



NICA

SOUTHWESTWAY PARK

**October 21-22, 2023
INDIANAPOLIS, INDIANA**

Venue Description

Venue Description

Southwestway Park is the third largest park in Indianapolis, Indiana. It is located at 8400 Mann Road in the southwestern section of the city.

Areas off-limits to event attendees

During the event hours, the “roller coaster hill and jumps” on the “Powerline Trail” part of the park are off-limits to NICA student-athletes and coaches in an effort to reduce land impact and/or injuries. It is the coaches’ responsibility to communicate this with their teams.

Stay on Authorized Trails Only! Southwestway has a variety of trails—some of which are only for hikers and horses, not for biking! League riders found to be riding on illegal trails at any time, whether on team rides or on their own, will face consequences. It is the rider’s responsibility to know which trails are legal for bikes—stay ONLY on trails that are marked and signed for cycling use. Also, some of the trails are ONE-WAY. Pay attention!

Course Description

Uphill grass challenging start launches riders southbound on the west Mann Loop Trail. Get ready for the Powerline Climb up to the summit of Might Mount Mann (OK, Mann Hill)—it’s long, but your reward is the North Fire Downhill flow trail! Mann Hill has the only legit downhill flow trails between Hobbs Hollow and Lake Michigan, and we’re making sure you experience it in the race course this year! The downhill continues from the parking lot level down to the levee. It’s a straight, flat ride north along the levee,



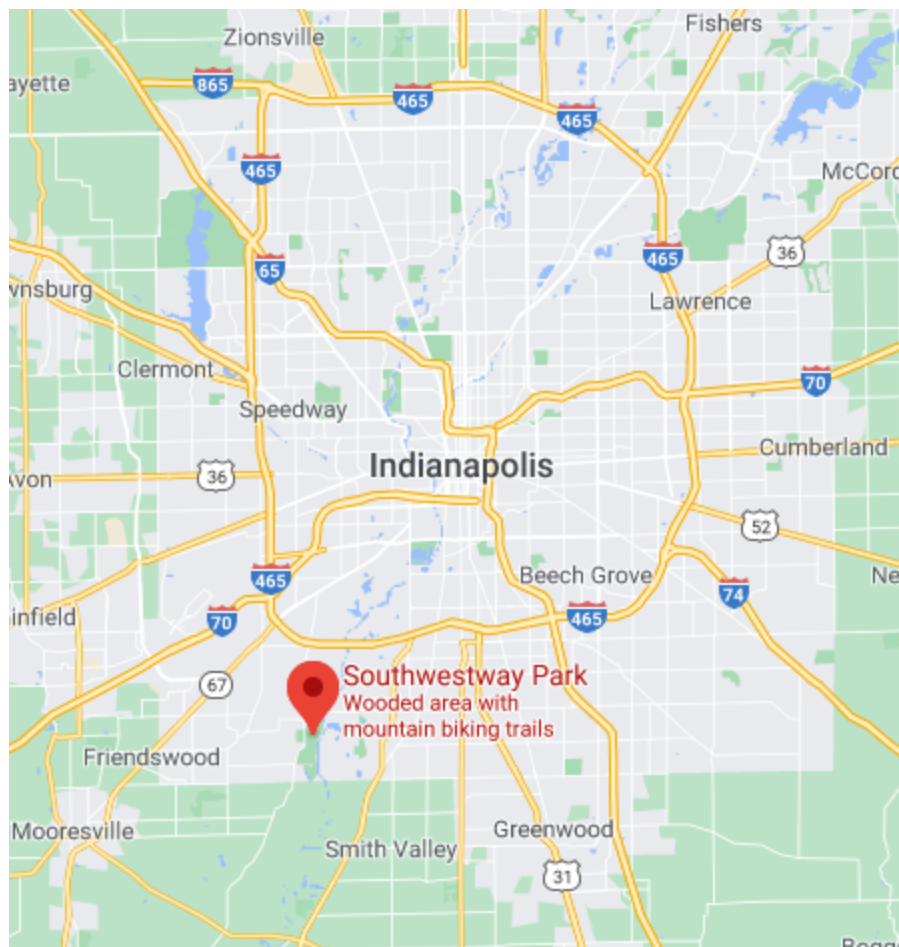
then singletrack climbing up and back to the finish along the full length of the Lenape trail. **One lap is approximately 4 miles long.**

Address and Directions

Southwestway Park - Indy Parks
8400 Mann Rd, Indianapolis, IN 46221

[Park Website](#)

[Driving Directions](#)





Parking

Parking Information—Parking is limited near the PitZone, so please help us by parking across the street if you can manage it!

- 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 **the front parking lot.**
- 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)
- A total of up to 2 vehicles/trailers per team will be allowed to park in Permit Parking Area #1 (see venue map) and they must have parking passes displayed

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 TUESDAY** before the 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

A great event venue is nothing without a great team putting the event on, and we are a 100% volunteer-run organization. We are actively seeking volunteers for all aspects of event production. Whether you're interested in a 2-hour shift so you can see your child race, or a spot on an event committee, [Indiana Interscholastic Cycling League](#) would be delighted to have you involved! [SIGN UP HERE](#) to help with this race!

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.

Event Weekend Schedule**

Saturday

8:00 AM	Volunteer Shifts Begin
12:00 PM	Pit Zone Access Open
12:00 PM	Registration Opens
12:00 PM	Coach Pre-Ride open until 1:00PM
1:00 PM	Coaches Meeting - Marshal Tent
1:30 PM	*Pre-Ride Open to all riders—must ride with a coach present
4:00 PM	*NICA GRiT Ride - meet at the NICA GRiT Tent
4:15 PM	*Parents and Family Ride - Meet at Marshal Tent
5:00 PM	Pre-Ride Closed - (No riders allowed on course after pre-ride is closed)
5:00 PM	RUBBER CHICKEN RELAYS—Sign up HERE
5:00 PM	Registration Closes



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

** Schedule subject to change based on weather conditions and COVID-19 protocols.

Sunday

7:00 AM	Registration Opens
7:30 AM	*Pre-Ride Open to all riders
8:30 AM	Pre-Ride Closed
8:30 AM	Head Coaches Meeting at the Marshal Tent
8:40 AM	Course Marshals Meeting at the Marshal Tent
9:15 AM	Staging - Wave 1 MS Boys
9:30 AM	Racing Begins - Wave 1 MS Boys
10:25 AM	Staging - Wave 2 Girls
10:40 AM	Racing Begins - Wave 2 MS & HS Girls
11:30 AM	Registration Closes
12:15 PM	Staging - Wave 3 HS Boys
12:30 PM	Racing Begins - Wave 3 HS Boys
2:00 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
 - Saturday: 11:00am -5:00pm
 - 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



NICA

- 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
- Team set-up: Set Up period in the morning on Saturday will be at 11:30 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

Pre-Ride Hours

Coaches Only (Saturday 12:00PM -1:00PM)

Saturday afternoon (1:30 PM–4:00 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 Ride is from 4-5pm Saturday for female riders.

Meet at the NICA GRiT Tent at 3:50pm

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



NICA

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

RUBBER CHICKEN RELAYS



The chickens are back for one last hurrah in 2023! For our final Rubber Chicken Relays of this season, we will have 8 teams of 8 riders each—randomly assigned! Each team will have at least two middle school category athletes, at least one female, and one coach. Sign Up [HERE](#) online now!



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 TUESDAY prior to the race. After Tuesday, 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*

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.



NICA

Wave 1: Middle School Boys

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	10:05 AM		GREEN
7th Grade Boys (3000's)	9:15 AM	9:32 AM	2	10:07 AM		PURPLE
6th Grade Boys (5000's)	9:15 AM	9:34 AM	2	10:09 AM		ORANGE

Wave 2: Girls

CATEGORY (NUMBER SERIES)	START TIME	LAP COUNT	EARNED LAP CUT-OFF TIME		RACE PLATE COLOR
Varsity Girls (1-49)	10:40 AM	4	11:55 AM		LIGHT BLUE
JV Girls (100's)	10:40 AM	3	11:40 AM		PINK
Sophomore Girls (400's)	10:42 AM	3	11:42 AM		YELLOW
Freshman Girls (700's)	10:42 AM	3	11:42 AM		BLUE
8th Grade Girls (6000's)	10:44 AM	2	11:19 AM		GREEN
7th Grade Girls (5000's)	10:44 AM	2	11:19 AM		Blue
6th Grade Girls (4000's)	10:44 AM	2	11:19 AM		GREEN

Wave 3: High School Boys

CATEGORY (NUMBER SERIES)	START TIME	LAP COUNT	EARNED LAP CUT-OFF TIME		RACE PLATE COLOR
Varsity Boys (50-99)	12:30 PM	4	1:40 PM		BLUE/BLK
JV Boys (300's)	12:32 PM	3	1:32 PM		PINK/BLK
Sophomore Boys (500's)	12:34 PM	3	1:34 PM		YELLOW/BLK
Freshman Boys (900's)	12:36 PM	3	1:36 PM		BLUE/WHITE



Chip Timing Info (if Applicable)

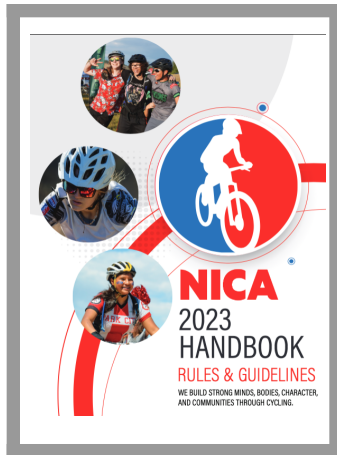
All riders will receive a permanent number plate with chip timing transponder on the backside. Riders will use the same plate for the entire race series, so please remove this number plate before mounting the bike for transport to prevent loss. **Replacement number plates will be available at the registration 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://indianamt.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 1:00 PM at the Start/Finish area**. Each team must have 1 representative present at the meeting.



Camping and Lodging

Unfortunately, camping is NOT available at Southwestway Park. Families will need to find their own accommodations for the weekend.

Food Service

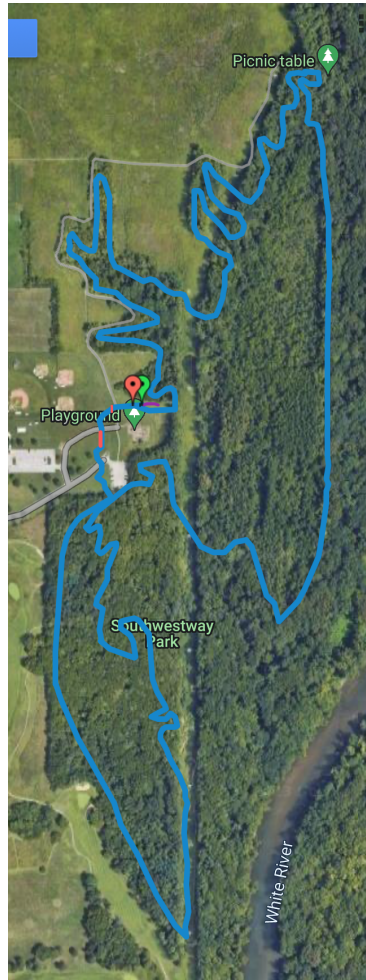
Coming soon...

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.

Course Map



Loop: 4.0 Miles Long
GPX FILE [Course Map Here](#)

NICA CORE VALUES





League and National Sponsors



NICA NATIONAL SPONSORS

LEAD SPONSOR



PLATINUM SPONSORS



GOLD SPONSORS



SILVER SPONSORS



BRONZE SPONSORS



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 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.