



NICA

WINONA LAKE, Race #2

September 9-10, 2023

WINONA LAKE TRAILS, WINONA LAKE, INDIANA

Venue Description

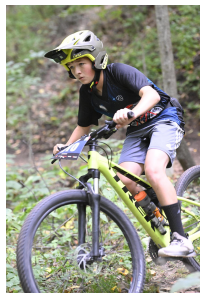
Venue Description

Right next to Warsaw, Indiana, at Winona Lake we have a large multi-use infield, complete with on-site primitive camping (no hookups; RV's welcome). The waterfront town area is charming, with a variety of shops and restaurants, and can be easily accessed by bicycle on a bike path from the race venue.

Winona Lake Trails are a fun variety of flowy singletrack with some punchy climbs. Each race lap is about 3.5 miles. BIG THANKS to [Kosciusko County Velo](#) for the great job they do building and maintaining these trails!



PLEASE NOTE: WINONA LAKE IS ON EASTERN TIME!





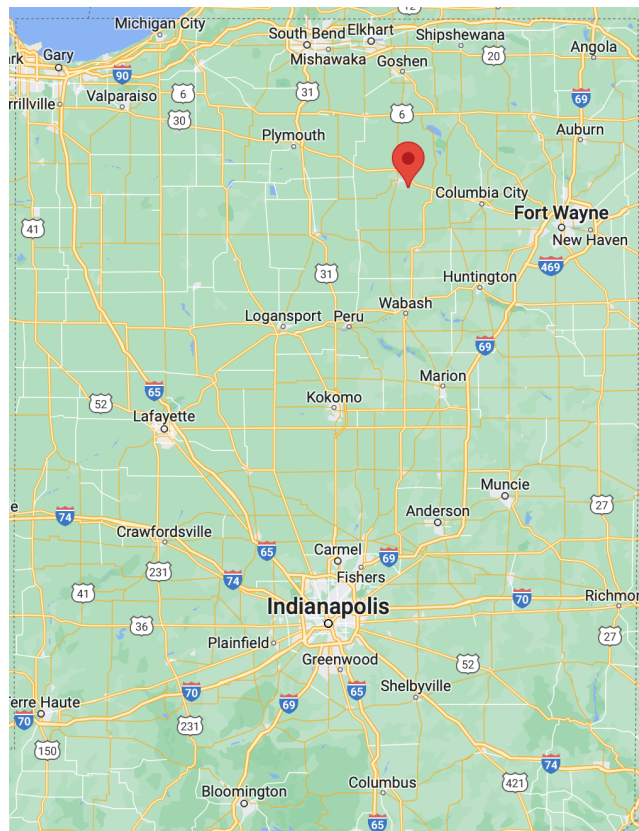
Address and Directions

Winona Lake Trails

900 E Pierceton Rd, Winona Lake, IN 46590

Do NOT just type "Winona Lake Trails" into your GPS—it will take you to the opposite end of the trail system at the end of a dead-end road. Use the address shown above, or the link below!

[Driving Directions](#)





NICA

Parking

Parking Information

- **Parking at the race venue is FREE.**
- Vehicles must park in the designated areas identified with signs at the venue and as shown on the venue map
- 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 in designated area.
- Vehicles must use the designated loading/unloading zone and immediately move to designated parking areas after unloading at the Pit Zone area
- Vehicles must follow one-way directional traffic in/out of Pit Zone drop off area (see venue map)

Registration

All student-athletes, and all coaches (all levels) must register (and be licensed) in the Pit Zone. Student-athletes and coaches (all levels) who are not registered are not fully insured.

Online registration closes **the Wednesday** before each race at 12:00 midnight

- Students must be league registered and "race-ready" in order to participate
- **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 registration.

Volunteering at our Events

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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.

Available Positions, [sign up here!](#)

For more information contact our Volunteer Coordinator, volunteer@indianamtb.org.



NEW EVENTS AT THIS RACE!

RUBBER CHICKEN RELAYS!

Join the fun for more Rubber Chicken Relays at Winona Lake!

- Build your own relay team: four riders (from *any* Indiana NICA team)—at least one member must be a female athlete, AND at least one member must be a middle school category athlete.
- The relays will be held in competitive heats of four relay teams in each heat, with a double-elimination, bracket format.
- Each rider will complete one lap of a grass-track, short course, handing off their rubber to the next rider on their relay team.
- Complete rules will be available shortly
- Sign up your team at the Registration tent by no later than 4:00pm on Saturday!

SINGLE LAP CATEGORY

We have a new option for student-athletes: a “Single-Lap” Category!



- This category is for newer riders/athletes who would like to participate in a NICA mountain bike race, but for whom doing just a single lap is a better fit than two or more laps.
- **Placement into this category is not automatic—it happens by coach recommendation!** If your rider is a good fit for this category, the coach needs to contact the League Director: john@indianamtb.org
- Single-lap riders do not earn points towards the Team competitions, nor towards a Series competition.
- Athletes may ride in one of four single-lap categories: Middle School Boys, Middle School Girls, High School Girls, or High School Boys. The Middle School single-lap categories combine 6th, 7th, and 8th grade single-lap athletes, and the High School single-lap categories combine 9th, 10th, 11th, and 12th grade single-lap athletes.

Event Weekend Schedule**

PLEASE NOTE: WINONA LAKE IS ON EASTERN TIME!

Saturday

8:00 AM	Volunteer Shifts Begin
11:30 PM	Pit Zone Access Open
11:30 AM	Registration Opens
12:00 PM	Coach Meeting at Start/Finish—Note Earlier Time
12:30 PM	Coach Pre-Ride—Note Earlier Time
1:30 PM	*Pre-Ride Open to all riders—must ride with a coach present
3:30 PM	*NICA GRiT Ride - meet at the NICA GRiT Tent
4:30 PM	Pre-Ride Closed - (No riders allowed to enter course after pre-ride is closed)
5:00 PM	RUBBER CHICKEN RELAYS: Short-track relay races!
5:00 PM	Registration Closes
6:30 PM	Party in the PitZone

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

** Schedule subject to change based on weather conditions.

Sunday

6:45 AM	Volunteer Shifts Begin
7:00 AM	Registration Opens
7:30 AM	*Pre-Ride Open to all riders
8:30 AM	Pre-Ride Closed



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8:30 AM	Head Coaches Meeting at the start/finish line
8:45 AM	<i>Optional Prayer Service/Devotional Time for those who wish.</i>
9:15 AM	Staging - Wave 1 MS Boys
9:30 AM	Racing Begins - MS Boys
10:25 AM	Staging - Wave 2 Girls
10:40 AM	Racing Begins - MS and HS Girls
11:30 AM	Registration Closes
12:30 PM	Staging - Wave 3 HS Boys
12:45 PM	Racing Begins - HS Boys
2:15 PM	Racing Concludes
2:15 PM	Pit Zone Break Down and Clean-Up Begins
3:00 PM	Awards Ceremony

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

Pit Zone Information and NICA Rules

Each team will have a designated Pit Zone space for their team. Each coach will be responsible for this spot. This is where teams will meet during the weekend, and will store bikes and gear.

- Pit Zone is open for loading/unloading during the following times:
 - Saturday: 11:00am -4:00pm
 - There will be no riding on course prior to the pre-ride opening.
 - Sunday: 7:00am -8:00am and after the infield is taken down.
- **NO BIKE RIDING ALLOWED IN THE PIT ZONE.**
- **Garbage expectations - pack in/pack out.**
- No Gas Generators in the PitZone.
- No inappropriate language allowed.
- Athletes only in the staging area - Parents and Coaches should head to the race start spectating fan zone.
- Teams must remove all garbage from Pit Zone and camping areas whether or not a dumpster is on site.
- No Smoking, Alcohol, BBQ's or open flames in Pit Zone.
- 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.



NICA

- Team set-up: Set Up period in the morning on Saturday will begin at 11:00 AM and on Sunday from 7:00 – 8:00 AM. After the setup period, vehicles are not allowed in or out of the Pit Zone area until the end of the races.
- HELMETS ARE REQUIRED FOR ALL RIDERS, COACHES, SPECTATORS, VOLUNTEERS and PARENTS AT ALL TIMES WHILE RIDING - this means during the races, pre-rides, warm-ups, and even casual riding at the race site.

Pre-Ride

PLEASE NOTE: WINONA LAKE IS ON EASTERN TIME!

Pre-Ride Hours

Coaches Only (Saturday 12:30PM -1:30PM)

Saturday afternoon (1:30 PM–4:45 PM)

Sunday morning (7:30 AM–8:30 AM)

All racers should pre-ride the course

RIDERS MUST ADHERE TO ANY COURSE RESTRICTIONS

NICA GRiT Activity Ride is from 3:30pm-5pm Saturday.

At this race, the GRiT Activity Ride will be females-only, will be athlete-led, and will be a TON OF FUN! It's not gonna just be another lap of the race course—come check it out!

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 UNREGISTERED PARENTS/SIBLINGS ALLOWED ON COURSE

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!!!

Follow us on [Facebook](#) and [Instagram](#)! Visit www.indianamtb.org



Race Fee/Late Fee

	MIDDLE SCHOOL	HIGH SCHOOL	LATE FEE AT RACE*
League Registration	\$245	\$245	\$10
Race Entry Fee (per race)	\$25	\$25	\$10

**Online pre-registration closes at 11:59PM on the Wednesday prior to the race. After Wednesday, you will have to register at the race and pay the late fee. Scholarships and financial assistance are available, for more information email John@indianamtb.org*

Race Category Changes

If you wish to change the race category for an athlete, head coaches & team directors should use the form [HERE](#).

Wave Start Times

STAGING will begin 15 minutes before each wave.

Note: Final lap count decision per category will be finalized and confirmed at the start of each race in addition to any lap cut-off times. Staging for all races begins 15 minutes prior to the wave start.

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NICA

Wave 1: Middle School Boys

subject to change

CATEGORY (NUMBER SERIES)	STAGING TIME	START TIME	LAP COUNT	PULL TIME		RACE PLATE COLOR
8th Grade Boys (1000's)	9:15 AM	9:30 AM	2	10:10 AM		GREEN
7th Grade Boys (3000's)	9:15 AM	9:32 AM	2	10:12 AM		PURPLE
6th Grade Boys (5000's)	9:15 AM	9:34 AM	2	10:14 AM		ORANGE
MS Boys Singlelap (9,000's)	9:15 AM	9:34 AM	1	N/A		RED

Wave 2: Girls

subject to change

CATEGORY (NUMBER SERIES)	STAGING TIME	START TIME	LAP COUNT	EARNED LAP CUT-OFF TIME		RACE PLATE COLOR
Varsity Girls (1-49)	10:25 AM	10:40 AM	4	12:00 PM		LIGHT BLUE
JV Girls (100's)	10:25 AM	10:42 AM	3	11:32 AM		PINK
Sophomore Girls (400's)	10:25 AM	10:44 AM	3	11:34 AM		YELLOW
Freshman Girls (700's)	10:25 AM	10:44 AM	3	11:34 AM		BLUE
8th Grade Girls (2000's)	10:25 AM	10:46 AM	2	11:16 AM		GREEN
7th Grade Girls (4000's)	10:25 AM	10:48 AM	2	11:20 AM		PURPLE
6th Grade Girls (6000's)	10:25 AM	10:50 AM	2	11:25 AM		ORANGE
Singlelap Girls (MS-9000's & HS-8000's)	10:25 AM	10:50 AM	1	N/A		RED



Wave 3: High School Boys

CATEGORY (NUMBER SERIES)	STAGING TIME	START TIME	LAP COUNT	EARNED LAP CUT-OFF TIME		RACE PLATE COLOR
Varsity Boys (50-99)	12:30 PM	12:45 PM	4	1:55 PM		BLUE/BLK
JV Boys (200's)	12:30 PM	12:47 PM	3	1:47 PM		PINK/BLK
Sophomore Boys (600's)	12:30 PM	12:49 PM	3	1:49 PM		YELLOW/BLK
Freshman Boys (800's)	12:30 PM	12:51 PM	3	1:51 PM		BLUE/WHITE
HS Boys Singlelap (8000's)	12:30 PM	12:51 PM	1	N/A		RED

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Chip Timing Info (if Applicable)

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 \$10.00**

Refund/Weather Policy

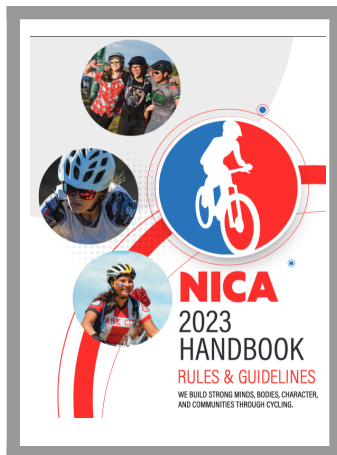
Below are the guidelines for how the league will conduct races in the event of challenging weather. Our primary considerations are the safety of riders, support staff and spectators, and potential damage to the venue and trails. Any decisions regarding canceling, postponing or altering race start times, 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: <https://indianamtb.org/inclement-weather-policy/>

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.



Pull Time Guidelines

Student-athletes may 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 anytime.

Time limits may be imposed for reasons that include, among others: safety, heat, cold, rain, and muddy conditions.



Course closures may be announced at anytime.

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.

Coaches Meeting

A mandatory head coaches meeting will be held **the Saturday before the race at 12:00 PM at the Start/Finish area.** *Each team must have at least 1 representative present at the meeting.*

Camping and Lodging

The Indiana League encourages racers, coaches and parents to camp out! Overnight camping will be on-site at the venue at Winona Lake Trails. **There is no cost to camp at the venue.**

Some Guidelines:

- Parental supervision required, no exceptions. League staff and team coaches are not responsible for student athletes outside of pre-ride and race time.
- Campsites are primitive and first come first served. RV's are welcome, but understand that **there are no hookups or on-site water.**
- No campfires or open flames allowed. Propane grills and stoves allowed as consistent with current local fire restrictions.
- Pack in/pack out trash *no trash service provided.
- Port-a-potties will be provided.

Food Service

A local Scout troop will have food for sale on Saturday and Sunday lunch.



Contact Information

General League Questions: [John Leitzel](#), League Director

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.

Venue Map



[Click Here!](#)

1 Lap is approx. 3.5miles in length.

NICA CORE VALUES



NICA



League and National Sponsors



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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 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 Indiana 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.