



NICA

Race 1: Throwdown at Indian Camp Creek Park (Prologue)

August 28th - August 29th, 2021

COVID-19 Precautions

Maintain Air Space

To respect other community members, we ask attendees to maintain social distancing of 6 feet or greater in populated areas at our event.

Cover Your Mug

If social distancing isn't possible (especially indoors), please wear a mask or buff.

Stay Home

If you have been in contact with anyone who has symptoms, who has had a positive COVID test in the past 14 days, or if you have any symptoms, please stay at home!

ALL ATHLETES & SPECTATORS
please practice social distancing

6 FEET APART

HELP STOP CORONAVIRUS

- HANDS**
wash them often
- ELBOW**
cough into it
- FACE**
don't touch it
- FEET**
stay more than 6 ft apart
- SICK**
feel sick stay at home!
- MASK**
if asked, wear a mask

NICA



Venue Description

Indian Camp Creek Park

Indian Camp Creek Park in Foristell, MO will play host to the first ever Missouri Interscholastic Cycling League (NICA) race! The 2021 season will kick off with a 4.6 mile prologue with riders starting individually spaced at 30 second intervals. The fast, yet unexpectedly challenging course begins with a short descent on moderately technical singletrack. The course then flattens out and opens up with room for passing as it rolls



along the grassy meadows and winds among the trees by the creek. Skillful cornering will be paramount! The final portion of the course is uphill over semi-technical singletrack followed by a power section across grassy fields up to the finish line. Pit Zone and Race HQ will be located at the back of the park on top of the ICCP lollipop surrounding pavilion 5. There are plenty of spectating opportunities along the course accessed from the parking lots within the park. On-site camping is available for this event.

Spending more time locally before or after the event? St. Charles County and the City of St. Louis has plenty to offer! With a vast network of mountain bike trails, Kinetic Park (home to the nation's largest asphalt Velosolutions pump track at 30,000-square-feet), and the City Museum - there's always a local adventure awaiting the kid at heart!



Address and Directions

Indian Camp Creek Park
2679 Dietrich Rd, Foristell, MO 63348

[Link to Google Maps](#)

From 1-64/ I-70, take State Route 61 toward Troy. Turn left on Dietrich Road. Turn right at park entrance

Parking

- Vehicles must park in the designated areas identified with signs at the venue and as shown on the venue map. Parking volunteers will be on-site to assist
- NO parking on the grass. Don't do it!
- 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 near pavilion 5 and adjacent to the Finish/Pit Zone
- Vehicles must use the designated Pit Zone loading/unloading area and immediately move to designated parking areas after
- Vehicles must follow one-way directional traffic in/out of Pit Zone drop off area (see venue map or ask our awesome Parking Manager!)

Registration

- **Online registration closes on 8/25/2021 (Wednesday) at 12 midnight**
- There is NO race day registration (sorry!)
- 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, so please take care of them. Race plates have chips on the back and require care to avoid damage. There is a **\$15.00** fee to replace race plates if lost, stolen, or forgotten. Replacement plates are issued at the registration tent.



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 and safe 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 NOW 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 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 <https://signup.com/go/CCdistc> to GUARANTEE your preferred volunteer spot! For more information, contact our Volunteer Coordinator Shannon Beattie at info@missourimtb.org

Event Weekend Schedule

Saturday

- 9:00 AM** Volunteer Shifts Begin
- 11:30 AM** Pit Zone Access Open
- 12:00 PM** Registration Opens
- 2:00 PM** *Pre-Ride Open to All Teams/ Riders
- 4:00 PM** *NICA GRiT Activities (meet at the NICA GRiT tent)
- 5:00 PM** Pre-Ride Closed - (No riders allowed on course after pre-ride is closed)
- 5:00 PM** Registration Closes

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



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Sunday

6:45 AM	Volunteer Shifts Begin
7:00 AM	Registration Opens
7:30 AM	*Pre-Ride Open to All Teams/ Riders
8:30 AM	Pre-Ride Closed
8:30 AM	Head Coaches Meeting (Meet at the Finish Line Arch)
9:15 AM	Staging - Wave 1 (Middle School Boys)
9:30 AM	Racing Begins (MS Boys)
11:00 AM	Staging - Wave 2 (Middle and High School Girls)
11:30 AM	Registration Closes
12:15 PM	Staging - Wave 3 (High School Boys)
2:30 PM	Racing Concludes
2:45 PM	Pit Zone and Infield Breakdown Begins
3:30 PM	Awards Ceremony

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

Pit Zone Information and NICA Rules

- Pit Zone is open for loading/unloading
 - Saturday: 12:00 noon- 5:00pm
 - Sunday: 7:00am- 8:00am and after the infield is taken down
- NO RIDING YOUR BIKE IN THE PIT ZONE. This will be STRICTLY enforced and could result in a team penalty!
- Athletes ONLY in the staging area. Parents and coaches should head to the race start fan zone
- Garbage expectations: Easy... pack in/pack out!
- No smoking or alcohol in the Pit Zone
- No grills or open flames in the Pit Zone. Please use designated areas only
- No gas generators in the Pit Zone (or in the camping area!)
- No inappropriate language allowed - PERIOD!
- No dogs, wolves or bears (except the St Charles Bears) allowed in the Pit Zone! Keep Rover leashed and under control at all times
- Conflicts and/or disputes should not be dealt with in the 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 12:00PM -1:30PM)
Saturday Afternoon (2:00 PM–5:00 PM)
Sunday Morning (7:30 AM–8:30 AM)

All racers should pre-ride the course
RIDERS MUST ADHERE TO ALL COURSE RESTRICTIONS

NICA GRiT Activities are at 4pm on Saturday. Meet at the NICA GRiT tent
The Adventure Park is open 1-5pm on Saturday

TO BE ON COURSE: ALL riders (student athletes, registered coaches and race staff) must be fully practice ready in the NICA Pit Zone and have their number plates affixed to their bike

NO UNREGISTERED PARENTS/SIBLINGS ALLOWED ON COURSE

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! : -)

Please follow the Missouri Interscholastic Cycling League on Facebook and/or Instagram for the latest race information or updates in case of inclement weather



Wave Start Times

All athletes will start at 30s intervals. The **exact** start time for each athlete will be updated on Thursday, 8/26 and Friday, 8/27. Student athletes should report to staging 15 minutes prior to their grade start time.

Wave 1: Middle School Boys

CATEGORY (NUMBER SERIES)	START TIME	LAP COUNT	EARNED LAP CUT-OFF TIME	ESTIMATED DURATION	RACE PLATE COLOR
8th Grade Boys (6000's)	9:30-10:00 AM	1	N/A	25-45 minutes	Yellow
7th Grade Boys (5000's)	10:05-10:35 AM	1	N/A	25-45 minutes	Purple
6th Grade Boys (4000's)	10:40-11:00 AM	1	N/A	25-45 minutes	Green

Wave 2: High School and Middle School Girls

CATEGORY (NUMBER SERIES)	START TIME	LAP COUNT	EARNED LAP CUT-OFF TIME	ESTIMATED DURATION	RACE PLATE COLOR
JV Girls (100's)	11:15-11:18 AM	1	N/A	25-45 minutes	Pink
Sophomore Girls (400's)	11:18-11:19 AM	1	N/A	25-45 minutes	Orange
Freshman Girls (700's)	11:20-11:26 AM	1	N/A	25-45 minutes	Blue
8th Grade Girls (3000's)	11:27-11:32 AM	1	N/A	25-45 minutes	Yellow
7th Grade Girls (2000's)	11:32-11:46 AM	1	N/A	25-45 minutes	Purple
6th Grade Girls (1000's)	11:46-11:52 AM	1	N/A	25-45 minutes	Green



Wave 3: High School Boys

CATEGORY (NUMBER SERIES)	START TIME	LAP COUNT	EARNED LAP CUT-OFF TIME	ESTIMATED DURATION	RACE PLATE COLOR
JV Boys (200's)	12:30-12:45 PM	1	N/A	25-45 minutes	Pink
Sophomore Boys (500's)	12:50-1:10 PM	1	N/A	25-45 minutes	Orange
Freshman Boys (800's)	1:15-1:45 PM	1	N/A	25-45 minutes	Blue

Staging

Plan on being at the staging area 15-20 minutes prior to each athlete's grade start time.

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 \$15.00**

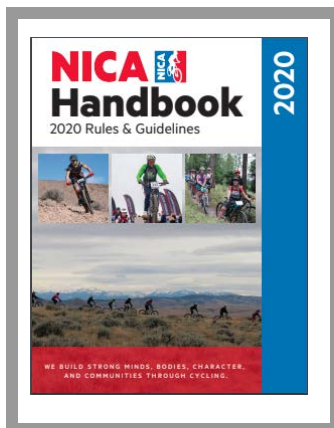


Refund/Weather Policy

Below are the guidelines for how the league will conduct races in the event of challenging weather. Our primary considerations are the safety of riders, support staff and spectators, and potential damage to the venue and trails. Any decisions regarding canceling, postponing or altering race start times, lap lengths, number of laps, etc. will be made jointly by league staff and the land manager. Often this decision cannot be made until the morning of the race due to the unpredictable and rapidly changing nature of severe weather. The league will make every attempt to notify the racing population as soon as possible via email, social media and website updates. Please review our full weather policy at: <http://missourimtb.org/weather-and-refund-policy/>

Handbook: Missouri 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

A mandatory head coaches meeting will be held on Sunday, 8/29/21 at 8:30 AM at the finish line arch. Each team must have 1 representative present at the meeting.

Adventure Activities/Schedule

Adventure games will be set up adjacent to the Pit Zone for use throughout the weekend. Bring the STROKE!

Camping and Lodging

The Missouri Interscholastic Cycling League encourages racers, coaches and parents to camp out! Overnight tent camping is available on site at Indian Camp Creek Park.

Price For Camping

Tent sites are available for NO FEE! Thank you St. Charles County Parks and Recreation

Guidelines:

- Parental supervision required, no exceptions. League staff and team coaches are **NOT** responsible for student athletes outside of pre-ride and race day
- Campsites are primitive and first come first served. No large RV's please!
- No campfires or open flames allowed. Propane grills and stoves allowed as consistent with current local fire restrictions
- Pack in/pack out trash (no trash service provided at ICCP)
- Portable toilets will be on-hand just in case you need to go!



Food Service

Saturday 8/28/21:

Moving Munchies 4:00-7:00 PM - [Tacos, Bowls, and Nachos](#)

Sunday 8/29/21:

Wayno's Food Truck 11:00 AM-3:00 PM - [International Cuisine](#)

Contact Information

General League Questions: **Chris, Kerri, Annie** info@missourimtb.org

Race/Venue Specific Questions: **Chris Mileski:** chris@nationalmtb.org

Annie Schwartz: annie@missourimtb.org

Rule Specific Questions: **Kerri Mileski:** kerri@missourimtb.org

Registration Specific Questions: **Dave Beattie:** dave@missourimtb.org

Please note that most staff arrive on-site on Friday of each race weekend and may not have sufficient cell/data coverage to respond to calls/emails. Please plan accordingly.



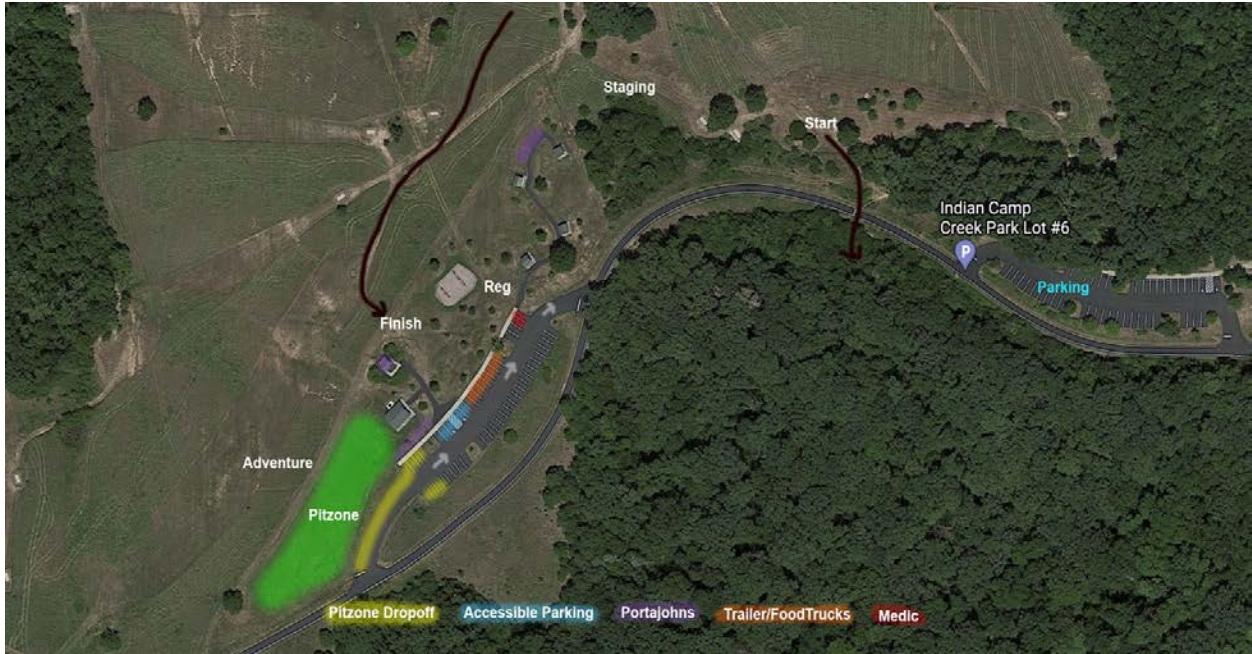
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Course/Venue Maps



Race Course

[Link to Strava Route](#)



ICCP Infield Set-Up



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Pit Zone Set-Up



Additional Event Info

Additional Event Info to Share

- **Try it Out** - Not at race #1, sorry!
- **NICA GRiT** (Girls Riding Together) - Check the GRiT tent for activities and to meet our GRiT Ambassadors!
- **NICA Adventure** - Oh you betcha!
- **Neutral Support** provided by:

The Bike Center (Scott Parrent)
12011 Manchester Rd, St. Louis, MO 63131
(314) 965-1444

Momentum Cycles (Chris Dial)
8640 Mexico Rd, O'Fallon, MO 63366
(636) 240-9232

Please SHOP & SUPPORT these two local bike shops!



NICA CORE VALUES



League and National Sponsors

Besides the sponsors listed below, we would like to give a special thanks to **Extreme Electrical Contractors, LLC**, **Podiumwear** and **Serenity Wealth Management**. Please support and give all our league sponsors a special “*thanks!*”



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NICA NATIONAL SPONSORS

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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 Missouri 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.