



NICA

NICA New York Championship Race

June 5th 2022

Walnut Mountain XC

RACE DESCRIPTION:

Start Line: Up-Hill Loose Rock & Dirt Standing Start

Type Of Terrain: Roots, Rocks, Loose Rock

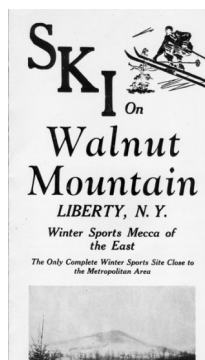
Pass Description: 60% Single Track, 40% Double Track

Trail Description: Fun Flowing trail network with wide & tight turns.

Elevation: Approximately:

Middle School Course 375 Per Lap- High School Course 575 Per Lap

Finish Line: Up-Hill Loose Rock & Dirt





NICA

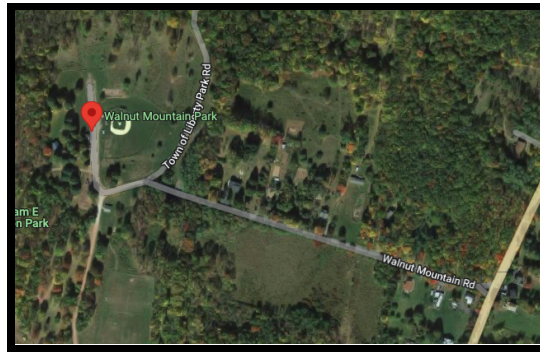
Walnut Mountain Park

73 Walnut Mountain Rd, Liberty, NY 12754

[Directions](#) Northern NY

[Directions](#) Western NY

[Directions](#) Southern NY



Parking & Camping At Walnut Park

- [5 Camper Spots](#) are available in the [grass field only](#)
- Please contact jason@newyorkmtb.org to reserve your camper spot.
- [Camping is allowed at this park.](#)

[Camping & Parking Map Link](#)

- Vehicles must park in the designated areas for NICA NY on race weekend.
- All cars please park in the field on your left as you enter the park.
- Parking is available in the park but is limited.
- Teams can drop off team equipment & tents Saturday and are welcome to leave their team pit zone up overnight.
- NICA NY is not responsible for any damage or theft of team property if left overnight.





NICA

Registration

- Online registration closes for race 5 Wednesday June 1st 12:00 midnight
- All riders must be registered in the NICA NY Pit Zone
- **No Race Day Registration is available on race weekend.**
- **Category Petition is closed for the 2022 season**
- Please Check in at the NICA Registration Tent on race weekend.
NICA Reg Tent Open- Saturday 3:00pm-5:00pm and Sunday 7:30am-11:30am.
- **DO NOT LOSE YOUR RACE PLATE!** Students will receive a race plate for the race series to be used for all races. Please take care of your plate!!! 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 sounds 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
 - 12:00** Volunteer Lunch
 - 1:30 PM** NICA GRiT Ride - meet at the NICA GRiT Tent
 - 3:00 PM** Registration Opens
 - 3:00 PM** Pre-Ride Open to all riders
 - 5:00 PM** Pre-Ride Closed - (No riders allowed on course after pre-ride is closed)
 - 5:00 PM** Registration Closes
- *Everyone on course must have a race plate (student, coach, league staff) affixed to their bikes.**

Sunday

- 7:30 AM** Registration Opens
- 7:30 AM** *Pre-Ride Open to all riders
- 9:00 AM** Pre-Ride Closed
- 9:00 AM** Head Coaches Meeting **EMT Tent**
- 9:30 AM** Staging - Wave 1 MS Girls
- 10:30 AM** Staging Wave 2 HS Girls
- 10:45 AM** Racing Begins HS Girls
- 12:15 AM** Staging - Wave 3 MS Boys
- 12:30 PM** Racing Begins MS Boys
- 1:30 PM** Staging - Wave 4 HS Boys
- 1:45 PM** Racing Begins HS Boys
- 4:30 PM** **Awards Ceremony Will Be Held At The End Of The Day For All Categories, Overall Categories & Overall Teams for the 2022 Season**





NICA

Pit Zone Information and NICA Rules

- Pit Zone is open for loading/unloading Saturday: 1:00pm -5:00pm
 - Please No riding on course prior to the pre-ride opening at 3:00pm
 - NO BIKE RIDING ALLOWED IN THE PIT ZONE.
 - Garbage expectations - 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! No Dogs allowed in the Feed Zone. If you need to have your dog with you on the race course please be sure to use a short leash.**
 - 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.
-
- Parking in the Pit Zone-NO Cars will be allowed in the team PZ at this race.
 - Athletes only in the staging area - Parents and Coaches should head to the race start and out onto the course to cheer and enjoy the race!
 - Teams must remove all garbage from Pit Zone and camping areas whether or not a dumpster is on site
 - No Smoking, Alcohol, Guns or Open Pit Fires In the park.
 - 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.

FINISH LINE & STARTING LINE RULES

No wheelies through the finish line.

No wheelies off the start line.

No wheelies while racing.

One hand or both hands must be on your handlebars off the start line and through the Finish Line.





NICA

Pre-Ride & Race Day

Pre-Ride Hours

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

Sunday morning (7:30 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 starting at 1:30

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 BIKE RIDING THE RACE COURSE DURING ANY NICA NY RACE. PLEASE WALK





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 Wednesday June 1st Midnight

Scholarships and financial assistance are available, for more information email jason@newyorkmtb.org





NICA

START TIMES

Wave 1: Middle School Girls

CATEGORY	STAGING TIME	START TIME	LAP COUNT	EARNED LAP CUT-OFF TIME	MILEAGE PER LAP
8th Grade Girls	9:20AM	9:30 AM	3	10:30 AM	3.5 Miles
7th Grade Girls	9:20AM	9:32 AM	3	10:30 AM	3.5Miles
6th Grade Girls	9:20AM	9:34 AM	2	10:30 AM	3.5 Miles

Wave 2: High School Girls

CATEGORY	STAGING TIME	START TIME	LAP COUNT	EARNED LAP CUT-OFF TIME	MILEAGE PER LAP
Varsity Girls	10:35 AM	10:45 AM	4	12:15 PM	4.0 Miles
JV Girls	10:35 AM	10:47 AM	4	12:15 PM	4.0 Miles
Sophomore Girls	10:35 AM	10:49 AM	3	12:15 PM	4.0 Miles
Freshman Girls	10:35 AM	10:51 AM	3	12:15 PM	4.0 Miles

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.

START TIMES





NICA

Wave 3: Middle School Boys

CATEGORY	STAGING TIME	START TIME	LAP COUNT	EARNED LAP CUT-OFF TIME	MILEAGE PER LAP
8th Grade Boys	12:20 PM	12:30 PM	3	1:30 PM	3.5 Miles
7th Grade Boys	12:20 PM	12:32 PM	3	1:30 PM	3.5 Miles
6th Grade Boys	12:20 PM	12:34 PM	2	1:30 PM	3.5 Miles

Wave 4: High School Boys

CATEGORY	STAGING TIME	START TIME	LAP COUNT	EARNED LAP CUT-OFF TIME	MILEAGE PER LAP
Varsity Boys	1:35 PM	1:45 PM	5	3:15 PM	4.0 Miles
JV Boys	1:35 PM	1:46 PM	4	3:15 PM	4.0 Miles
Sophomore Boys	1:35 PM	1:47 PM	3	3:15 PM	4.0 Miles
Freshman Boys	1:35 PM	1:48 PM	3	3:15 PM	4.0 Miles

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

NICA CORE VALUES





NICA



League and National Sponsors





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 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.

