.

Riders may not petition to be downgraded from their category.

Petition Link 2026 Opens 4/20/26





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Wave Start Times Middle School

STAGING will begin 10 minutes before each wave.

The starter will have a randomized list of the teams in each race. One rider from each team will be called up in that order, repeating in the same order until all riders are staged. 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 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	2.75
8th Grade Girls	9:05 AM	9:16 AM	2	10:10 AM	2.75
7th Grade Girls	9:05 AM	9:17 AM	2	10:10 AM	2.75
6th Grade Girls	9:05 AM	9:18 AM	2	10:10 AM	2.75
5th Grade Girls	9:05 AM	9:19 AM	2	10:10 AM	2.75

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	2.75
8th Grade Boys	10:00 AM	10:10 AM	2	11:05 AM	2.75
7th Grade Boys	10:00 AM	10:10 AM	2	11:05 AM	2.75
6th Grade Boys	10:00 AM	10:10 AM	2	11:05 AM	2.75
5th Grade Boys	10:00 AM	10:10 AM	2	11:05 AM	2.75



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Wave Start Times High School

STAGING will begin 10 minutes before each wave.

The starter will have a randomized list of the teams in each race. One rider from each team will be called up in that order, repeating in the same order until all riders are staged. 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: 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.
JV Girls	11:30 AM	11:41 AM	3	12:50 PM	3.
Sophomore Girls	11:30 AM	11:42 AM	3	12:50 PM	3.
Freshman Girls	11:30 AM	11:43 AM	3	12:50 PM	3.

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



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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:

- **55 Minutes Middle School Races**
- **70 Minutes All High School Races**

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.



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Registration Race One

Category Petitions

Closing Wednesday, April 30th, at Noon

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!

Race Plates: Race Plates can be picked up on Saturday, April 18th, starting at noon at the registration tent.

Scholarships and financial assistance are available.

[Scholarship Application](#)

Camping and LodgingCamping and Lodging

[Hotels In Poughkeepsie](#)

[Camping AT The Park](#)



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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 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.





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Event Weekend Schedule

Saturday

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

***Everyone in 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- 8:45 am Course Pre-Ride Open/Close**
- 8:30 am Coaches Meeting**
- 3:00 pm Awards Ceremony**

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



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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 8:45 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 Yellow 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



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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:

Jason Cairo jason@newyorkmtb.org

Race/Venue Specific Questions:

Dolores Diazdolores dolores@newyorkmtb.org

Rule Specific Questions:

Andy Greenspan greenspanandy@gmail.com

Registration Specific Questions:

Ellen Tarbay ellen.tarbay@gmail.com

Coach Suporter

Nicky Jennings nicky@nationalmtb.org

GRiT Suporter

Justine Kreso grit@newyorkmtb.org

Social Media

Lisa Holt lholt15@gmail.com

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 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.



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

NICA CORE VALUES



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





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