



NICA

North Tahoe TT Challenge

(Race #1)
08/22/2021

COVID-19 Precautions

Social Distancing

To respect unvaccinated community members, we ask attendees to maintain social distancing of 6 feet or greater in populated areas of our event.

Stay Home

If you have been in contact with anyone who has symptoms, who has had a positive COVID test in the past 14 days, or if you have any symptoms, stay at home.

Placer County Requirements

We will be following any Health Department requirements that may be in effect on race weekend. Preventative measures may change between now and the race including schedule changes to further reduce attendance at any time, or potential cancellation of the event. Updates will be sent out if any changes.

ALL ATHLETES & SPECTATORS
please practice social distancing

6 FEET APART

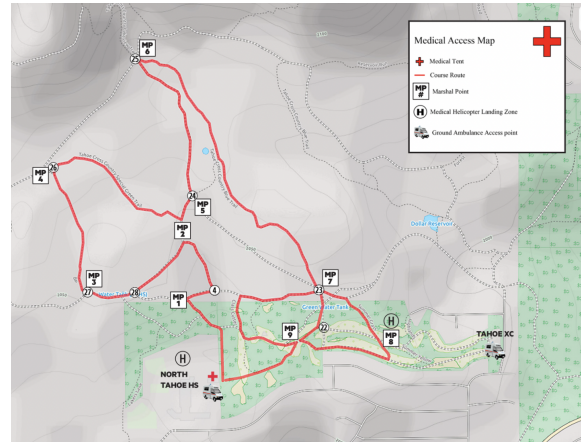
HELP STOP CORONAVIRUS

- HANDS**
wash them often
- ELBOW**
cough into it
- FACE**
don't touch it
- FEET**
stay more than 6 ft apart
- SICK**
feel sick stay at home!
- MASK**
if asked, wear a mask

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Venue Description

North Tahoe High School will host race #1 of the 2021 season. This will be an Individual Time Trial course ~4.5 mile lap and 300ft elevation per lap with a fast flat start. The High School is centrally located within the League, offers excellent facilities and adjacent trails for easy spectator viewing. The trails weave through the trees and meadows like a roller coaster. In the event of catching up to riders ahead of you, there are plenty of passing opportunities on this course as racers alternate between single track and dirt roads.

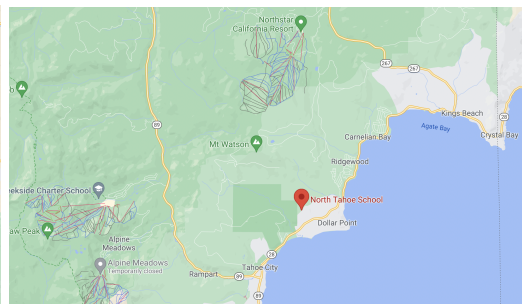
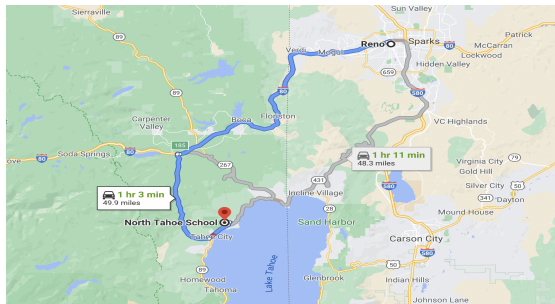


Address and Directions

North Lake Tahoe High School

2945 Polaris Rd, Tahoe City, CA 96145

Directions [Here](#)





Parking

- Vehicles must park in the designated areas identified with signs at the venue and as shown on the venue map. No parking off asphalt.
- All vehicles must abide by the instructions of parking volunteers and/or league staff. Any violators risk imposition of penalties against their respective team
- Handicap parking is available onsite - please look for designated parking.
- No Event Parking in residential areas/in front of homes.
- Please follow speed limits through the residential areas to access the venue. We have fielded complaints from neighbors about this in the past, particularly on Polaris Drive. Please drive like your kids live there.

Registration

Online registration closes **August 18, 2021** at 11:59 pm. *(There is NO in person registration)*

- Students must be league registered and “race-ready” in order to participate

Race Ready is:

- All information entered in Pit Zone
- League fee and race fee paid
- Release form completed electronically in Pit Zone (once per season)

“Practice ready” refers to those that have all of the above except the Race fee paid. This is for the riders that may participate in the pre-ride with their team but are not racing.

Race Fee/Late Fee

	MIDDLE SCHOOL	HIGH SCHOOL	LATE FEE AT RACE*
Race Entry Fee (NORTH TAHOE TT ONLY)	*\$25	*\$25	N/A

**Online pre-registration closes at 11:59PM on the Wednesday prior to the race. Scholarships and financial assistance are available, for more information email philip@nevadamtb.org.*



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. **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 sound interesting to you, [CLICK HERE](#) TO GUARANTEE YOUR PREFERRED VOLUNTEER SPOTS FOR EACH OF THE RACES! For more information contact our Volunteer Coordinator, **Ann Miers**. ann@nevadamtb.org

Event Weekend Schedule

Saturday

- 8:00 AM** Volunteer Shifts Begins: Infield/Course Set Up
- 12 - 4PM** Registration desk open for Number plate pick-up (coaches will coordinate)
- 12 - 4PM** ***Pre-Ride opens by ASSIGNED TIMES per team** (coaches will coordinate)
- 4:00 PM** *Pre-Ride Closed - (No riders allowed on course after pre-ride is closed)
- TBD** **Head Coaches meeting via Zoom Call** (if needed)

Sunday

- 7:00 AM** Registration desk open for Number plate pick-up (coaches will coordinate)
- 9:00 AM** **Time Trial Starts begin by assigned times for each team**
- 2:00 PM** **Approximate time of last rider off course**
- 2:00 PM** Clean Up begins

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

There will not be an awards ceremony at this race. Results will be posted online as soon as possible after the race and awards will be presented at Race #2 at Walker River. If not attending Race #2, awards will be available for pickup at remaining races.



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Pit Zone Information and NICA Rules

- There will not be an official Pit Zone at this event as we have done in the past, however the following still applies in the parking area:
- **Garbage - pack in/pack out PERIOD, NO EXCEPTIONS**
- Fire/Grilling expectations - NONE!
- No inappropriate language allowed
- Dogs must be on leash and under control at all times
- Conflicts and/or disputes should not be dealt with in the team Pit Zone area
- Any violation of the above rules may result in a team penalty and/or expulsion from the Pit Zone and infield area

Pre-Ride

Pre-Ride Hours

Saturday afternoon (12:00 PM–4:00 PM)

By team reservation only

Head Coaches will be sent a link to sign up for a time slot

When you have completed your pre-ride please leave the venue to make room for the later teams arriving.

All racers should pre-ride the course

RIDERS MUST ADHERE TO ANY COURSE RESTRICTIONS

TO BE ON COURSE: ALL RIDERS (STUDENTS & REGISTERED COACHES) must be fully practice ready in the online Pit Zone and have their number plates affixed to their bike.

NO UNREGISTERED PARENTS/SIBLINGS ALLOWED ON COURSE

Pre-Event pre-riding: There is an active forest thinning project in the area of the course that may result in trail closures on the course during working hours and possibly extending beyond when crews are present. Follow these closures and any signage present. Our ability to hold this race depends on trail users not interfering with those operations.



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Wave Start Times

STAGING will begin 15 minutes before each Team assigned start time. Please be in the staging line for the time trial start no later than 10 minutes prior to your assigned start time. Start times for each rider will be posted no later than Friday night.

Nevada North: NICA Race Duration Guidelines

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

- 1 Lap for Middle School Student Athletes ~4.5 miles, 400ft
- 2 Laps for All High School Student Athletes ~9 miles, 800ft

Chip Timing Info

All riders will receive a permanent number plate with 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 \$25.**

Petitions for Category Placement

Those petitioning for exceptions to category placement must do so by **Aug 18, 2021 at Midnight.**

- No race day petitions will be accepted
- All riders need to be invited to register in the Pit Zone online.
 - Contact your Team Director or Head Coach to be invited



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Coaches Meeting

In the event we feel a Coaches Meeting is necessary for this race, it will be done via Zoom call on Saturday evening. An invite will be sent out.

Camping and Lodging

While we do not have any Camping or Lodging pre-arranged at this venue, there are many camping, motel, hotel, and VRBO options available in the area.

Food Service

Since this is an Individual Time Trial Format, there will be no food service on site for the first race, please bring your own food and drinks for the event. No BBQ's or other fires at the venue. There are several markets less than 1 mile from the event location.

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. Any and all cancellations or changes will be updated via www.nevadamt.org, Social Media, Email and direct phone calls to Head Coaches.

Series Points

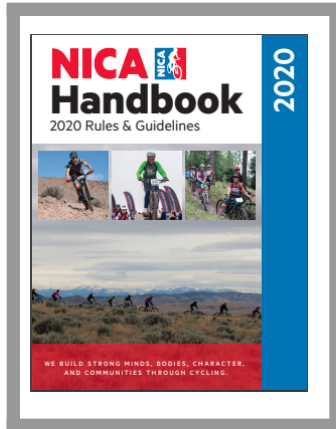
Points awarded based on finish order to determine call-ups at future races and series leaders. At the last race, the lowest scoring event of the season will be dropped when tabulating final series winners.



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NICA Handbook: Policies and Rules

All participants are required to read, understand and abide by all league policies, rules and protocols while attending any league event.



Contact Information

General League Questions: **Philip Hynes, philip@nevadamtb.org**
Race/Venue Specific Questions: **Kevin Joell, kevin@nevadamtb.org**
Rule Specific Questions: **Paul Miers, paul@nevadamtb.org**
Registration Specific Questions: **Philip Hynes, philip@nevadamtb.org**

Please note that most staff arrive onsite Friday of each race weekend and may not have sufficient cell/data coverage to respond to calls/emails. Please plan accordingly.

Stay up-to-date

Information in this race flyer is subject to change. Please check back just prior to the race weekend to make sure you have the most current information available.

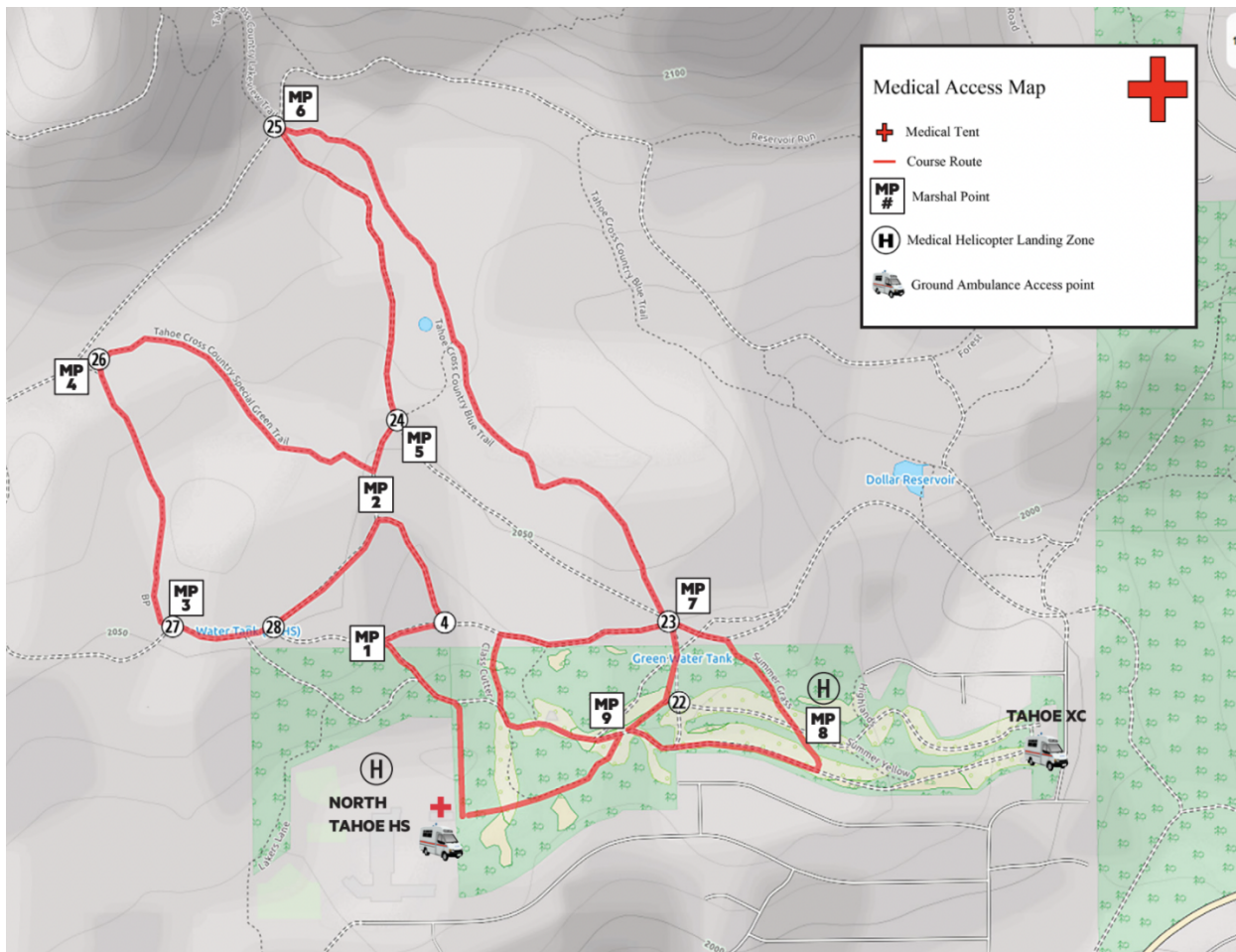
SEE YOU AT THE RACES!!!

WWW.NEVADAMTB.ORG

Venue Map



Course Map





NICA

NICA CORE VALUES



League and National Sponsors

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NICA NATIONAL SPONSORS

LEAD SPONSOR



PLATINUM SPONSORS



GOLD SPONSORS



SILVER SPONSORS



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NICA NATIONAL FOUNDATION PARTNERS





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 **Nevada** 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.