

RACE FLYER

RACE #4: MCNABB RANCH

September 13-14, 2024



VENUE DESCRIPTION

McNabb Ranch is the home of an awesome race course which was almost completely dug by hand by the local team. With over 4.5 miles of singletrack, this course is super fun but it's harder than you might think! Since there's not as much elevation gain as some of our other courses, there are few areas to recover. You'll be going full gas for over 5 miles per lap! Huge thanks to the McNabb family who graciously opens up their land to us. Camping is located a short distance away at the Bannock County Fairgrounds.



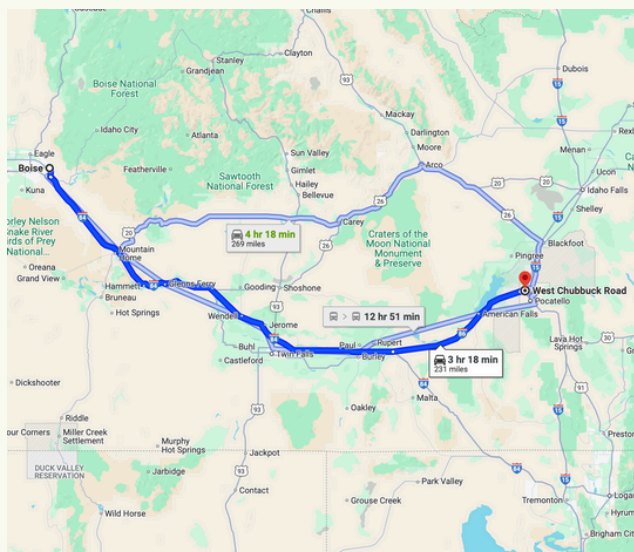
VENUE WAIVER

McNabb Ranch does not require a supplemental waiver.

IN ADDITION TO THE INFORMATION IN THIS RACE FLYER, PLEASE TAKE THE TIME TO READ OUR [RACE TECHNICAL GUIDE ON OUR WEBSITE](#) FOR GUIDELINES AND RULES THAT APPLY TO ALL RACE VENUES!

ADDRESS AND DIRECTIONS

[McNabb Ranch](#)
[Chubbuck Rd, Pocatello ID](#)



PARKING AND PIT ZONE INFO

- 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 penalties against their respective teams.
- Handicapped parking is available on site
- Pit Zone vehicle parking is available 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
- Vehicles must follow one-way directional traffic in/out of Pit Zone drop off area (see venue map)
- Shuttles will run between the camping/parking area and venue throughout the day Friday and Saturday
- Bike and athlete drop off at the venue, but no parking at the venue. Please head back to camping and take the shuttle back up.
- There is no public parking anywhere except the fairgrounds. Please do not park and walk from the neighborhood or we will lose this venue.

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.

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.

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.

[CLICK HERE TO VOLUNTEER!](#)

WEEKEND SCHEDULE

FRIDAY

- 9:00 AM** Volunteer shifts begin
- 12:00 PM** Pit Zone access opens (Teams assigned time slots based on volunteer numbers)
- 12:00 PM** Check-in opens
- 1:00 PM** Pre-ride open to all riders (Must be registered and have a number/coach plate on bike)
- 4:00 PM** Course closes for GRiT pre-ride
- 4:15 PM** GRiT pre-ride begins (Theme: Hawaiian)
- 5:00 PM** Course re-opens for all riders
- 7:00 PM** Pre-ride closes (No riders will be allowed on the course after 7PM)
- 7:00 PM** Check-in closes

SATURDAY

- 7:00 AM** Check-in opens
- 7:30 AM** Pre-ride opens (Must be registered and have a number/coach plate on bike)
- 8:00 AM** Team Director / Head Coach meeting (Mandatory attendance for each team)
- 8:30 AM** Pre-ride closes (No riders will be allowed on the course after 8:30 AM)
- 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 last Varsity riders finish
- 5:30 PM** Awards ceremony begins after Varsity race is complete

PRE-RIDE HOURS

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

Friday afternoon: 1:00 PM to 7:00 PM
Saturday morning: 7:30 AM to 8:30 AM

The GRiT pre-ride is 4:15 PM to 5:00 PM (meet at GRiT tent at 4:00 PM). Theme: Hawaiian

Please note the course will be closed from 4:00 PM to 5:00 PM to all racers NOT participating in the GRiT ride.

- 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

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.

DETAILED WAVE SCHEDULE, PART 1

Wave 1: Middle School Boys

Category	Staging Time	Start Time	Lap Count	Estimated Duration
Male 8th Grade A	8:45 AM	9:00 AM	1	45 minutes or less
Male 7th Grade A	8:45 AM	9:03 AM	1	45 minutes or less
Male 6th Grade A	8:50 AM	9:06 AM	1	45 minutes or less
Male 8th Grade B	8:50 AM	9:09 AM	1	45 minutes or less
Male 7th Grade B	8:53 AM	9:12 AM	1	45 minutes or less
Male 6th Grade B	8:53 AM	9:14 AM	1	45 minutes or less

Wave 2: Middle School Girls

Category	Staging Time	Start Time	Lap Count	Estimated Duration
Female 8th Grade A	9:45 AM	9:53 AM	1	45 minutes or less
Female 7th Grade	10:04 AM	10:10 AM	1	45 minutes or less
Female 6th Grade	10:40 AM	10:50 AM	1	45 minutes or less
Female 8th Grade B	10:40 AM	10:53 AM	1	45 minutes or less

Wave 3: Party Lap

Category	Staging Time	Start Time	Lap Count	Estimated Duration
Party Lap	10:04 AM	10:10 AM	1	45 minutes or less

Wave 4: High School Freshman, JV2 and JV1 Girls

Category	Staging Time	Start Time	Lap Count	Estimated Duration
Female JV1	10:40 AM	10:50 AM	2	75 minutes or less
Female Freshman	10:40 AM	10:53 AM	2	75 minutes or less
Female JV2	10:40 AM	10:56 AM	2	75 minutes or less

THE PARTY LAP IS BACK!

The Party Lap is a single-lap, non-scored ride that will be timed. Results will be posted on the results board after the ride. A great opportunity for student athletes who are unsure about whether they want to race, the Party Lap will give these riders a little taste of what racing and our race courses are all about without the pressure of an actual race. All riders must be practice ready in Pit Zone. Student athletes who are registered to race cannot participate in the Party Lap. Register at the registration tent!

DETAILED WAVE SCHEDULE, PART 2

Wave 5: High School JV2 Boys

Category	Staging Time	Start Time	Lap Count	Estimated Duration
Male JV2 A	11:51 AM	12:03 PM	2	75 minutes or less
Male JV2 B	11:51 AM	12:05 PM	2	75 minutes or less
Male JV2 C	11:51 AM	12:07 PM	2	75 minutes or less

Wave 6: High School Freshman Boys

Category	Staging Time	Start Time	Lap Count	Estimated Duration
Male Freshman A	1:00 PM	1:12 PM	2	75 minutes or less
Male Freshman B	1:00 PM	1:14 PM	2	75 minutes or less
Male Freshman C	1:00 PM	1:16 PM	2	75 minutes or less

Wave 7: High School JV1 Boys

Category	Staging Time	Start Time	Lap Count	Estimated Duration
Male JV1 A	2:11 PM	2:23 PM	2	75 minutes or less
Male JV1 B	2:11 PM	2:25 PM	2	75 minutes or less

Wave 8: High School Varsity Boys and Girls

Category	Staging Time	Start Time	Lap Count	Estimated Duration
Male Varsity	3:26 PM	3:32 PM	3	90 minutes or less
Female Varsity	3:31 PM	3:37 PM	3	90 minutes or less

WHY IS THIS SCHEDULE MARKED AS “TENTATIVE”?

In effort to push out pertinent race weekend information well in advance, we publish Race Flyers two weeks before each race. This is well before race registration closes, so the Wave Schedules in the early iterations of our Race Flyers are estimates of approximate staging and start times for student athletes, coaches, and parents to use as a guide. One registration closes, a final Wave Schedule will be published a few days prior to the race. Please check our website for the most up-to-date schedule!

CAMPING, LODGING, AND FOOD

Camping for this race will be available at the [Bannock County Events Center](#) with shuttle buses running from the camping area to the race venue. Full hookup sites are available for an additional fee; click [HERE](#) for more details and to make reservations.

There are many grocery stores and dining options nearby. Additionally, there are many hotels/motels located less than 10 minutes away from the venue. There will not be any food/drink vendors on site, so please arrive prepared to be self sufficient throughout the day. Limited water will be available at the race venue.



GENERAL IICL CAMPING GUIDELINES AND RULES

- Certain venue specific limitations apply, failure to comply may result in revocation of camping privileges for future events.
- All camping is first come first serve. There is no guarantee that all attendees will fit into the onsite designated camping area. Once onsite camping is full, it is not the IICL's responsibility to provide an alternative location.
- If necessary, access times to camping will be communicated in the Race Flyer and/or Race Details newsletter a few days prior to race weekends. After hours access will not be allowed.
- Camping is not covered as part of the NICA event insurance policy.
- Regardless of USFS and/or private land rules, wood burning campfires are not allowed at any IICL event. Venue specific approvals for above ground propane fire pits will be communicated in advance in the Race Flyer and/or Race Details newsletter.
- Venue specific limitations may apply for propane grills and will be communicated in advance in the Race Flyer and/or Race Details newsletter. Charcoal grills are not allowed at any IICL events. Gas stoves are allowed in camping areas.
- Trailer/RV length limitations may apply. It is up to each attendee to verify the length of their trailer/vehicle. Information on how to measure the overall length can be found [HERE](#).
- A "self-measuring" station will be set up at the Brundage race to check compliance for the Jug Mountain race. The length used by the IICL will be the exterior length which is the length of your trailer/RV, measured from the back bumper to the front of the trailer tongue or front bumper of the RV. Attached accessories and/or towing vehicle are not included in the measurement. It's important to know this measurement in advance in order to assure venue specific compliance.
- Teams **MUST** remove all garbage from camping areas! Dumpster will be available onsite. If it's full, **TAKE IT WITH YOU** and don't leave it on the ground.
- Portapotties and/or pit toilets are available at each camping area but there are no showers available. All event attendees should come prepared to manage personal sanitation/hygiene as there is no guarantee that hand washing stations will be available.

COURSE/VENUE MAP

COURSE/VENUE MAP COMING SOON!

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 Questions:

Alex Phipps, Race Director: alex@idahomtb.org

Rules Questions:

Jeff Mullens, Chief Official: jeffm@idahomtb.org

Registration Questions:

Jessica Leavitt, Registration Manager: jessical@idahomtb.org

Please note! Information in the Race Flyer is subject to change. Please check the [IICL website](#) just prior to race weekend to ensure you have the most current information available for the upcoming event.

See you at the races!

Version 2, 08/29/2024