



# NICA

# MUSCATATUCK, Race #3

**October 5-6, 2024**

**MUSCATATUCK PARK, NORTH VERNON, INDIANA**

## Venue Description

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This Southern Indiana location is a historic county park, complete with a full-service campground, playground for kids, and a wooded trail system.

The mountain bike trails we're using for this race are generally flowy along the edges of the ravine surrounding the upper park plateau. This course has great spectator access!



**PLEASE NOTE: MUSCATATUCK IS ON EASTERN TIME!**





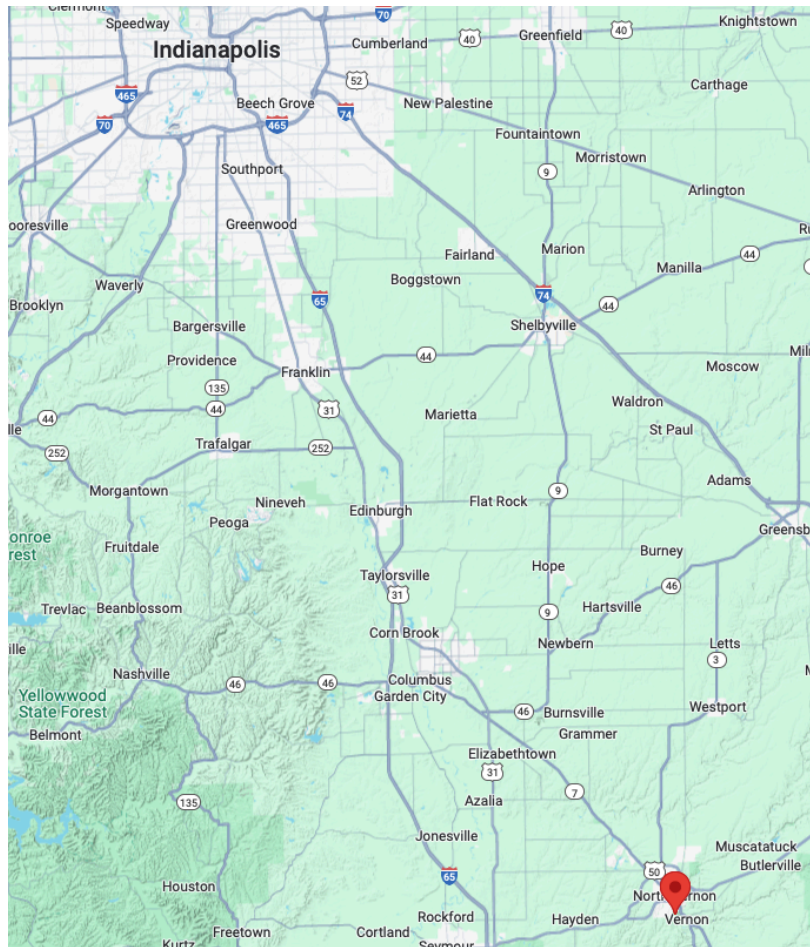
# NICA

## Address and Directions

### Muscatatuck Park

325 North State Highway 3, 375 IN-3, North Vernon, IN 47265

#### [Driving Directions](#)





# NICA

## General Parking & Team Pit Zone Loading / Unloading

### 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 a designated area.

### Team Pit Zone Loading / Unloading Zone Information

- Hours:  
Saturday 10am-12pm  
Sunday 7am-8am (conditions permitting) and after infield tear down
- Team Pit Zone Vehicles must follow one-way directional traffic in/out of the Pit Zone drop off area.
- Team Pit Zone Vehicles that need to load/unload must use the designated loading zone and immediately move to designated parking areas when done.

## Registration

**All student-athletes, and all coaches (all levels) must register or be registered, licensed, and listed in the national NICA software ([www.pitzone.nationalmtb.org](http://www.pitzone.nationalmtb.org)). Student-athletes and coaches (all levels) who are not registered, licensed and listed in the national database are not fully insured.**

Online registration closes **the Tuesday** 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.





# 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.

We are actively seeking volunteers for all aspects of event production and need volunteers for Saturday and Sunday. 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. Whether you're interested in a 2-hour shift so you can see your child race on Sunday, or a spot on an event committee, [Indiana Interscholastic Cycling League](#) would be delighted to have you involved! Available positions, [sign up here](#)

For more information contact our Volunteer Coordinator, [volunteer@indianamtb.org](mailto:volunteer@indianamtb.org).







# NICA

## EVENTS AT THIS RACE WEEKEND!

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## PODIUM AWARDS for the WINONA LAKE Race!

**We're doing the rain-delayed podium awards from Race #2 (Winona Lake) at Muscatatuck on Saturday at 5pm**

Join us for the individual and team awards from Race #2 at 5pm on Saturday, Oct 5.

*No Rubber Chicken Relays this Race! Join in at Stone Eater for the Rubber Chicken Relay Reboot!*

## GRiT Ride and Activities

- GRiT is NICA's "Girls Riding Together" program.
- Join in at the GRiT tent throughout the day on Saturday for crafts and fun.
- At 4:00 pm on Saturday meet at the GRiT tent for on-the-bike ride and games together!

## "Family Ride"

- Do you have younger children who want to ride like their older sibling? Are you curious as a parent about riding some trails?
- Register and sign a waiver at the Registration Tent, and then meet at the Marshal Tent at 4:00pm on Saturday for a gentle trail ride together!





# NICA

## Event Weekend Schedule\*\*

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### Saturday

- 8:00 AM** Volunteer Shifts Begin
- 11:00 AM** Team Pit Zone Access Open
- 11:30 AM** Registration & Check-In Opens
- 12:00 PM** **Coach Pre-Ride Opens—Coaches may ride the course on your own.**
- 1:00 PM** **Coaches' Meeting—at the Marshal Tent**
- 1:30 PM** \*Pre-Ride Open to all riders—must ride with a (any) coach present
- 4:00 PM** \*NICA GRiT Ride - meet at the NICA GRiT Tent
- 4:00 PM** \*Family Ride - sign up at Registration in advance; meet at the Marshal tent
- 4:30 PM** Pre-Ride Closed - (No riders allowed to enter course after pre-ride is closed)
- 5:00 PM** Registration & Check-In Closes
- 5:00 PM** **PODIUM AWARDS FROM RACE#2 (Winona Lake)**

\*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

- 7:00 AM** Volunteer Shifts Begin
- 7:00 AM** Registration & Check-In Opens
- 7:30 AM** \*Pre-Ride Open to all riders—must ride with a (any) coach present
- 8:00 AM** *Optional Prayer Service/Devotional Time for those who wish.*
- 8:30 AM** Pre-Ride Closed
- 8:30 AM** Head Coaches Meeting at the start/finish line
- 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
- 12:00 PM** **Staging - Wave 3 HS Boys**
- 12:15 PM** Racing Begins - HS Boys
- 1:45 PM** Racing Concludes
- 1:45 PM** Team Pit Zone Break Down and Clean-Up Begins
- 2:30 PM** Awards Ceremony

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



# NICA

## Team 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.

- Team Pit Zone is open for loading/unloading during the following times:
  - Saturday: 11:00am -12:00pm
    - No vehicles after 12:00 pm
    - 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 TEAM 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 their team Pit Zone and camping areas whether or not a dumpster is on site.
- No Smoking, Alcohol, BBQ's or open flames in the team 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 Team Pit Zone and infield area.
- 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.
- **WHEN RIDING A BIKE - HELMETS ARE REQUIRED FOR ALL RIDERS, COACHES, SPECTATORS, VOLUNTEERS and PARENTS.** This means during the races, pre-rides, warm-ups, and even casual riding to the porta-potty at the race site.





# NICA

## Course Pre-Ride

**PLEASE NOTE: MUSCATATUCK IS ON EASTERN TIME!**

### Pre-Ride Hours

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

Saturday afternoon (1:30 PM–4:30 PM)

Sunday morning (7:30 AM–8:30 AM)

All racers should pre-ride the course and become familiar with it.

All racers must be accompanied by a coach during the pre-ride. The Coach can be from any Indiana NICA team.

Riders must adhere to any course restrictions.

### **TO BE ON THE COURSE:**

Student-Athletes & Registered Coaches must be labeled as practice-ready in the NICA Pit Zone database, and have their number plates affixed to their bike. No unregistered parents or siblings are allowed on the 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](http://www.indianamtb.org)



# NICA

## Race Fee/Late Fee

Pre-Registration for races closes at 11:59PM on the Tuesday prior to the race. Only registered NICA athletes can participate in the race. Late registration for a particular race requires an additional \$10 late registration fee at the race registration tent.

## Race Category Changes

If you wish to change the race category for an athlete, head coaches & team directors should use the form [HERE](#). Deadline for category changes is the **TUESDAY BEFORE RACE WEEKEND**.

## 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.

**PLEASE NOTE: MUSCATATUCK IS ON EASTERN TIME!**

## Wave 1: Middle School Boys

\*subject to change\* - see standard lap map below.

CATEGORY (NUMBER SERIES)	STAGING TIME	START TIME	LAP* COUNT	PULL TIME	RACE PLATE COLOR
MS-A Boys (1000's)	9:15 AM	9:30 AM	3	10:10 AM	ORANGE
MS-B Boys (3000's)	9:15 AM	9:32 AM	2	10:00 AM	PURPLE
MS-C Boys (5000's)	9:15 AM	9:34 AM	1	—	GREEN



# NICA

## Wave 2: Girls

\*subject to change\* - see standard lap map below

CATEGORY (NUMBER SERIES)	STAGING TIME	START TIME	LAP* COUNT	EARNED LAP CUT-OFF TIME	RACE PLATE COLOR
JV-1 Girls (100's)	10:25 AM	10:40 AM	4	11:40 AM	PINK
JV-2 Girls (400's)	10:25 AM	10:42 AM	3	11:30 AM	LIGHT BLUE
JV-3 Girls (700's)	10:25 AM	10:42 AM	2	11:12 AM	RED
MS-A Girls (2000's)	10:25 AM	10:44 AM	3	11:32 AM	ORANGE
MS-B Girls (4000's)	10:25 AM	10:46 AM	2	11:16 AM	PURPLE
MS-C Girls (6000's)	10:25 AM	10:48 AM	1	---	GREEN

## Wave 3: High School Boys

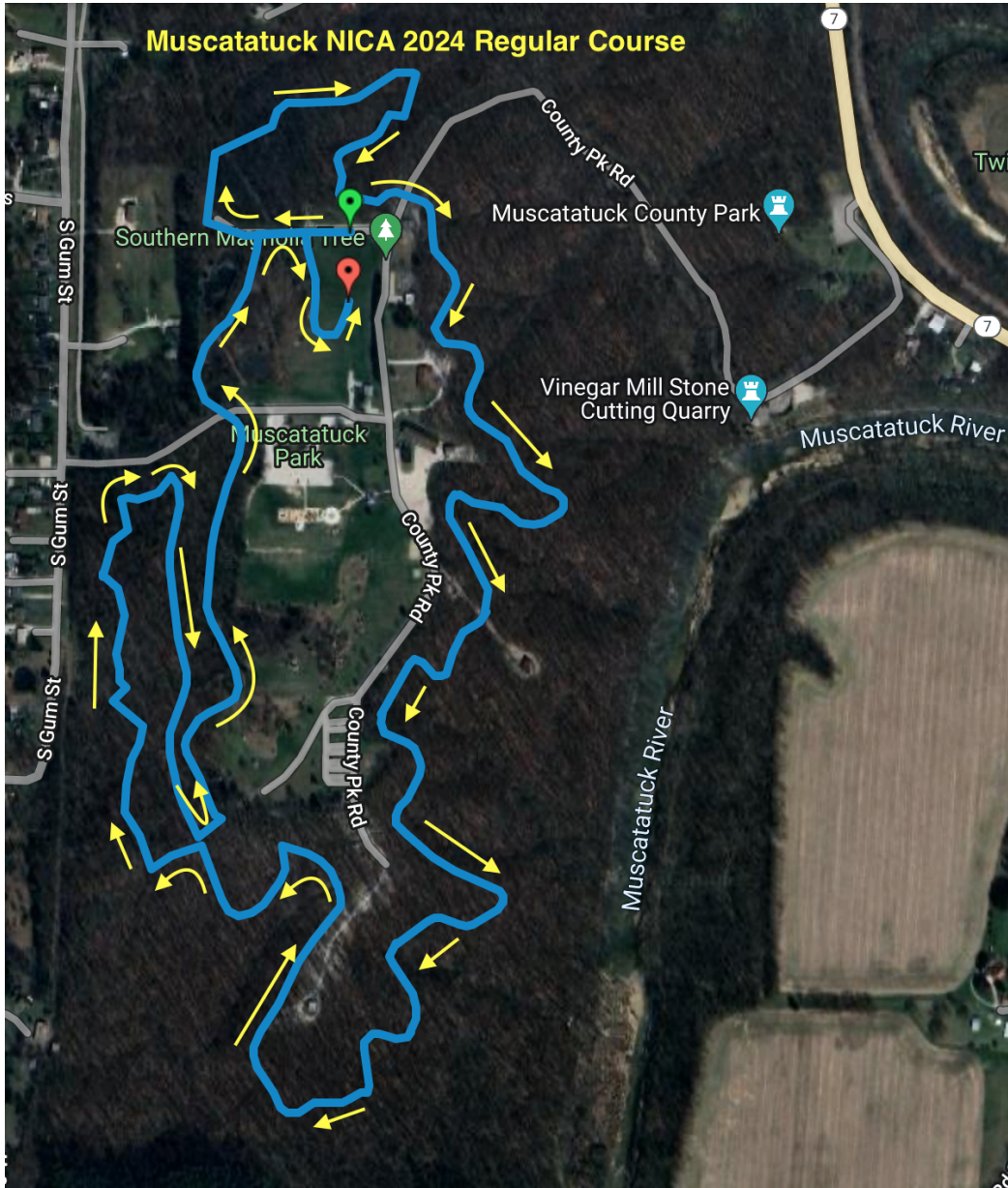
\*subject to change\* - see standard lap map (JV) or Varsity map below.

CATEGORY (NUMBER SERIES)	STAGING TIME	START TIME	LAP* COUNT	EARNED LAP CUT-OFF TIME	RACE PLATE COLOR
Varsity Boys (50-99)	12:00 PM	12:15 PM	5	1:15 PM	YELLOW
JV-1 Boys (200's)	12:00 PM	12:19 PM	4	1:19 PM	PINK
JV-2 Boys (600's)	12:00 PM	12:21 PM	3	1:15 PM	LIGHT BLUE
JV-3 Boys (800's)	12:00 PM	12:22 PM	3	1:20 PM	RED

**PLEASE NOTE: MUSCATATUCK IS ON EASTERN TIME!**

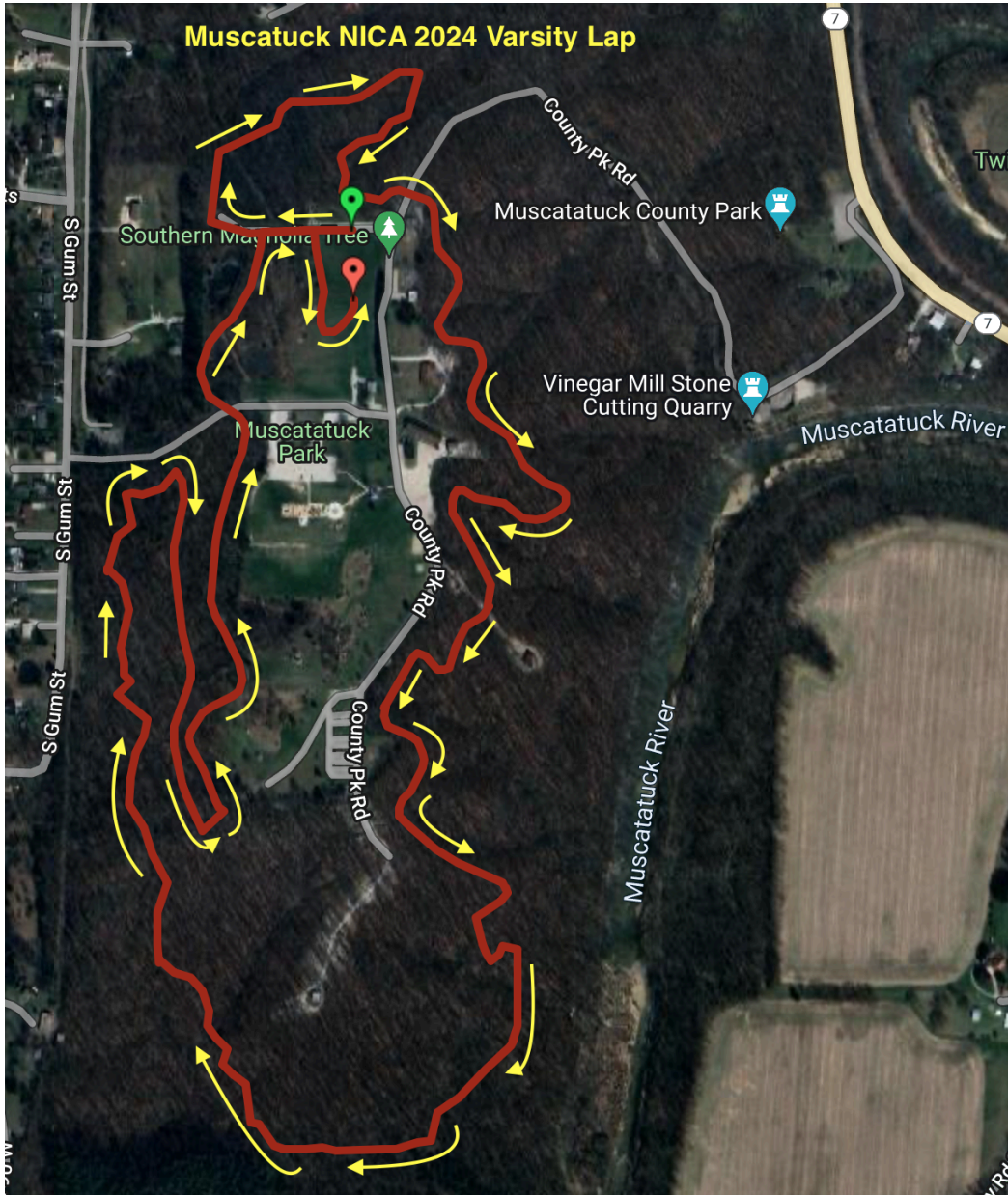


Standard Lap



**1 Lap is approx. 3.0miles in length.**

Varsity Lap



**1 Lap is approx. 3.0miles in length.**





# NICA

## Mandatory 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 at least 1 representative present at the meeting.*

## 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**

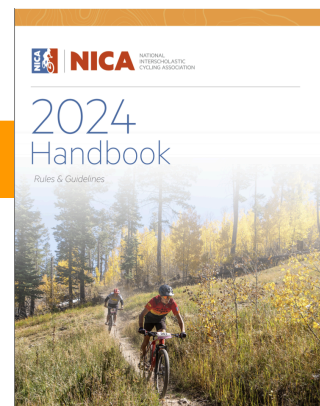
## Refund/Weather Policy

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. Get the Handbook [HERE](#).







# NICA

## Pull Time Guidelines

Student-athletes may be asked to withdraw at the finish line after cut off time limits have been reached. Due to weather or course closures, these duration guidelines may be changed at League Discretion. Racers who do not make the time limit cut-off will still be scored and ranked.

Race officials reserve the right to determine time limits or course closures at any time.

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

## Camping and Lodging

The Indiana League encourages racers, coaches and parents to camp out!

Overnight camping is available on-site at the venue at Muscatatuck Park.

**Larger RV's and anyone wanting hookups should make your own [reservation directly with the Park](#).** Tent campers and small RV's (<24') will have primitive sites in various locations on the park grounds, and **the Park is charging \$3/person for this camping**. You can make the payment to the Park at the Registration tent.

### Some Guidelines:

- Parental supervision required. League staff and team coaches are not responsible for student athletes outside of pre-ride and race time.
- **QUIET HOURS—9:30pm-7:30am**. Generators need to be **off** during quiet hours.
- Pack in/pack out trash. No trash service provided.
- The Park has restroom facilities, and Port-a-potties will be provided.



# NICA

## Food Service

**NO on-site food service is available at Muscatatuck Park.** Restaurants and shops are quite close-by in North Vernon.

## Lost & Found

**Please turn in all found items** to the registration desk. IF you have lost anything please check at the registration desk. Found items that have not been claimed will be brought to the podium as a reminder.

## 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.

## 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](#).



# NICA

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.







# NICA

## League and National Sponsors



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