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SINGLE TRACK TIMES



2022

ALL THE DIRT THAT'S FIT TO PRINT

Preseason is Underway in the Missouri Interscholastic Cycling League!

League teams all across Missouri and in Metro East, Illinois kicked off preseason on April 1st. In preparation for the start of the regular season on July 1st, teams have been busy focusing on bike checks and bike fit; mechanical workshops; all inclusive fun rides; on and off the bike games; and various skill clinics.

It's not too late to get your student athlete signed up and involved in the Missouri Interscholastic Cycling League! To contact your local team and coach: [Missouri NICA Team Contacts](#)

Interested in coaching in our league? Start [HERE](#)

In this edition of SingleTrack Times:

- * Race venues are revealed!
- * The Missouri NICA merchandise store is OPEN!
- * Student spotlight featuring Philip Stambaugh
- * Read all about Missouri's GRiT and Teen Trail Corps programs
- * 2022 Trek Pathfinder's Scholarship recipients
- * A new bike park is opening in Missouri

2022 is going to be such a FUN season!

Enjoy reading,

Annie, Kerri & Chris

Associate League Directors

Missouri Interscholastic Cycling League



Photo Credit: Kerri Mileski

ANNOUNCING: 2022 Missouri NICA Event Venues:

Coach and Leadership Retreat - **June 4th-5th** @ Bass River Resort

Race #1 - **August 27th-28th** @ St. Joe State Park, Park Hill, MO

Race #2 - **September 10th-11th** @ Fellows Lake, Springfield, MO

Race #3 - **September 24th-25th** @ Shawnee Bend, Warsaw, MO

Race #4 - **October 8th-9th** @ Binder Park, Jefferson City, MO

Race #5 - **October 22nd-23rd** @ Two Rivers Bike Park, Highlandville, MO

For more information on upcoming coach clinics, GRiT rides, and other special events, check out our website: [Missouri NICA Website](#)



The Missouri NICA Merchandise Store is Now OPEN!

Alrighty folks, let's kick off the 2022 season with some fresh new Missouri NICA styles! Get them NOW so you can sport them all summer and support the league later this fall!

All Missouri NICA orders ship for FREE, and will ship within two weeks of the order window closing. Don't delay- get your Missouri NICA gear today!

Orders will be taken until Monday, May 23rd, at midnight!

Missouri NICA Store

Student Spotlight: Philip Stambaugh (Sr), COMO Composite Raptors



COMO Composite Senior Philip Stambaugh

Q: What attracted you to join NICA and the COMO Composite Raptors?

A: The idea of getting to ride with other kids in the community. Before joining the Raptors, I didn't know very many other kids my age that rode mountain bikes around Columbia.

Q: What was your favorite NICA experience?

A: My favorite NICA experience was my race at Two Rivers Bike Park. That race was a battle! Another rider and I battled back forth every lap until it ultimately came down to the final sprint (I won!)

Q: Funniest thing your coach ever said to you or the funniest thing you ever saw at practice?

A: One of the funniest moments for me as part of NICA would have to be at our year-end celebration when all the coaches and kids had a "kids bike" race!

Q: So you've decided to come back after graduation to coach on the Raptors team?

A: My decision to come back and help coach the COMO team is all about giving back to the community that opened the door for me to fall in love with the bike. I would like to help bring as much knowledge to our team as I can. Having a coach that has also been a student athlete on the team and in a NICA league can be a big benefit when it comes to giving advice to other student athletes.

Q: What bike do you currently ride? What's your dream bike?

A: I currently ride a Trek Top Fuel. I love how playful this bike is while still being a

very competitive cross country bike. My dream bike has to be a Santa Cruz Blur XC. I love how clean this bike looks plus let's be honest, Santa Cruz pumps out the raddest paint colors!

Q: Who is your favorite pro rider?

A: My favorite pro rider is Lachlan Morton from the EF Education team. Watching how deep he digs to complete ultra-endurance events is so inspiring!

Q: What is your favorite ride food?

A: My favorite ride food would have to be a good, ripe banana. It fits perfectly in a jersey pocket and really helps keep me going!

Q: What is your favorite post-ride snack?

A: My go-to post ride snack/ meal would have to be a good chicken burrito. The bigger the burrito, the better! It just makes you want to go to sleep!

Q: What is your favorite flavor of ice cream?

A: My favorite ice cream flavor is blueberry

Q: What are your racing goals for the 2022 season?

A: My racing goals for the 2022 season includes gaining more experience racing the mountain bike at a higher level. It's my first year participating in UCI events and it has definitely been challenging and a great learning experience. UCI races provide me the motivation to get faster and to be able to fight for a top position.

GRiT Corner



GRiT Photo Credit: Amanda Thieme

GRiT = Girls Riding Together

What is GRiT? Currently, girls represent 22% of Missouri NICA's overall student-athlete participation. Missouri's GRiT (Girls Riding Together) program seeks to increase that number significantly over the next five years. The GRiT program is Missouri NICA's effort to recruit and retain more girls and female coaches in NICA programs.

For more information, visit our [Website](#), [Missouri GRiT Facebook Page](#), or email our GRiT coordinator Amanda: amanda@missourimtb.org



Springfield GRiT

Springfield GRiT @ Kuat Racks!

We had an excellent turn out with new and old faces alike on the beginner friendly “backyard” trails at Kuat. After the fun ride, our GRiT ladies had an Easter Egg hunt packing eggs into swag fanny packs provided by Ozark Greenways and A&B Cycle.



Photo Credit: Amanda Thieme

GRiT Try it Out and Helmet Decorating!

On April 30th, student athletes and coaches from Rockwood, St. Charles, and JeffCo Composite got together to decorate helmets, eat snacks, and ride. We weren't able to get on the wet trails, but had a fun hill-climb workout on the paved Rock Hollow trail. It was great to see everyone!



Teen Trail Corps Corner

Teen Trail Corps supports Missouri NICA's mission to build strong minds, bodies, character, and communities through cycling by creating a culture of service within our community.

Teen Trail Corps also supports NICA's vision to see every youth empowered to be part of a thriving and engaged cycling community by introducing them to the world of advocacy.

Mountain biking as a community has often felt a responsibility towards the trail systems we use and Teen Trail Corps is the NICA program to introduce our student-athletes to that culture of service. As our league grows across the state and across the river in Illinois, Missouri NICA teams become highly visible users of the trail systems.

Through Teen Trail Corps, Missouri NICA teams have an opportunity to showcase their commitment to the trails and develop a good reputation within the local trail community. Beyond developing community relationships, Teen Trail Corps also opens up land steward relationships and provides a pathway for the Missouri league to work with land managers in developing new locations for team practice and potential event venues.

To learn more about Teen Trail Corps: [Missouri's Teen Trail Corps Program](#) or email Missouri's TTC Coordinator Sharon: sharon@missourimtb.org



The South City Composite Otters. Photo Credit: Eric

2022 Scholarships!

Trek NICA Pathfinders Scholarship

Congratulations to our 11 Pathfinder's Scholarship recipients:

- **Central
Missouri
Composite**
-
1
- **Jeff
Co
Composite**
-
1
- **Lee's
Summit
Composite**
-
1
- **McDonald
County
Mustangs**
-
2
- **South
City
Composite**
-
6

We are excited to see all our Pathfinder's Scholarship recipients on the trails in 2022!

New Bike Park Opening in St Joseph!

River Bluff Trails Park Opens More Opportunity for Missouri Mountain Bikers

A new bike park in St. Joseph, Missouri is set to open at the end of May, fitting in with a rapid growth of trails in the Midwest. Read more in a recent article published in *Singletracks*:

[Article Link](#)

Ride Your Bike. Refuel. And Check Us Out on Social Media!

Keep up with all the latest league news by following us on [Facebook](#), [Instagram](#) and [YouTube](#). Questions? Don't hesitate to reach out by email: info@missourimtb.org

www.missourimtb.org

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