



NICA

Mountain Hugger XC

April 21, 2024

Walnut Mountain, Liberty NY

Mountain Hugger XC

Course Information:

Terrain: Roots, Rocks flowing single and double track

Trail: 60% Passing 40% Single Track

Elevation: 195 MS -210 HS per lap

Start Terrain: Grass

Finish Terrain: Lose Dirt/UpHill

Race One - Race Plate Pick UP Times

Saturday, April 20th, 12:00 pm - 4:30 pm Sunday, April 21st, 7:00 am -11:00 am

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 4/20/24

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.

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Parking & Team Pit Set Up

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

As you approach the entrance, the large field on your left will open for parking.

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.

Coaches, please be sure to send in your rider petitions before **April 16th.**

NO RACE WEEKEND PETITIONS WILL BE ACCEPTED UNDER ANY CIRCUMSTANCE.

MS Category Riders Can Petition to the Freshman Category only.

If you have an MS rider who is truly talented and racing beyond their years, please contact

Jason Cairo. jason@newyorkmtb.org

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.

Please do not petition riders for scoring purposes or push riders too hard and advance them too early. Riders may not petition down from their category.

[Petition Link 2024](#)



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Location Location Location!

WALNUT PARK

73 Walnut Mountain Rd, Liberty, NY

[Directions Northern NY Areas](#)

[Directions Northwest NY Areas](#)

[Directions ADK Areas](#)

[Directions Southern NY Areas](#)

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Wave Start Times - MS & HS

STAGING will begin 10 minutes before each wave.

Call-ups will NOT be held in the staging corral at this 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 Girls

CATEGORY	STAGING TIME	START TIME	LAP COUNT	EARNED LAP CUT-OFF TIME	MILEAGE PER LAP
8th Grade Girls	9:20 AM	9:30 AM	3	10:30 AM	3.0
7th Grade Girls	9:20 AM	9:32 AM	2	10:30 AM	3.0
6th Grade Girls	9:20 AM	9:34 AM	2	10:30 AM	3.0

Wave 2: High School Girls

CATEGORY	STAGING TIME	START TIME	LAP COUNT	EARNED LAP CUT-OFF TIME	MILEAGE PER LAP
Varsity Girls	10:20 AM	10:30 AM	4	12:00 PM	3.5
JV Girls	10:20 AM	10:32 AM	3	12:00 PM	3.5
Sophomore Girls	10:20 AM	10:34 AM	3	12:00 PM	3.5
Freshman Girls	10:20 AM	10:36 AM	3	12:00 PM	3.5

NICA Rule Book

All participants must read, understand and abide by all league policies, rules, and protocols while attending any

league event. [Rules Book 2024](#)



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STAGING will begin 10 minutes before each wave.

Call-ups will NOT be held in the staging corral at this 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 3: Middle School Boys

CATEGORY	STAGING TIME	START TIME	LAP COUNT	EARNED LAP CUT-OFF TIME	MILEAGE PER LAP
8th Grade Boys	11:50 AM	12:00 PM	3	1:00 PM	3.
7th Grade Boys	11:50 AM	12:02 PM	2	1:00 PM	3.
6th Grade Boys	11:50 AM	12:04 PM	2	1:00 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	5	2:30 PM	3.5
JV Boys	12:50 PM	1:02 PM	4	2:30 PM	3.5
Sophomore Boys	12:50 PM	1:04 PM	3	2:30 PM	3.5
Freshman Boys	12:50 PM	1:06 PM	3	2:30 PM	3.5

NICA New York Policies and Rules

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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 Boys & Girls**
- **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 such as 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.

Registration Race ONE

Online registration Closes on **Tuesday 4-16-24 12:00 midnight**

All riders must be registered in the NICA NY Pit Zone



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No Race Day Registration is available on race weekend.

Category Petitions will close on Wednesday, April 17th at Noon

No Category Change Is available on race weekend

**Please Check in at the NICA Registration Tent on Saturday 12:00 pm-5:00 pm
and Sunday 7:00 am-11:30 am.**

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!

Race Registration Closing Schedule 2024

Race One- Tuesday, April 16th, Midnight

Race Two-Wednesday May 3rd, Midnight

Race Three Wednesday, May 17th Midnight

Race Four Wednesday, May 31st Midnight

Race Five Wednesday, June 7th, Midnight

Race Plates: Race Plates can be picked up on Saturday, April 20th starting at noon at the registration tent.

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

jason@newyorkmtb.org



Race day would not be possible without the support of our sponsors. Many parents and cycling enthusiasts are getting involved with our events a fun and rewarding experience.

is a "village" to put on quality

events. We are grateful for the support of our sponsors and the community.



NICA

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!

CLICK Volunteer Link COMING SOON

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
1:00 pm GRiT Rider Meet Up
12:00 pm Race Plate Pick Up Opens
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

9:00 am Coaches Meeting
9:20 am Wave One Staging
10:30 am Wave Two Staging
11:50 am Wave Three Staging
1:30 pm Wave Four Staging
3:30 pm Awards Ceremony

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

Pit Zone Information

Pit Zone is open for loading/unloading

Saturday: 1:00 pm -5:00 pm all season long

There will be no riding on the course before the pre-ride opening at 3:00 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 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 park.



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More Team Pit Zone Information

- ★ Parking in the Pit Zone CARS IS ALLOWED IN THE TEAM PZ AT THIS RACE
- ★ No Smoking, Alcohol, Guns, Open Pit Fires, aliens, or big foot 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	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 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. Contact your Team Director or Head Coach to be invited.

Independent riders contact jason@newyorkmtb.org



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

Camping and Lodging

Hotels

Camping

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 need more cell/data coverage to respond to calls/emails. Please plan accordingly.



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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 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

