



NICA

Race 2: Singletrack Thunder @ Truman Lake

September 18th - September 19th, 2021

COVID-19 Precautions

Maintain Air Space!

In respect of other community members, we ask attendees to maintain a social distance of 6 feet or more in populated areas at our events.

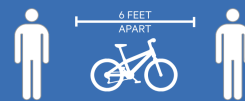
Cover Your Mug!

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 to keep our communities safe.

ALL ATHLETES & SPECTATORS
please practice social distancing



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



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Venue Description

Truman Lake Mountain Bike Park

Truman Lake Mountain Bike Park is located at 28565 Benton House Avenue, just two miles west of 65 Highway and North Dam Access Road in Warsaw, Missouri. Truman Lake Mountain Bike Park has been built on Corps of Engineer land bordering beautiful Truman Lake.



The trails offer 25+ miles of back-country fun, breathtaking views, and access to fantastic swimming holes. You can find some of the top singletrack in Missouri year-round. Warsaw is the weekend destination you are looking for and these trails offer a fun-filled adventure deeply immersed in nature.

For race #2, the Truman Mountain Bike course offers just over 4 miles of scenic downhills, challenging climbs, tight turns and sweet singletrack. Don't be fooled by the short lap distance: with just over 385 feet of elevation gain per lap, riders will be continuously descending or punching uphill over short, steep climbs!

Pit Zone and Race HQ will be located at the entrance of the park allowing for an intimate NICA community. There are plenty of spectating opportunities along the opening sections of double track or inside the fan zone in the race infield.

There is NO camping on-site for this event!

Spending more time locally before or after the event? Benton County will be hosting its [Bicentennial Celebration](#) in downtown Warsaw on Saturday. Feel like going on an adventure? There are 14 miles of asphalt bike trail that runs through downtown Warsaw. Like the water? Kayak rentals are available to explore the beautiful Truman Lake area.



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Address and Directions

**Truman Lake Mountain Bike Park
28565 Benton House Avenue, Warsaw, MO 65355**

From US-65S, take the exit for Truman Lake Dam Road and head west. Turn right on Benton House Ave.

Parking

- **All parking will be offsite and accessed by van shuttles** (see map below). Please utilize dropoff zones and limit shuttle use to one person/family per vehicle
- Vehicles must use the designated Pit Zone loading/unloading area and immediately move to designated parking areas after. A secure bike/equipment dropoff area will be provided adjacent to the dropoff zone
- **NO parking is allowed along Benton House Avenue**
- Vehicles must follow one-way directional traffic in/out of the Pit Zone drop off area (see venue map or ask our awesome Parking Manager or volunteers!)
- Vehicles must park in the designated areas identified with signs at the venue and as shown on the parking map. Parking volunteers will be on-site to assist
- All vehicles must abide by the instructions of parking volunteers and/or league staff. Any violators risk penalties against their respective team
- Handicap accessible parking is available at the trailhead



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Parking Map





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Registration

Online registration closes on 9/15/2021 (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!** Student athletes should have received a race plate for the MO NICA series to be used during all our races, so please don’t forget (or abuse) 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 Race Registration

Volunteering at our Events

Race day would NOT be possible without the incredible work of our volunteers. It takes a “village” to put on a quality and safe youth mountain bike race. 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 for ALL our remaining races!

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 trained Race Staff will be 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 be prepared to have fun! Click <https://signup.com/go/dKLFkKn> to guarantee your preferred volunteer spot! For more information, contact our Volunteer Coordinator Shannon Beattie at info@missourimtb.org



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Event Weekend Schedule

Saturday, Sept 18th

9:00 AM	Volunteer Shifts Begin
11:30 AM	Pit Zone Access Open for Coaches and Student Athletes
12:00 PM	Registration Opens
12:30 PM	Coach Pre Ride Open (coaches only. NO student athletes)
1:30 PM	Coach Pre Ride Closed
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 are 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. During pre-ride, student athletes are not allowed on course unless they are with their coaches.***

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 Coach Meeting (Meet at the Finish Line Arch)
9:00 AM	Staging - Wave 1 (Middle School Boys)
9:15 AM	Racing Begins (MS Boys)
10:45 AM	Staging - Wave 2 (Middle and High School Girls)
11:00 AM	Racing Begins (All Girls)
11:30 AM	Registration Closes
12:15 PM	Staging - Wave 3 (High School Boys)
12:30 PM	Racing Begins (HS Boys)
2:15 PM	Racing Concludes
2:30 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. During pre-ride, student athletes are not allowed on course unless they are with their coaches.***



NICA

Pit Zone Information and NICA Rules

- Pit Zone is open for loading/unloading
 - Saturday: 11:30am - 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 infield fan zone
- Garbage expectations. Easy one: pack in/pack out
- No smoking or alcohol allowed 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
- No inappropriate language allowed - PERIOD!
- No dogs, wolves or bears (except the St Charles Bears) allowed in the Pit Zone! Please keep Spot 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/or infield areas

Pre-Ride

Pre-Ride Hours

Coaches Only (Saturday 12:30PM -1:30PM)

Saturday Afternoon (2:00 PM–5:00 PM)

Sunday Morning (7:30AM–8:30AM)

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

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 (and will) 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

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 A (6000's)	9:15 AM	2	9:45	45-60 minutes	Yellow
7th Grade Boys A (5000's)	9:17 AM	2	9:47	45-60 minutes	Purple
6th Grade Boys A (4000's)	9:19 AM	1	N/A	30-45 minutes	Green
8th Grade Boys B (6000's)	9:21 AM	1	N/A	30-45 minutes	Yellow
7th Grade Boys B (5000's)	9:23 AM	1	N/A	30-45 minutes	Purple
6th Grade Boys B (4000's)	9:25 AM	1	N/A	30-45 minutes	Green
8th Grade Boys C (6000's)	9:27 AM	1	N/A	30-45 minutes	Yellow



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7th Grade Boys C (5000's)	9:29 AM	1	N/A	30-45 minutes	Purple
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Wave 2: High School and Middle School Girls

CATEGORY (NUMBER SERIES)	START TIME	LAP COUNT	LAST LAP CUT-OFF TIME	ESTIMATED DURATION	RACE PLATE COLOR
Varsity Girls (1-49)	11:00 AM	2	11:35 PM	60-80 minutes	Red
Sophomore Girls (400's)	11:02 AM	2	11:37 PM	60-80 minutes	Orange
8th Grade Girls (3000's)	11:07 AM	1	N/A	45-60 minutes	Yellow
7th Grade Girls (2000's)	11:09 AM	1	N/A	45-60 minutes	Purple
6th Grade Girls (1000's)	11:11 AM	1	N/A	25-45 minutes	Green

Wave 3: High School Boys

CATEGORY (NUMBER SERIES)	START TIME	LAP COUNT	LAST LAP CUT-OFF TIME	ESTIMATED DURATION	RACE PLATE COLOR
Varsity Boys (50-99)	12:30 PM	3	1:30 PM	90-105 minutes	Red
Sophomore Boys A (500's)	12:32 PM	2	1:04 PM	50-90 minutes	Orange
Freshman Boys A (800's)	12:34 PM	2	1:06 PM	50-90 minutes	Blue
JV Boys (200's)	12:36 PM	2	1:08 PM	50-90 minutes	Pink
Sophomore Boys B (500's)	12:38 PM	1	N/A	25-45 minutes	Orange
Freshman Boys B (800's)	12:40 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 should have 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**

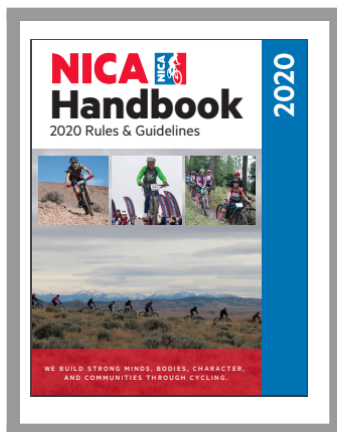
Refund/Weather Policy

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, 9/18/21 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 staging area 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 at several locations near the venue.

Price For Camping

Contact Campgrounds

Sterett Creek Resort and Marina - 5 miles

18174 Marina Rd, Warsaw, MO 65355

660-438-2280

Deer Rest Campground - 4 miles

807 Gasoline Alley, Warsaw, MO 65355

660-438-6005

Food Service

Saturday 9/18/21: Lunch + Dinner

Sunday 9/19/21: Breakfast + Lunch

Burgers, Dogs, Biscuits and Gravy - Boy Scouts

Tacos by Amber

Kona Shaved Ice

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



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Course Maps

Race Course:

[Course Map](#)

[Strava Profile](#)

Ride Along Video:

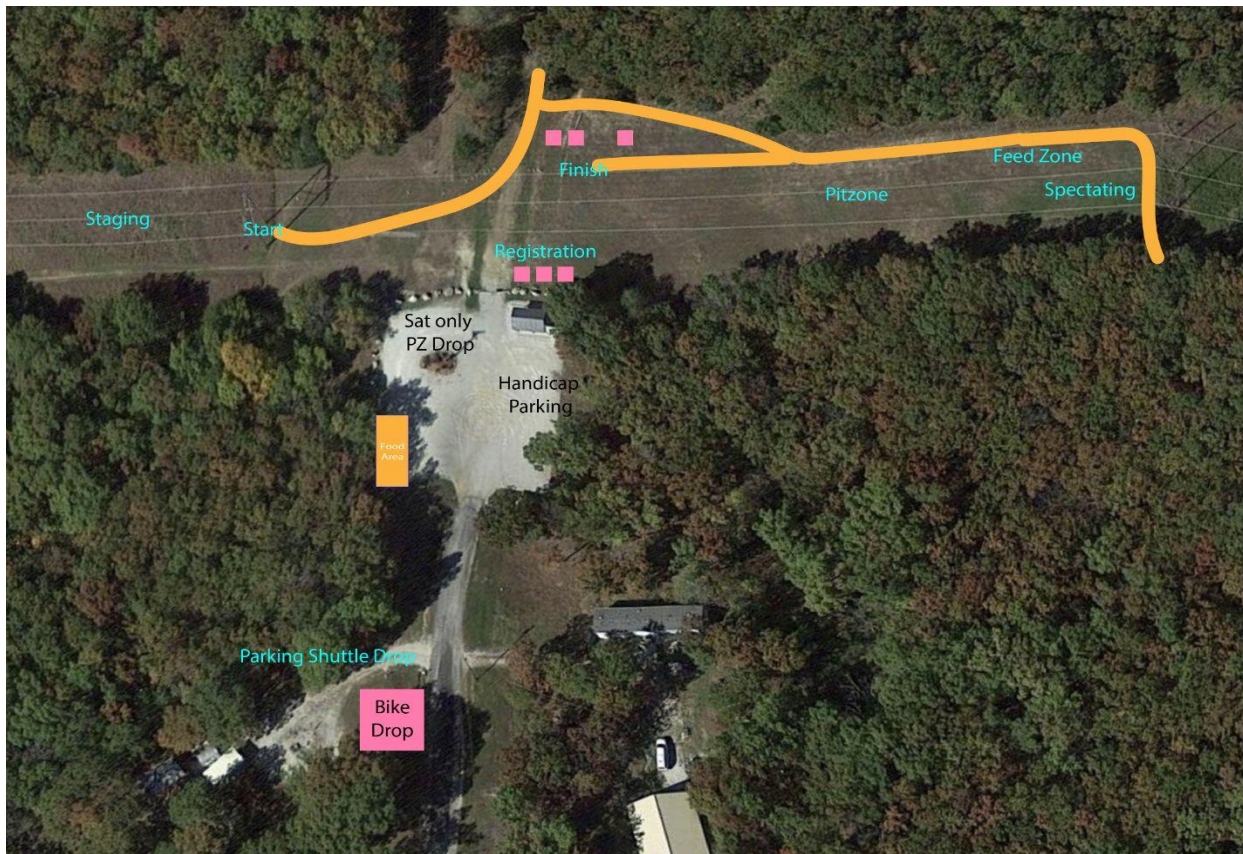
 [**Truman Lake NICA Course Preview**](#)



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Venue Maps

Warsaw Venue Map





Pit Zone Set-Up



Additional Event Info

Additional Event Info

Missouri NICA Try it Out - Not at race #2, sorry!

Missouri NICA GRiT (Girls Riding Together) - Check the GRiT tent for activities and to meet our GRiT Ambassadors!

Missouri NICA Adventure - TBD

Race Neutral Support - TBD

There is NO potable water on-site @ Truman Lake Mountain Bike Park. Please plan accordingly!

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/email. Please plan accordingly.



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NICA CORE VALUES



League and National Sponsors

Besides the sponsors listed below, we would like to give a special thanks to **Podiumwear**, **Primal**, **Re-Geared** and **First Place Collectibles**. Please support and give all our league sponsors a special “*thanks!*”



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NICA NATIONAL FOUNDATION PARTNERS

WALTON FAMILY FOUNDATION **Rapha.** **WELLS FARGO** **CLIF FAMILY FOUNDATION**
FOUNDATION



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.