



# NICA

# Wilson State Lake

## “Get Wicked at Wilson”

### Sylvan Grove, Kansas

April 1-2, 2023

Season #3 Kansas NICA Race #1

#### Welcome to Wilson State Lake

Located west of the state’s capital and just north of I70, lies Wilson State Lake. Known for its rich history and fertile agriculture, this destination also offers some of the most gorgeous views and is home to one of the state’s most well known systems of single track in Kansas. The entire system boasts over 22 miles, and has something for everyone out on the trail. We’re excited to bring the 2023 NICA season opener to Wilson State Lake. See you April 1-2!



#### Areas off-limits to event attendees

During the event weekend, all of the Wilson State Lake will be open to NICA student-athletes and coaches. Please use caution when riding trails outside of the designed course. Wilson State Lake offers challenges for every level of riding experience. Pre-rides will be held on course and within NICA hours as posted by the event activities schedule. All riders are expected to be riding **only** the designed course during these hours.



## Address and Directions

### **Wilson Lake**

### **Switchgrass Mountain Bike Trails**

Sylvan Grove, KS 67481

<https://goo.gl/maps/vneRmmYDVHfaM3bp7>

## Parking

- 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 parking lot near PitZone, PitZone drop off 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

Online registration closes Wednesday before each race at 12:00 midnight. No day of registration.

- 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. Race plates have chips on the back and require care to avoid damage. There is a \$10 fee to replace race plates if lost, or forgotten. Replacement plates are at registration.



## 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.

### **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, and look forward to the fun! CLICK HERE TO GUARANTEE YOUR PREFERRED VOLUNTEER SPOTS FOR EACH OF THE RACES! [\*\*\*Volunteer Sign-up!\*\*\*](#)

For more information contact our Volunteer Coordinator, **Darby Cochran-Wilson** at [\*\*darbycochranwilson@yahoo.com\*\*](mailto:darbycochranwilson@yahoo.com)

## Event Weekend Schedule

### **Saturday**

<b>9:00 AM</b>	Volunteer Shifts Begin
<b>12:00 PM</b>	Pit Zone Access Open
<b>12:00 PM</b>	Registration Opens
<b>12:30 PM</b>	Coaches Meeting
<b>1:00 PM</b>	*Coaches Only Pre-Ride
<b>2:00 PM</b>	*Pre-Ride Open to all riders
<b>4:00 PM</b>	*NICA GRiT Ride - meet at the NICA GRiT Tent
<b>5:00 PM</b>	Pre-Ride Closed - (No riders allowed on course after pre-ride is closed)
<b>6:00 PM</b>	Registration Closes



## **Sunday**

<b>6:45 AM</b>	Volunteer Shifts Begin
<b>7:00 AM</b>	Registration Opens
<b>7:30 AM</b>	*Pre-Ride Open to all riders
<b>8:30 AM</b>	Pre-Ride Closed
<b>8:30 AM</b>	Head Coaches Meeting at Start Finish line
<b>9:15 AM</b>	Staging - Wave 1 MS Boys
<b>9:30 AM</b>	Racing Begins
<b>10:15 AM</b>	Staging - Wave 2 Girls
<b>11:30 AM</b>	Registration Closes
<b>12:15 PM</b>	Staging - Wave 3 HS Boys
<b>2:00 PM</b>	Racing Concludes
<b>2:15 PM</b>	Pit Zone Break Down Begins
<b>3:30 PM</b>	Awards Ceremony

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

## **Pit Zone Information and NICA Rules**

### **NO BIKE RIDING ALLOWED IN THE PITZONE**

- PitZone is open for loading/unloading
  - Saturday: 11:00am - 5:00pm
  - Sunday: 7:00am - 8:00am and after the infield is taken down
- No parking in the PitZone-1 vehicle per team will be allowed to drive/drop in Pit Zone
- Teams must remove all garbage from Pit Zone and camping areas whether or not a dumpster is on site
- No smoking or alcohol in Pit Zone
- No dogs allowed in PitZone, or around race venue
- No gas generators in the PitZone
- Grilling is not allowed in the PitZone
- No inappropriate language allowed
- 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

Coaches Only (Saturday 1:00PM -2:00PM)

Saturday afternoon (2:00 PM–5:00 PM)

Sunday morning (7:30 AM–8:30 AM)

**There will be no riding on course prior to the pre-ride opening**

All racers are encouraged to pre-ride the course

**Athletes must be accompanied by their coach during pre-ride. Athletes cannot ride the course without a coach**

RIDERS MUST ADHERE TO ANY COURSE RESTRICTIONS

NICA GRiT Ride is from 4-5pm Saturday..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

## Staging

**STAGING** will begin 15 minutes prior to the wave start.

\*Athletes only in the staging area - Athletes should be race ready when they enter staging.

\*Riders will know their start position before staging begins and will be staged accordingly by league staff.



# NICA

## Wave Start Times

### Wave 1: Middle School Boys

CATEGORY (NUMBER SERIES)	START TIME	LAP COUNT	*ESTIMATED FINAL LAP CUT-OFF TIME	ESTIMATED DURATION	RACE PLATE COLOR
8th Grade Boys (6000's)	9:30 AM	3	9:56 AM	25-45 minutes	Yellow
7th Grade Boys (5000's)	9:32 AM	3	9:58 AM	25-45 minutes	Purple
6th Grade Boys (4000's)	9:34 AM	3	10:00 AM	25-45 minutes	Green

### Wave 2: Girls

\*This race will be used as a qualifier for the 2023 Varsity Girls season

CATEGORY (NUMBER SERIES)	START TIME	LAP COUNT	*ESTIMATED FINAL LAP CUT-OFF TIME	ESTIMATED DURATION	RACE PLATE COLOR
Varsity Girls (1-49)	10:30 AM	5	11:42 AM	90 minutes	Light Blue
JV Girls (100's)	10:32 AM	4	11:48 AM	45-90 minutes	Pink
Sophomore Girls (400's)	10:34AM	4	11:28 AM	45-90 minutes	Orange
Freshman Girls (700's)	10:36 AM	4	11:30 AM	45-90 minutes	Dark Blue
8th Grade Girls (3000's)	10:38 AM	3	11:04 AM	25-45 minutes	Yellow
7th Grade Girls (2000's)	10:40 AM	3	11:06 AM	25-45 minutes	Purple
6th Grade Girls (1000's)	10:42 AM	3	11:08 AM	25-45 minutes	Green



# NICA

## Wave 3: High School Boys

\*This race will be used as a qualifier for the 2023 Varsity Boys season

CATEGORY (NUMBER SERIES)	START TIME	LAP COUNT	*ESTIMATED FINAL LAP CUT-OFF TIME	ESTIMATED DURATION	RACE PLATE COLOR
Varsity Boys (50-99)				90-120 minutes	Light Blue
JV Boys (200's)	12:30PM	5	1:46 PM	60-100 minutes	Pink
Sophomore Boys (500's)	12:34 PM	4	1:28 PM	45-90 minutes	Orange
Freshman Boys (800's)	12:36 PM	4	1:30 PM	45-90 minutes	Dark Blue

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.

\*Estimated Final Lap Cut-Off Time - riders must finish before the estimated duration time of the race expires. If they are not able to finish all of the laps within the estimated duration, riders will be pulled at the finish line and given a finishing time and score.

### Kansas NICA Race Duration Guidelines

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

- <45 mins for Middle School
- 45-90 mins for Frosh/Soph boys and girls & and JV girls
- 60-100 mins for JV boys and Varsity girls
- 90-120 mins for Varsity boys

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 for reasons that include, among others: safety, heat, cold, rain, and muddy conditions.

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.

### 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 \$10**

### Cancellation/Weather Policy

#### **Kansas League Weather and Refund Policy**

The Kansas League strives to put on world class events and provide all of our constituents with the best resources possible. To achieve the best resources, we make a financial investment to cover insurance, training, and planning activities. Those expenses are continuously incurred and are only partially covered by the participation fees into the league. In order to maintain the sustainability of the Kansas Interscholastic Cycling League, it is necessary we implement a NO-REFUND policy.

We greatly appreciate you being a part of our family and look forward to seeing you at the next event.

#### **Weather Policy**

Below are the guidelines for how the Kansas League will conduct races in the event of challenging weather. Our primary considerations are the safety of racers, race support staff, race visitors, and potential damage to the race venue (trails and infield).

Any decisions regarding canceling, postponing, or altering race start times, lap length, number of laps, etc. will be made jointly by the Kansas League Director, Chief Course Marshal, and land manager. Often this decision cannot be made until the day of the race due to the unpredictable and emergent nature of wet or stormy weather. That said, we will do our best to make the call to cancel, change venue or reschedule a race by noon the Thursday immediately preceding race weekend.





The Kansas League will make every attempt to notify the racing population via email (addresses taken from rider, parent, and coach emails entered when registering in the Pit Zone online registration system), Facebook, and website updates as early as possible.

## Kansas League Weather Guidelines

- Races are held on their scheduled dates unless the race course on the day of the race is deemed un-rideable and dangerous.
- The League will have the option to delay the start of a race from the published times if the weather has created dangerous conditions.
- Courses and/or lap lengths may be altered or shortened because of weather conditions. Last minute changes will be broadcast to racers at the start of each wave via the race announcer.
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- If conditions require a change in number of laps during a race, a person will be stationed at the lap line advising riders of the change.
- The League will develop wet-weather course alterations in case of extremely wet conditions that threaten the trails used for the race.
- All racing will stop immediately in the presence of lightning as signified by the chief referee or race director. Racing may continue once the league director, chief referee, and the head timer have conferred.
- Re-starting a race that has been stopped due to lightning;
  - depending on schedule and number of laps completed, the race may be declared over
  - if time permits, racers will be able to resume laps beginning from the lap line
- Communication of delays, changes in start time, courses, and so on will be made by the League as follows:
  - on the league web site (prior to the race day, if possible).



-on the public address system for Kansas Coaches and Team Directors

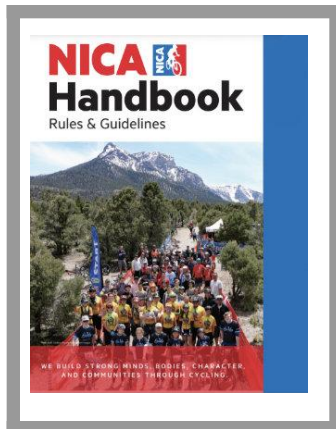
-via forms of social media.

- League will not refund pre-registration fees due to inclement weather.
- League does not allow registration transfers to subsequent races due to inclement weather.

*Note: Weather Policy is standard NICA League 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.



## Coaches Meeting

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- Saturday April 1, 2023 12:30 pm - before coaches pre-ride Meet at the Start/Finish Arch
- Sunday **April 2, 2023 8:30 am**. Meet at the Start/Finish Arch - **This meeting is Mandatory**. Each team must have 1 representative present at the meeting.



## Camping and Lodging

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

Teams, Parents, and spectators are encouraged to make their camping reservations through <https://www.campitks.com/>. Campsites are a first come first serve. Race Weekend events will be taking place in and around the switchgrass trailhead

### Some Guidelines:

- Parental supervision required, no exceptions. League staff and team coaches are not responsible for student athletes outside of pre-ride and race day
- No campfires or open flames allowed outside of designated areas. Propane grills and stoves allowed as consistent with current local fire restrictions
- Pack in/pack out trash \*limited trash service provided
- Port-a-johns will be provided in and around pitzone

## 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!!!

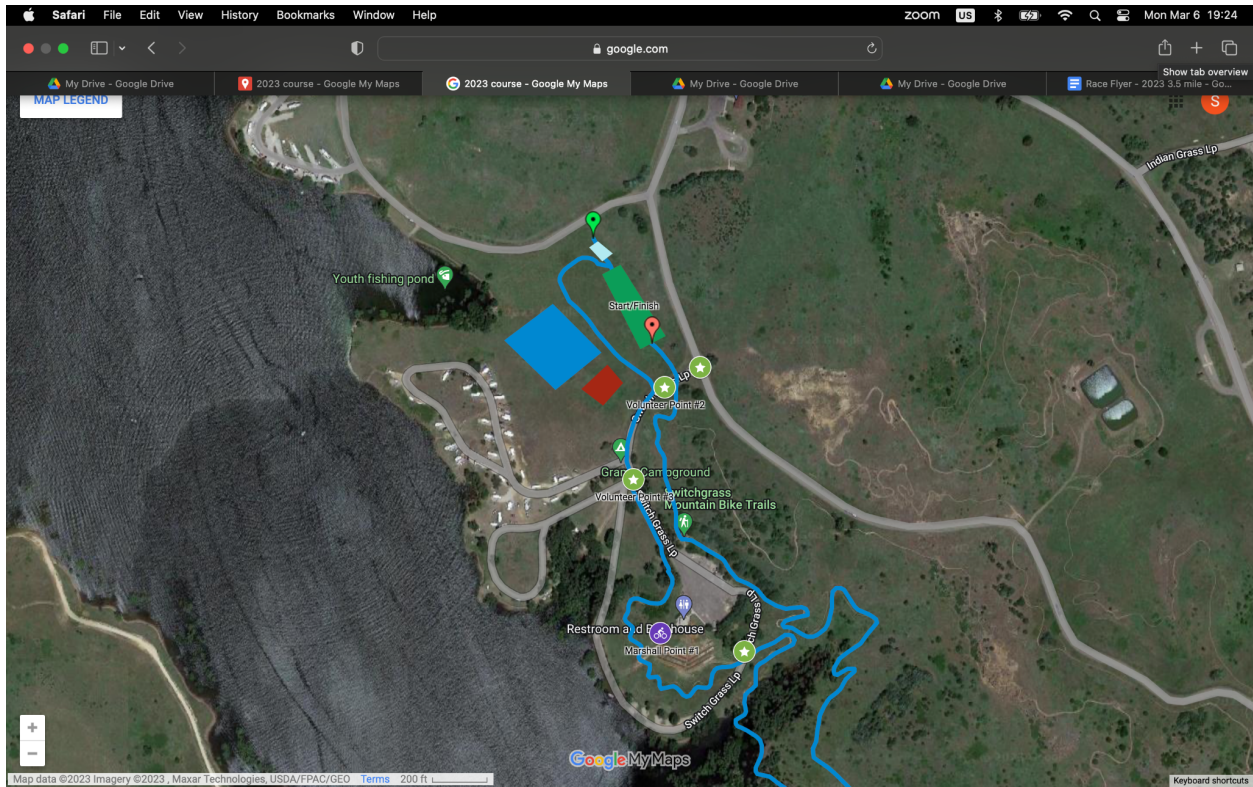
For more information contact:

- Dallas McCarter at [dallas@kansasmtb.org](mailto:dallas@kansasmtb.org)
- Venue/Race day specific questions - Sarah Underwood, Race director [sarah@kansasmtb.org](mailto:sarah@kansasmtb.org)
- Other inquiries at [rules@kansasmtb.org](mailto:rules@kansasmtb.org) or your Team Director
- Follow us on Facebook at KansasMTB and Instagram @kansasmtb

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



## Course Map

**\*Please access the full course map for Getting Wicked at Wilson:**

**[Course Map](#)**



# NICA

## NICA CORE VALUES



## League and National Sponsors

### NICA NATIONAL SPONSORS

LEAD SPONSOR



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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 Kansas 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.