

Pocatello Crazy Train

September 29-30, 2023

Ver. 2
9/25/2023



NICA FIVE CORE PRINCIPLES

- Fun
- Inclusivity
- Equity
- Respect
- Community



Race #6—Pocatello Crazy Train: Race Weekend Guide

VENUE DESCRIPTION

Third Year Race Course!

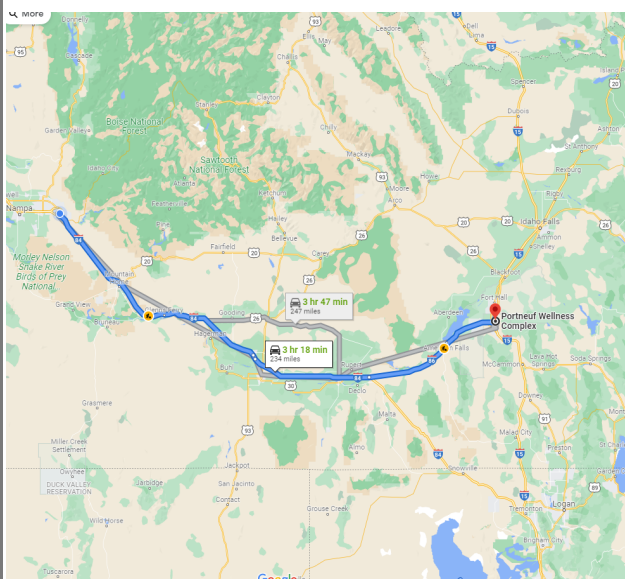
Welcome to the McNabb Ranch home of an awesome race course almost all hand dug by the local team. With over 4.5 miles of single track this race course will not only be fun but is going to be harder than you might think as there is little recovery on course. Full gas for over 5 miles per lap!

Camping will be located just a short hop away at the Bannock County Fairgrounds.



ADDRESS AND DIRECTIONS

McNabb Ranch
Chubback Rd, Pocatello Idaho
[LINK TO GOOGLE DIRECTIONS](#)



REGISTRATION

Race registration closes the Monday prior to each race 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.

Pocatello/Course

Third year for this course! Year 2 was much improved so year 3 should be the best yet!

PARKING AND SHUTTLES

- Parking will be at the Bannock County fairgrounds/shuttles will bring everyone to the venue
- 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 on site
- Pit zone vehicle parking: Trailers will be able to park in Pit Zone
- Vehicles must use the designated loading/unloading zone and immediately move to designated parking areas after unloading at the Pit Zone area, then set up Pit.
- Vehicles must follow one-way directional traffic in/out of Pit Zone drop off area
- Shuttles will be running from remote parking/Camping lot to/from the Pit Zone throughout the day Friday and Saturday
- Bike and Athlete drop off at the venue, but there is not parking at the venue. Please drop off and head back to camping/parking to catch the shuttle back in.
- There is no public parking anywhere except at the Fairgrounds. Please do not park and walk from the neighborhood or we will lose this venue.

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.

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** Registration opens
- 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—Theme is Pajamas
 - (Everyone on course must be registered & have a number plate affixed to their bikes)
- 4:25 PM** GRIT Only Pre-Ride Closes
- 6:30 PM** Pre-Ride Closed (No riders will be allowed on the course after pre-ride closes)
- 6:30 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
- 5:15 PM** Racing Concludes after Varsity Race Concludes
- 5:30 PM** Pit Zone Break Down Begins After Varsity Race Concludes
- Awards** High School Awards Ceremony—After Pitzone Tear Down

PRE-RIDE

Pre-Ride Hours

Friday afternoon (1:30 PM–6:30 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 parking area at venue.
- No Smoking, Alcohol, 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](#).

DETAILED WAVE SCHEDULE

WAVE 1 : MIDDLE SCHOOL

CATEGORY	STAGING TIME	START TIME	LAP COUNT	ESTIMATED DURATION	RACE PLATE # SERIES
8th Grade Boys A	8:45 AM	9:00 AM	1	45 minutes or less	8000-8134
7th Grade Boys A	8:45 AM	9:03AM	1	45 minutes or less	7000-7159
6th Grade Boys A	8:45 AM	9:06 AM	1	45 minutes or less	6000-6108
8th Grade Boys B	8:50 AM	9:09 AM	1	45 minutes or less	8000-8134
7th Grade Boys B	8:50 AM	9:15 AM	1	45 minutes or less	7000-7159
6th Grade Boys B	8:53 AM	9:19 AM	1	45 minutes or less	6000-6108
8th Grade Girls	9:37 AM	9:45 AM	1	45 minutes or less	8500-8565
7th Grade Girls	9:37 AM	9:48 AM	1	45 minutes or less	7500-7583
6th Grade Girls	9:37 AM	9:51 AM	1	45 minutes or less	6500-6558
Party Lap	10:01 AM	10:11 AM	1	45 minutes or less	

WAVE 2 : FRESHMAN, JV2 & JV1 GIRLS

CATEGORY	STAGING TIME	START TIME	LAP COUNT	ESTIMATED DURATION	RACE PLATE # SERIES
JV1 Girls	10:40 AM	10:40 AM	2	75 minutes or less	400-499
Freshman Girls	10:40 AM	10:43 AM	2	75 minutes or less	1200-1235
JV2 Girls	10:40 AM	10:46 AM	2	75 minutes or less	800-849

WAVE 3 : HIGH SCHOOL JV2 BOYS

CATEGORY	STAGING TIME	START TIME	LAP COUNT	ESTIMATED DURATION	RACE PLATE # SERIES
JV2 A*	11:51 AM	12:03 PM	2	75 minutes or less	900-1050
JV2 B*	11:51 AM	12:05 AM	2	75 minutes or less	900-1050

* 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*	1:00 PM	1:12 PM	2	75 minutes or less	1300-1415

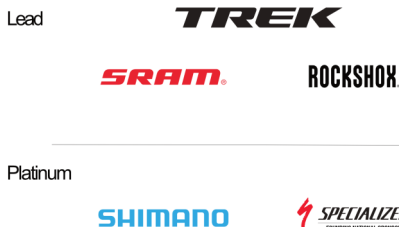
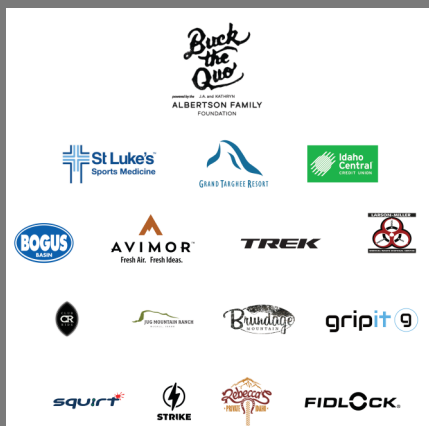
WAVE 5 : HIGH SCHOOL JV1 BOYS

CATEGORY	STAGING TIME	START TIME	LAP COUNT	ESTIMATED DURATION	RACE PLATE # SERIES
JV1 A*	2:11 PM	2:23 PM	2	75 minutes or less	500-699

WAVE 6 : HIGH SCHOOL VARSITY BOYS AND GIRLS

CATEGORY	STAGING TIME	START TIME	LAP COUNT	ESTIMATED DURATION	RACE PLATE # SERIES
Varsity Boys	3:26 PM	3:32 PM	3	90 minutes or less	150-399
Varsity Girls	3:31 PM	3:37 PM	3	90 minutes or less	1-149

NATIONAL AND LEAGUE SPONSORS



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!

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 will be available at the Bannock County Events Center.
- Full Hookups are available for an additional fee, link [here](#).
- Shuttle buses will run between camping/parking and the race venue.
- No fires or charcoal allowed in camping.

The nearest Hotel/Motel is under 10 minutes away from the venue. Follow this Google Map link to explore the options in the area, [HERE](#)

Teams must remove all garbage from Pit Zone and camping areas whether or not a dumpster is onsite.

FOOD AND WATER

- There is limited water available on site
- No BBQ's or open flames are allowed in the Pit Zone
- Cooking zone will be established

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

Race/Venue Specific Questions:

Alex Phipps, Race Director: alex@idahomtb.org

Rule Specific Questions:

Jeff Mullens, Chief Official: jeffm@idahomtb.org

Registration Specific Questions:

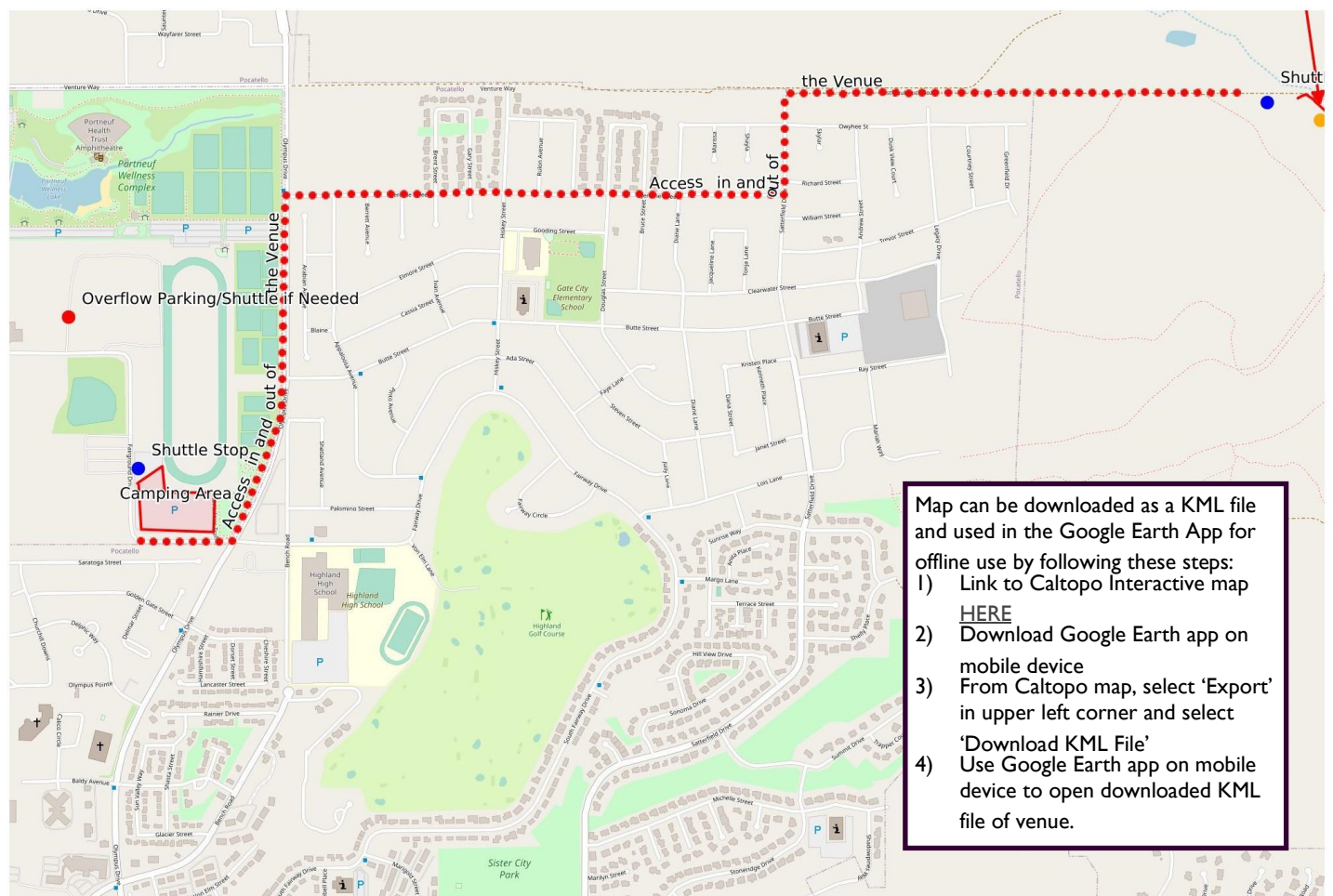
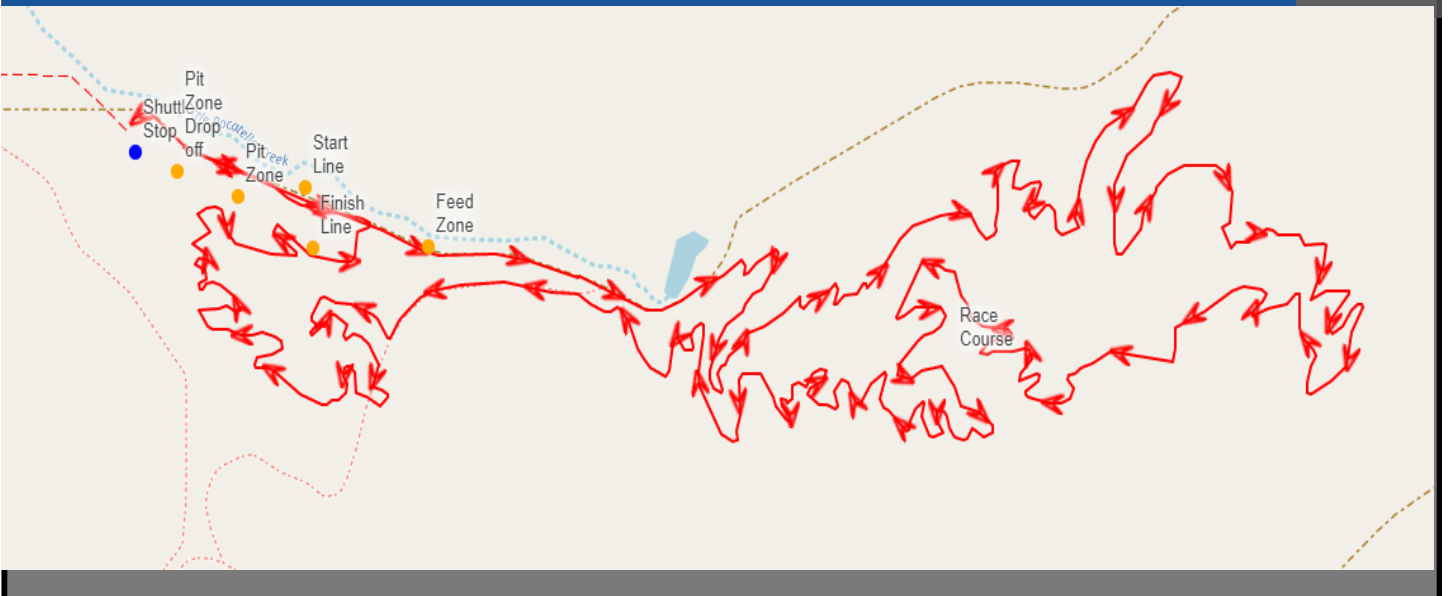
Jessica Leavitt, Registration Manager: jessical@idahomtb.org

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 !

VENUE OVERVIEW 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 12T

CALTOPO

