



**August 18-19, 2023**

Version 3, 08/16/2023

#### NICA FIVE CORE PRINCIPLES

- Fun
- Inclusivity
- Equity
- Respect
- Community



## **Race #1—The Blast Off @ Brundage : Race Weekend Guide**

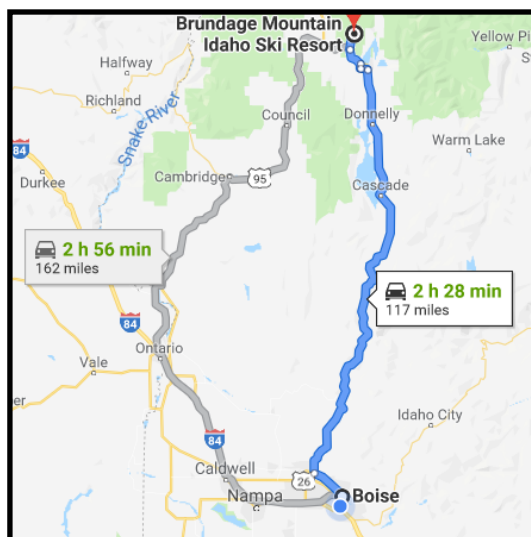
### VENUE DESCRIPTION

Brundage Mountain will host race #1 of the 2023 season. With an uphill start, riders will race for the hole shot well up the two track dirt road. Plenty of passing opportunities open up on this course as racers hit a dirt road that at times will be real punchy. Then the racers will hit the most technical section of single track before heading back to the start finish area. Plan to spend the rest of the weekend riding the trails at this incredible destination mountain bike haven!



### ADDRESS AND DIRECTIONS

Brundage Mountain  
3890 Goose Lake Rd. McCall Idaho 83638  
[LINK TO GOOGLE DIRECTIONS](#)



### PARKING/PIT ZONE INFO

- Vehicles must park in the designated areas. No Nica camping in lot 1.
- All vehicles must abide by the instructions of parking volunteers and/or league staff. Any violators risk imposition of penalties against their respective teams
- Handicap parking is available in Parking Area #1
- Vehicles must use the designated loading/unloading zone and immediately move to designated parking areas after unloading at the Pit Zone area
- Vehicle Pit Zone Parking Location will be the West Edge of the main parking lot.
- No Stakes can be used to secure tents to the ground. Teams must bring sufficient weight to anchor tents to the ground. A minimum of 40lbs per leg should be used to secure the tent to the ground.

### REGISTRATION

Race registration closes August 7th at midnight  
All student-athletes must be both 'Practice Ready' AND 'Race Ready' in the Pit Zone in order to participate in the race.

**\*\*THERE IS NO ON-SITE REGISTRATION\*\***

Students will receive both a race plate and a category bib to use for the entire race series, so please take care of them. Race plates have chips on the back and require care to avoid damage.

**DO NOT LOSE YOUR RACE PLATE!**

There is a \$20 fee to replace race plates if lost, or forgotten.

#### PIT ZONE ACCESS

Team Pit Zone selection and set-up will be regulated and times will be assigned based on the number of volunteers provided by each team. Team Directors will receive a report on the Thursday prior to each race indicating the assigned Pit Zone access times. Teams will not be allowed to enter the Pit Zone area to claim a site, nor set up their team Pit Zone space until after their assigned time has passed.

### 2023 Brundage Pitzone!

Brundage is doing a lot of upgrades this year. As a result the pitzone access will be farther out than the past, and will be more limited. Its looking like we will have room for 3 teams to be parked at one time for unloading and loading. We will control access both days to this location. This access is not up for debate, and anyone not following our on site directions will be asked to leave. I (Alex) Will have a zero tolerance in this area. Its going to be a slow load out, and your patience will be greatly appreciated. I will further communicate the process as we get closer to our event.

### REQUIRED VENUE WAIVER

Brundage Mountain requires a supplemental waiver. Please have each student athlete sign the waiver.  
The waiver can be found [HERE](#)  
Please Print and bring to Brundage

## WEEKEND SCHEDULE

### Friday

- 9:00 AM** Volunteer Shifts Begin
- 12:00 PM** Pit Zone Access Open—Teams Assigned Time Slots Based On Volunteer #s
- 12:00 PM** Check-In Opens (1 Representative from each team to pick up race plate packets)
- 1:00 PM** Pre-Ride Open to all riders
  - (Everyone on course must be registered & have a number plate affixed to their bikes)
- 4:00 PM** GRIT Only Pre-Ride Open Hawaiian Theme!
  - (Everyone on course must be registered & have a number plate affixed to their bikes)
- 4:25 PM** GRIT Only Pre-Ride Closes
- 7:00 PM** Pre-Ride Closed (No riders will be allowed on the course after pre-ride closes)
- 7:00 PM** Check-In Closes

### Saturday

- 7:00 AM** Check-In Opens
- 7:30 AM** Pre-Ride Open (Riders must be registered and have a number plate affixed to their bikes)
- 8:00 AM** Team Director /Head Coach Meeting (Mandatory attendance for representative from each team)
- 8:30 AM** Pre-Ride Closed (No riders will be allowed on the course after pre-ride closes)
- 9:00 AM** Racing Begins (See detailed start schedule for category start times)
- 1:15 PM** Check-In Closes
- 5:00 PM** Racing Concludes after last Varsity riders finishes!
- 5:00 PM** Awards Ceremony will happen as soon as we can after last racer finishes

## PRE-RIDE

### Pre-Ride Hours

**Friday afternoon (1:00 PM–7:00 PM)**

**Saturday morning (7:30 AM–8:30 AM)**

All racers should pre-ride the course

**RIDERS MUST ADHERE TO ANY COURSE RESTRICTIONS**

GRIT Pre-Ride is from 4-5pm Friday...

Meet at the GRIT Tent at 3:50pm

**TO BE ON COURSE DURING PRE-RIDE, ALL RIDERS (STUDENTS AND REGISTERED LEVEL 1/2/3 COACHES) MUST BE FULLY PRACTICE READY / LICENSED IN THE PIT ZONE AND HAVE THEIR NUMBER PLATES AFFIXED TO THEIR BIKES**

**NO UN-REGISTERED PARENTS/SIBLINGS ALLOWED ON COURSE AT ANY TIME**

Riders should use warm-up area shown on map and use extreme caution while crossing roads.

## PIT-ZONE INFORMATION AND NICA RULES

### NO VEHICLE/TRAILER PARKING IN PIT ZONE

- Total of **2 vehicles/trailers** per team will be allowed to park in a Location TBD
- No BBQ's, Dogs or open flames in Pit Zone
- No inappropriate language allowed in Pit Zone
- Conflicts shall not be dealt with in the Pit Zone
- **NO BIKE RIDING ALLOWED IN THE PIT ZONE**
- **ATHLETES ONLY IN STAGING AREA**—No Parents nor coaches are allowed to enter staging area.
- Teams must remove all garbage from Pit Zone and camping areas and place into provided dumpster.

All riders, coaches and parents are responsible for knowing and abiding by the NICA rulebook. Rule violations may result in individual and/or team penalties. The current version of the NICA rulebook can be found [HERE](#).



## Race #1—The Blast Off @ Brundage : Race Weekend



### DETAILED WAVE SCHEDULE

#### **WAVE 1 : MIDDLE SCHOOL (INDIVIDUAL START TIME TRIAL)**

CATEGORY	STAGING TIME	START TIME	LAP COUNT	ESTIMATED DURATION	RACE PLATE # SERIES
8th Grade Boys	8:45 AM	9:00 AM*	1	45 minutes or less	8000-8499
7th Grade Boys	8:50 AM		1	45 minutes or less	7000-7499
6th Grade Boys	8:55 AM		1	45 minutes or less	6000-6499
8th Grade Girls	9:27 AM	9:42 AM*	1	45 minutes or less	8500-8999
7th Grade Girls	9:30 AM		1	45 minutes or less	7500-7999
6th Grade Girls	9:33 AM		1	45 minutes or less	6500-6999

\* Time trials starts will begin at 9:00 AM and riders will be started at an approximate interval of 6 seconds. Each category will be provided with a 2 minute gap before the start of the first rider in the next category.

#### **WAVE 2 : FRESHMAN, JV2 & JV1 GIRLS**

CATEGORY	STAGING TIME	START TIME	LAP COUNT	ESTIMATED DURATION	RACE PLATE # SERIES
JV1 Girls	10:02 AM	10:17 AM	2	75 minutes or less	400-499
JV2 Girls	10:02 AM	10:20 AM	2	75 minutes or less	700-849
Freshman Girls	10:02 AM	10:23 AM	2	75 minutes or less	1200-1299

#### **WAVE 3 : HIGH SCHOOL JV2 BOYS**

CATEGORY	STAGING TIME	START TIME	LAP COUNT	ESTIMATED DURATION	RACE PLATE # SERIES
JV2 A*	11:20 AM	11:35 AM	2	75 minutes or less	850-1199
JV2 B*	11:20 AM	11:38 AM	2	75 minutes or less	850-1199

\* High School category A/B split start groups will be implemented on a race by race basis for any category with 75+ racers. Rider start group assignment will be determined by current series standings. Results will be calculated based on overall time from group start time to race finish.

#### **WAVE 4 : HIGH SCHOOL FRESHMAN BOYS**

CATEGORY	STAGING TIME	START TIME	LAP COUNT	ESTIMATED DURATION	RACE PLATE # SERIES
Freshman Boys A*	12:35 PM	12:50 PM	2	75 minutes or less	1300-1499
Freshman Boys B*	12:35 PM	12:53 PM	2	75 minutes or less	1300-1499
Freshman Boys C*	12:35 PM	12:56 PM	2	75 minutes or less	1300-1499

\* High School category A/B split start groups will be implemented on a race by race basis for any category with 75+ racers. Rider start group assignment will be determined by current series standings. Results will be calculated based on overall time from group start time to race finish.

#### **WAVE 5 : HIGH SCHOOL JV1 BOYS**

CATEGORY	STAGING TIME	START TIME	LAP COUNT	ESTIMATED DURATION	RACE PLATE # SERIES
JV1 A*	1:45 PM	2:00 PM	2	75 minutes or less	500-699
JV1 B*	1:45 PM	2:03 PM	2	75 minutes or less	500-699

\* High School category A/B split start groups will be implemented on a race by race basis for any category with 75+ racers. Rider start group assignment will be determined by current series standings. Results will be calculated based on overall time from group start time to race finish.

#### **WAVE 6 : HIGH SCHOOL VARSITY BOYS AND GIRLS**

CATEGORY	STAGING TIME	START TIME	LAP COUNT	ESTIMATED DURATION	RACE PLATE # SERIES
Varsity Boys	3:00 PM	3:10 PM	3	90 minutes or less	150-399
Varsity Girls	3:05 PM	3:15 PM	3	90 minutes or less	1-149

## NATIONAL AND LEAGUE SPONSORS



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## IICL RACE DURATION GUIDELINES

Racers will turn laps on this scenic course, with the following **Race Duration Guidelines** for each category:

- <45 mins for Middle School
- <75 mins High School
- <90 mins Varsity

Student-athletes may be asked to withdraw at the finish line after 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, muddy conditions, clearing the course, and relieving course marshals. Course closures may be announced at anytime and do not need to be announced in advance.

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

Due to the elevation, weather and challenging terrain of Idaho League courses, these duration guidelines may be changed at IICL discretion.

## VOLUNTEERS NEEDED

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.

**Friday and Saturday 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 straight forward. With the help of our training videos [HERE](#) and onsite review with one of our core-staff members, you'll feel confident and well-prepared volunteering for a race. So pick one (or two) that sound interesting to you, and look forward to the fun!

Coming soon!

CLICK [HERE](#) TO VOLUNTEER FOR ANY OF THE RACES

TEAM PIT ZONE ACCESS TIMES FOR SITE SELECTION/SET-UP WILL BE BASED ON THE NUMBER OF VOLUNTEERS EACH TEAM PROVIDES AND TO BE COUNTED TOWARD YOUR TEAM TOTAL, YOU MUST REGISTER USING THE LINK ABOVE. FOR EVERY 6 "PRACTICE READY" REGISTERED STUDENT-ATHLETES ON YOUR TEAM, YOU NEED TO PROVIDE 1 VOLUNTEER.

## NOTICE



**Keep  
dogs on  
a leash**

**Teams must remove all garbage from Pit Zone and Camping and put in designated dumpster. If the dumpster is full, please take trash home.**

## CAMPING AND HOTELS

Camping is available at Brundage Mountain at no additional cost. Locations: Main Camping will be in the Centennial lot. There will also be additional on-site camping of the new, not yet open, main road into the resort. Camping will be on the site of each side of the road. Camping on this road will need to be first in in each direction will need to pull all the way to the end of the road and right behind the camper already on road. You will not be able to save spots or to camp not pulled as far up that road as possible. We will be onsite Friday to control this camping area to maximize our on-site camping. Additionally we have most of the Centennial, but not all of it. Given that we do need to be good about getting in tight with each other. I do feel we will have room for all camping on site. As a backup we have a permit to camp offsite in the Bear Basin West trail head parking lot. From there it's a short drive up to the venue. You can choose to camp there and we will have extra portapotties on site in that parking lot

Camping will be Friday thru Sunday

Additional lodging can be found in McCall approximately 30 minutes from the venue and USFS camping is available in the surrounding area.

### IMPORTANT BRUNDAGE MOUNTAIN CAMPING NOTES

There are no showers available for campers

Main upper parking lot is for day use/Handicap parking, Camping only in lower 2 lots

No fires, or charcoal grills allowed at venue—GAS STOVES ALLOWED IN CAMPING AREA

## FOOD AND WATER

- Brundage Mountain will have on-site food throughout the week-end subject to business hours of restaurants and availability of seating. Download menu and hours [here](#).
- There is drinking water available onsite, but plan to bring sufficient containers to transport water
- No BBQ's or open flames are allowed in the Pit Zone or camping area—GAS STOVES ONLY IN CAMPING

## IICL POLICIES AND PROTOCOLS

It is each persons responsibility to read, understand and abide by all IICL policies, rules and protocols while attending any IICL event:

[Idaho League Rule Book](#)



## CONTACT INFORMATION

For questions related to the following topics, please contact the appropriate IICL staff person:

### General League Questions:

Eddie Freyer, League Director: [eddie@idahomtb.org](mailto:eddie@idahomtb.org)

### Race/Venue Specific Questions:

Alex Phipps, Race Director: [alex@idahomtb.org](mailto:alex@idahomtb.org)

### Rule Specific Questions:

Jeff Mullens, Chief Official: [jeffm@idahomtb.org](mailto:jeffm@idahomtb.org)

### Registration Specific Questions:

Jessica Leavitt, Registration Manager: [jessical@idahomtb.org](mailto:jessical@idahomtb.org)

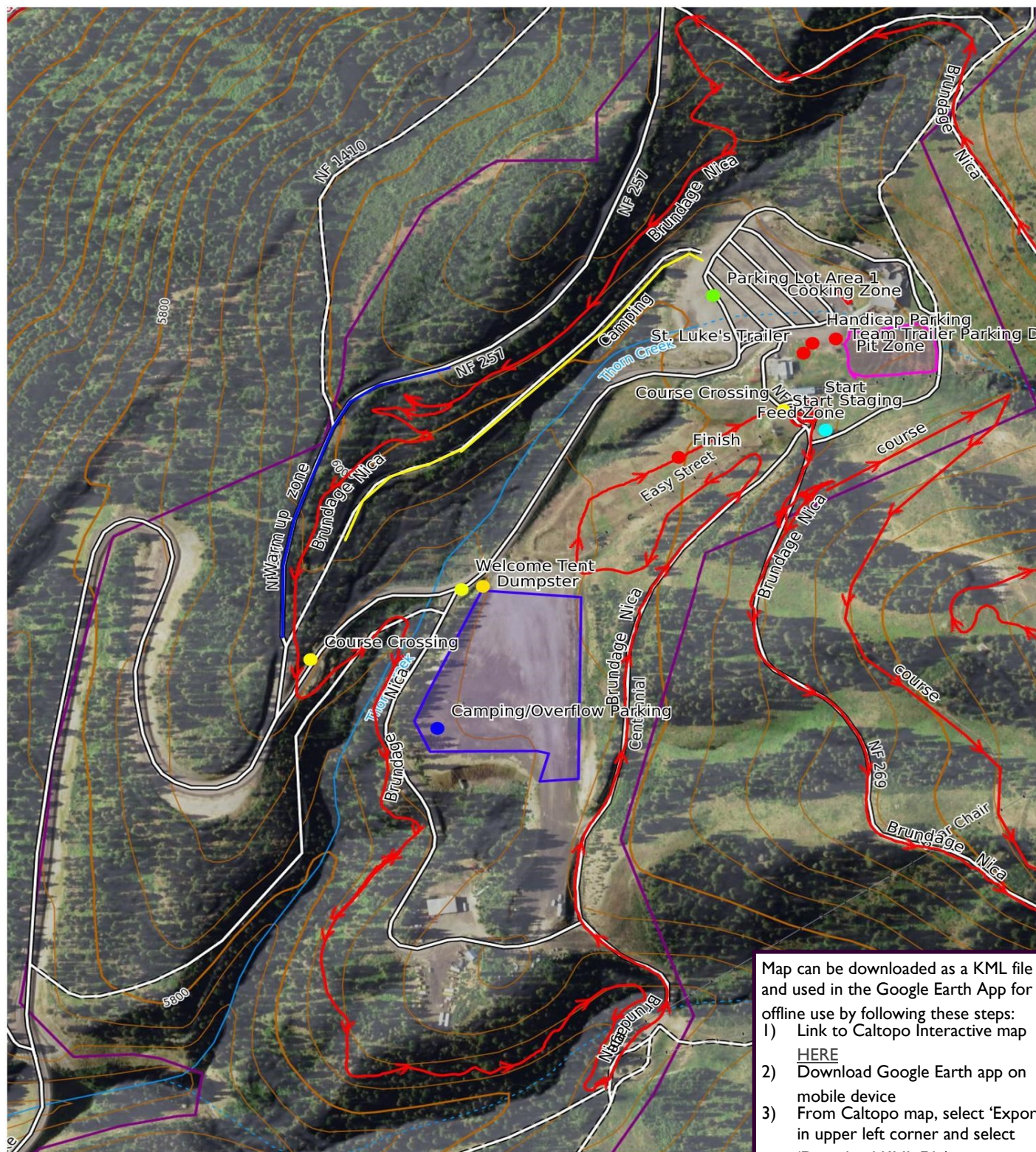
Please note that most staff arrive onsite Wednesday or Thursday of each race weekend and may not have sufficient cell/data coverage to respond to calls/emails. Please plan accordingly.

**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 for the upcoming event.**

**SEE YOU AT THE RACES !**



PIT ZONE DETAIL MAP (CLICK IMAGE TO LINK TO INTERACTIVE MAP)



Map can be downloaded as a KML file and used in the Google Earth App for offline use by following these steps:

- 1) Link to Caltopo Interactive map [HERE](#)
- 2) Download Google Earth app on mobile device
- 3) From Caltopo map, select 'Export' in upper left corner and select 'Download KML File'
- 4) Use Google Earth app on mobile device to open downloaded KML file of venue.

Mercator Projection  
WGS84

UTM Zone 11T

