



2024 IICL RACE TECHNICAL GUIDE

2024 RACE SCHEDULE

Race #1: Brundage Mountain - August 17

Race #2: Magic Mountain - August 24

Race #3: Grand Targhee Resort - Sept 7

Race #4: McNabb Ranch - Sept 14

Race #5: Soldier Mountain - Sept 21

Race #6: Jug Mountain - Sept 28

State Championships: Bogus Basin - Oct 5

Our race series is a “round robin” format. All teams compete in the first race, the State Championships, and have 2 bye weeks for a total of 5 races. The 2024 bye week schedule can be found [HERE](#).

★ Brundage Mountain
★ Jug Mountain

★ Bogus Basin
★ Soldier Mountain
Grand Targhee ★

Magic Mountain ★ McNabb Ranch ★



EVERYONE RIDES

OUR MISSION:
TO ENABLE EVERY IDAHO TEEN TO
DEVELOP A STRONG MIND, A STRONG
BODY, AND STRONG CHARACTER THROUGH
LIFELONG PARTICIPATION IN MOUNTAIN
BIKING.

NICA'S FIVE CORE PRINCIPLES:

FUN • INCLUSIVITY • EQUITY • RESPECT • COMMUNITY

RACE REGISTRATION INFO

All student athletes must be both “Practice Ready” and “Race Ready” in Pit Zone to participate in our races.

RACE REGISTRATION DEADLINES:

Online registration closes at 12 midnight on the following dates:

- **Brundage:** Monday, August 5th
- **Magic:** Monday, August 19th
- **Targhee:** Monday, September 2nd
- **McNabb Ranch:** Monday, September 9th
- **Soldier Mountain:** Monday, September 16th
- **Jug Mountain:** Monday, September 23rd
- **State Champs:** Monday, September 30th

Onsite registration is available with a \$20 late fee. Please note that student athletes who register onsite will not appear on staging reports and will be staged at the back of their start group.

Students will receive a race plate to use for the entire race series. Please see page 8 for more details about our race plate policy.





PIT ZONE SET-UP

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. Team 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.

PIT ZONE RULES

- **No vehicle/trailer parking in Pit Zone**
- We encourage you to leave your dogs at home. If you choose to bring them, they must be under control and on a leash no longer than 6 feet.
- No BBQ's or open flames in Pit Zone
- NO generators in Pit Zone. Request for an exception must be pre-approved by IICL League Director
- No inappropriate language in Pit Zone
- Conflicts shall not be dealt with in Pit Zone; please settle conflicts constructively and away from public areas in Pit Zone
- **NO BIKE RIDING ALLOWED IN PIT ZONE!**
- Teams must remove all garbage from Pit Zone and camping areas and place in provided dumpster. If dumpster is full, take garbage home with you.



PRE-RIDE INFORMATION

COURSE PRE-RIDE HOURS:

All racers should plan on pre-riding the course during the designated pre-ride hours:

- Friday afternoon
 - Races 1-4: 1:00 PM to 7:00 PM
 - Races 5-7: 1:00 PM to 6:30 PM
 - Course will be closed from 4:00 PM to 5:00 PM for GRiT pre-ride
- Saturday morning:
 - 7:30 AM to 8:30 AM
- GRiT pre-ride is Friday afternoon 4:15 PM to 5:00 PM. Meet at the GRiT tent ready to ride no later than 4:00 PM. Check each week's Race Flyer for pre-ride theme!

PRE-RIDE RULES:

- **ALL STUDENT ATHLETES MUST BE ACCOMPANIED BY A COACH IN ACCORDANCE WITH NICA PRACTICE STANDARDS.**
- Riders must adhere to any course restrictions
- Ride with respect and control your speed in congested areas.
- Number plates/coach plates must be on bike to be on course
- **ALL RIDERS (STUDENT ATHLETES AND COACHES) MUST BE FULLY PRACTICE READY / LICENSED IN PIT ZONE!**
- No unregistered parents or siblings allowed on course at any time
- **PLEASE RESPECT THE GRiT PRE-RIDE!** If you are not part of the GRiT pre-ride, please wait to start your pre-ride when the course opens up to all riders.
- Violation of these rules are subject to consequences as outlined in the IICL rule book.



IICL RACE DURATION GUIDELINES

Racers will turn laps on our courses with the following **Race Duration Guidelines** for each category:

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

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

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 any time. Time limits may be imposed for reasons that include but are not limited to safety, heat, cold, rain, muddy conditions, clearing the course, and relieving the course marshals. Course closures may be announced at any time 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.

NUMBER PLATES

Students will receive a race plate to use for the entire race series. Race plates have timing chips on the back and require care to avoid damage.

Multi-category waves may also receive a category indicator to be worn in a prominent place.

- Hold onto your race plate for the entire season. Do not lose it or forget it at home.
- Race plates need to be attached to the front of the bike on the handlebars and clearly visible from the front. They should not be folded, bent or cut in anyway. They should be attached at both the top and the bottom to prevent the plate from falling off and/or flipping over.
- Improperly attached number plates may lead to missed chip reads and inaccurate timing.
- Race plates are required for all riders and coaches at any time while on the course.
- Riders and coaches cannot use someone else's race plate at any time.
- Lost and/or damaged race plates or chips (attached to the back of the plate) require a \$20 replacement fee.



STAGING AND RACE STARTS

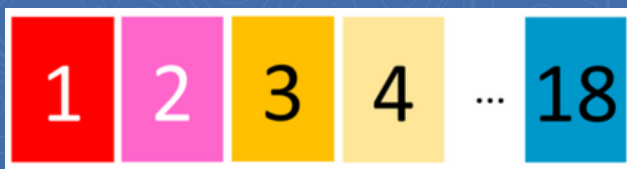
Staging and the race start has the potential to be a stressful time of the day for everyone. We really want it to be a fun event for the student athletes, so it is important that you help us prepare them for the process.

Here are some tips to help ensure your student athlete's staging goes smoothly:

- **Look at the wave start times and the staging report.** A staging report is posted to the Race Series page on the Thursday prior to each race. This report includes the staging order, time, and location as well as the start time for each student athlete.

RD Race Plat	First Name	Last Name	Team	Starting Group	Staging Order	Staging Location	Staging Time	Scheduled Start
8000	Fast	Rider	Canyon County Composite Cycling	Male 8th grade A	1		8:45 AM	9:00 AM
8015	Trying	Harder	McCall Area Composite Mountain Bike Te	Male 8th grade A	2		8:45 AM	9:00 AM
8013	Chase	Theleader	Magic Valley Composite	Male 8th grade A	3		8:45 AM	9:00 AM

- **Make sure your student athlete knows their staging location (number).** It's helpful if they also know their race plate. It's nearly impossible for us to look up this information on the spot with all the activity and time constraints. Staging volunteers will be holding up numbered cards (see below) that match the staging location. Each student athlete should move into the area of their designated staging location and be there **ON TIME**.



- **Please make sure they are in their staging area before their group starts getting called into the start corral.** We will start calling names/numbers right at the staging time listed on the sheet. If they are late, we will attempt to get them into the lineup when they arrive, but we will not reposition anyone already staged.

Each year there are disappointed student athletes, upset parents, and stressed volunteers because of late arrivals to staging. We will sync our watches to GPS time in the morning and announce the official time at the morning coaches meeting.

- **Student athletes are the only ones allowed in the staging areas.** Parents, spectators, and coaches should not enter the staging area. It will be crowded with student athletes and their bikes and extra people add to the congestion. **Let our awesome staging volunteers do their jobs!**
- If you see a student athlete who appears distressed or confused, even if they are not from your team, try to help them out or get one of the volunteer's attention so we can point them in the right direction.
- For a complete explanation of staging rules and calculations, please refer to the [IICL Rulebook, Chapter 15](#)

IICL WEATHER POLICY

Unlike many other youth sports, mountain bike racing is a highly weather dependent activity. The IICL must evaluate many factors regarding the impact of moisture, temperature and other environmental conditions on the safety of participants, spectators, staff and volunteers along with the long-term impact on the trail systems and venue.

Any decisions regarding cancelling, postponing, or altering race start times, lap lengths, number of laps, etc. will be made jointly by the IICL League Director, the land manager, and the chief referee. Often, this decision cannot be made until the morning of the race due to the unpredictable nature of wet or stormy weather, or acts of nature such as lightning, forest fires, etc.

Race starts may be delayed and races that are underway may be shortened or stopped due to weather conditions or other acts of nature creating dangerous conditions. This includes (but is not limited to) rain, wind, fire, and air quality.

The full IICL Weather / Air Quality Protocol can be viewed [HERE](#).



The background image shows a mountain bike race in progress. In the foreground, a volunteer wearing a blue jacket and a cap is holding a blue sign with the number '1'. To the left, another volunteer in a green and purple jersey is also visible. The scene is filled with the energy of a race, with other participants and spectators in the background.

WE LOVE OUR VOLUNTEERS!

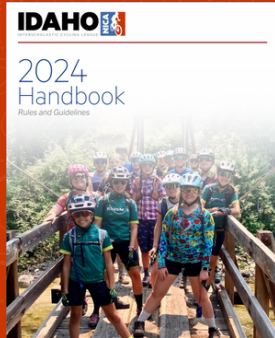
Race day would not be possible without the incredible work of our volunteers. It takes a “village” to put on quality youth mountain bike races. Many parents and cycling enthusiasts find that getting involved with our events is a fun and rewarding experience.

We know some of our positions can look complex and possibly overwhelming for first-time volunteers. Rest assured, ALL of our volunteer positions are fun and straightforward. With the help of our training videos [HERE](#) and onsite review with one of our staff members, you'll feel confident and well-prepared to volunteer. Pick one (or two!) positions that sound interesting to you and prepare to have fun!

REMEMBER! Team Pit Zone access times for site selection / set-up will be based on the number of volunteers each team provides. To be counted toward your team total, you must register for your desired position(s) using the link we send out prior to each race. For every six “Practice Ready” student athletes on your team, each team needs to provide one volunteer.

IICL POLICIES AND PROTOCOLS

It is everybody's responsibility to read, understand, and abide by all IICL policies, rules, and protocols while attending any IICL event. Click [HERE](#) to review the IICL Rulebook.



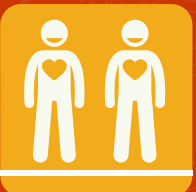
REMEMBER:



We encourage you to leave your dogs at home. If you choose to bring them, they must be under control and on a leash no longer than 6 feet.

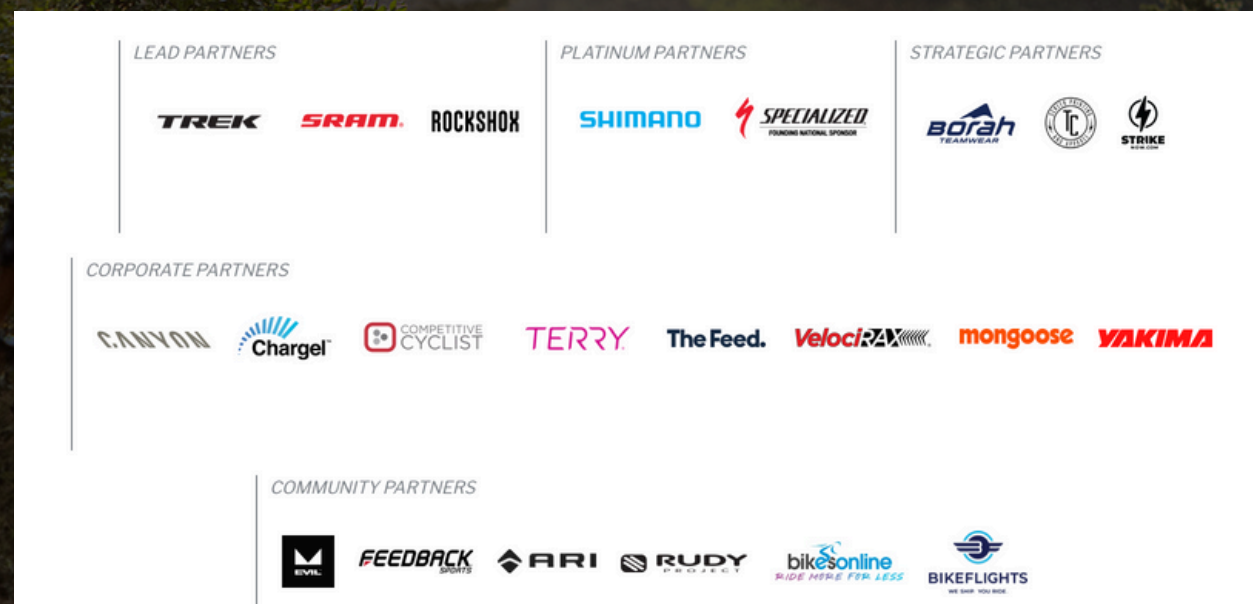


Remove all garbage from Pit Zone and camping. Put in designated dumpster or take home.



Be kind to one another. Treat others how you'd like to be treated.





LEAGUE AND NATIONAL PARTNERS

IICL and NICA Partners are enabling us to reinvent youth sports and engage families in a thriving cycling community, for life.

Our Partners' commitment to our mission has a huge impact on our student-athletes, their families and communities across the nation. IICL and NICA Partners are changing the world by getting #MoreKidsOnBikes!



CONTACT INFORMATION

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

General IICL Operations:

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.

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