



NICA

WINONA LAKE, Race #2

September 21-22, 2024

WINONA LAKE TRAILS, WINONA LAKE, INDIANA

Venue Description

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Right next to Warsaw, Indiana, at Winona Lake we have a large multi-use infield, complete with on-site primitive camping (RV's welcome; no hookups). 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!





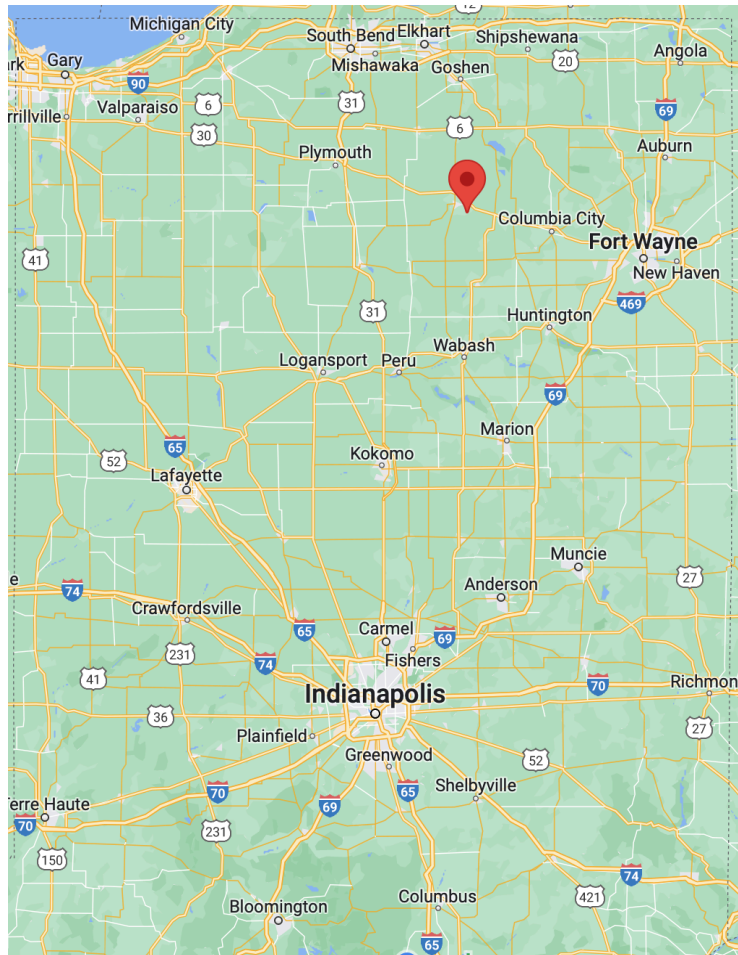
Address and Directions

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





General Parking & Pit Zone Area 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.

Pit Zone Area Loading / Unloading Zone Information

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

Registration / Race Plates

All student-athletes, and all coaches (all levels) must register (and be licensed) NICA's "Pit Zone" database. Student-athletes and coaches (all levels) who are not registered 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!** 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**



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. 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.





EVENTS AT THIS RACE WEEKEND!

RUBBER CHICKEN RELAYS!

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

- At Winona Lake our famous Rubber Chicken Relays will have 8 teams of 6 riders each. Sign up at Registration, and Mike's Magic Algorithm will get you on a team with fellow fun folks! Every team will have at least one female rider and may include a coach.
- 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 chicken to the next rider on their relay team.
- Sign up your team at the Registration tent by no later than 4:00pm on Saturday!



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!



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 Tent Opens
12:00 PM	Coach-only Pre-Ride Opens—Coaches may ride the course on your own.
1:00 PM	Mandatory Head 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
4:30 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
6:00 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

7:00 AM	Volunteer Shifts Begin
7:00 AM	Registration Tent Opens
7:30 AM	*Pre-Ride Open to all riders—must ride with a (any) coach present
8:00 AM	<i>Optional Prayer Service/Devotional Time for those who wish.</i>
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 (detailed schedule below)
10:25 AM	Staging - Wave 2 Girls
10:40 AM	Racing Begins - MS and HS Girls (detailed schedule below)
11:30 AM	Registration Closes
12:30 PM	Staging - Wave 3 HS Boys
12:45 PM	Racing Begins - HS Boys (detailed schedule below)
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.



Wave Start Times

STAGING will begin 15 minutes before each wave.

- **Athletes only in the staging area** - Parents and Coaches should head to the race start spectating fan zone.

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. **Race start times / pull times are subject to change**

PLEASE NOTE: WINONA LAKE IS ON EASTERN TIME!

Wave 1: Middle School Boys - All Times Eastern

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	2	10:00 AM		ORANGE
MS-B Boys (3000's)	9:15 AM	9:32 AM	2	10:05 AM		PURPLE
MS-C Boys (5000's)	9:15 AM	9:34 AM	1	—		GREEN

Wave 2: Girls - All Times Eastern

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	3	11:30 AM		PINK
JV-2 Girls (400's)	10:25 AM	10:42 AM	3	11:40 AM		LIGHT BLUE
JV-3 Girls (700's)	10:25 AM	10:42 AM	2	11:15 AM		RED
MS-A Girls (2000's)	10:25 AM	10:44 AM	2	11:20 AM		ORANGE
MS-B Girls (4000's)	10:25 AM	10:46 AM	2	11:25 AM		PURPLE
MS-C Girls (6000's)	10:25 AM	10:48 AM	1	---		GREEN



Wave 3: High School Boys - All times Eastern

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	1:45 PM		YELLOW
JV-1 Boys (200's)	12:30 PM	12:49 PM	3	1:25 PM		PINK
JV-2 Boys (600's)	12:30 PM	12:51 PM	3	1:31 PM		LIGHT BLUE
JV-3 Boys (800's)	12:30 PM	12:52 PM	2	1:20 PM		RED

Race Category Changes

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

Race Fee/Late Fee

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

Venue Map



[Click Here!](#)

1 Lap is approx. 3.5miles in length.



Pre-Ride - All Times Eastern

Pre-Ride Hours

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

Saturday afternoon (1:30 PM–4:30 PM Eastern)

Sunday morning (7:30 AM–8:30 AM Eastern)

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

All Pre-Ride racers must be accompanied by a coach (any coach)

Riders must adhere to any course restrictions

TO BE ON THE COURSE:

ALL RIDERS (Student-Athletes & Registered Coaches) must be labeled as practice ready in NICA's "Pit Zone" registration software and have their number plates affixed to their bike. No unregistered parents / siblings allowed on course.

Pit Zone Area Information and NICA Rules

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

- The Pit Zone area is open for loading/unloading and team set-up during the following times:
 - Saturday: 11:00am -12:00pm (No vehicles after 12:00 pm)
 - Sunday: 7:00am -8:00am and after the infield is taken down.
- **NO BIKE RIDING ALLOWED IN THE PIT ZONE AREA.**
- **Garbage expectations - pack in/pack out.**
- No Gas Generators in the Pit Zone area.
- No inappropriate language allowed.
- Teams must remove all garbage from the Pit Zone and camping areas, whether or not a dumpster is on site.
- No Smoking, Alcohol, BBQ's or open flames in the Pit Zone.



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- 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.
- **WHILE RIDING A BIKE AT ANY TIME - HELMETS ARE REQUIRED FOR EVERYONE**
- This means: coaches, spectators, volunteers, and parents - during races, pre-rides, warm-ups, and even casual riding to the port-a-potties.
- Any violation of the above rules may result in a team penalty and/or expulsion from the Pit Zone and infield area.

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



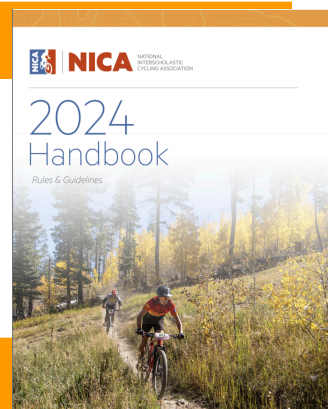


Refund/Weather Policy

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 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](#).



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 any time. Time limits may be imposed or altered for reasons that include: safety, heat, cold, rain, and muddy conditions.

Course closures may be announced at any time.

Racers who do not make the time limit cut-off will still be scored and ranked.

Mandatory Head 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.*



NICA

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.

We have arranged for camping to be available to NICA families as part of our venue use. We'd appreciate a donation of \$20 per RV for the weekend or \$10/family for tent camping. You can make this contribution at the Registration tent.

General Guidelines:

- Parental supervision required. 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 **there are no hookups or on-site water.**
- **QUIET HOURS—9:30pm-7:30am.** Generators need to be off during quiet hours.
- No open campfires allowed—solo stoves are OK, but no ground fires. 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.

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 which 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](#).

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.



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