

SINGLE TRACK TIMES



2022

ALL THE DIRT THAT'S FIT TO PRINT

Missouri NICA is Much More Than Racing BUT...

... our first race weekend is less than 2 weeks away and we couldn't be more excited! It's been a challenging summer of practices for student athletes and coaches with hot temperatures and heavy rains, but our teams have endured the conditions and are ready to race!

Will you be joining us at our first weekend at St. Joe State Park on August 27th and 28th? If you plan to race, please make sure that you are fully registered in the Pit Zone by **Wednesday August 24th** and that you have checked the box to RSVP for Race #1. We also hope you'll consider filling one of our many volunteer positions that we have available throughout the weekend. We CAN'T pull off our event weekends without your help! When they say it takes a village, it takes an entire village!! See the link below to sign-up for a volunteer position now!

Want to win a **FREE 2022 Trek Top Fuel 9.8 XT mountain bike**? How about a Bontrager Blaze WaveCel mountain bike helmet or a Bontrager Ion 200 RT/Flare RT light set? We're also giving away a gift certificate to TC Screen Printing and Apparel- Missouri NICA's official merchandise provider! See the Missouri NICA/Trek Giveaway details below to learn how you can help us achieve our league fundraising goal of \$50,000!

Also included in this issue of SingleTrack Times:

- * The MICL Race Guide
- * Meet a Few Members Our Race Staff
- * GRiT (Girls Riding Together) Corner
- * Our student athlete spotlight featuring Keira M. of the Warsaw Wildcats

Ready? Get Set! GO! We'll see YOU at St Joe!

Annie, Kerri & Chris



Photo Credit: Kerri Mileski

2022 Missouri NICA Events Calendar:

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 NICA/Trek Giveaway is Here!



Photo Credit: Trek Bicycle Company

The **2022 Missouri League Trek Bike Giveaway** is a fundraiser to help support the league's programs and all our teams. The Missouri Interscholastic Cycling League is a non-profit organization dedicated to youth development through cycling. Our mission is to help build strong minds, bodies, character, and communities through cycling. All students enrolled in grades 6-12 during the fall season are welcome on our teams regardless of ability and everyone is allowed to participate in our league events. We love getting #MOKidsonbikes!

The funds raised through this giveaway will be split 50/50 between the teams and the Missouri League. Each team that participates will keep half of the money they raise, and will have full discretion on how to spend to support their team. The other 50% will stay with the Missouri League to help improve our programs and events in 2022 and help families that need financial assistance to participate. The Missouri League is striving to expand our reach to more communities across Missouri and to provide the best possible experience for athletes, families, coaches and volunteers who participate in our league activities.

Please consider getting your entries today and supporting our goal of getting #MOKidsOnBikes!

Please share this link with EVERYONE you know!

YES, I Want to Win a Trek Bike!

2022 Race Event Guide



Photo Credit: Ryan Weaver

How to Register for Race #1

1. Complete the season registration (including payment) in Pit Zone by **Wednesday, August 24th at 11:00 PM**
2. Check the box in Pit Zone to RSVP for Race #1 between 8/15 at 8:00 AM

and
8/24
at
11:00
PM

2022 Missouri League season registration will remain open but you must be FULLY registered before **Wednesday, August 24th at 11:00 PM** if you want to join us at St. Joe State Park for race #1

What to Expect at Your First NICA Race!

Looking for information about what to expect at our events? Check out our Racing FAQ page: [HERE](#)

Please read the Race [Flyer](#)!

The race flyers provide a comprehensive guide to each race including a detailed schedule. Flyers will be posted for each race on our [Race Events page](#). Please check the flyers frequently as the information contained is subject to change.

Spectating Guide

Ladies and gentlemen, this isn't a soccer game!

Well, it's not that different...

Useful items to bring:

- * Folding chair
- * Plenty of water
- * Noise makers or costumes
- * Picnic lunch
- * Sun protection
- * Good shoes for walking in the woods
- * Bug spray

Food trucks may be available at some race venues. Check the race flyer for details

Spectators are encouraged to cheer along the SIDE of the course but please make sure to stay completely off the trail and race course itself and not to interfere with any of the riders. Riders may only receive food or drink from coaches in the designated feed zone area. Any other outside assistance will result in a penalty. Follow the instructions of race staff and volunteers and only cross the course at designated areas. Absolutely no riding on the course without a 2022 season race plate. This is for everyone's safety and enjoyment. Thank you for your cooperation!

NICA Handbook

Be informed on the Missouri NICA Rules!

It is everyone's (including our student athletes) responsibility to read and understand the NICA Handbook. Be sure to read it and have your student athletes read it. We encourage coaches to incorporate rules training into practice. Consider reviewing a rules chapter a week, or facilitating a rules game at practice!

2022 NICA Handbook

Meet Our Race Staff!



Photo Credit: Shannon Beattie

Registration Manager: Dave Beattie

Have a question? Lose a race plate? Come see Dave! "Super Dave" is a NICA parent and coach for the Rockwood Composite Vipers.

Fun Fact: Dave is an amazing adventure racer and helps create maps all over the USA.

You can contact Dave at dave@missourimtb.org



Photo Credit: Annie Schwartz

Chief Race Official and Race Ops Assistant: John Peiffer

Need clarification about a racing rule? Think you saw a rule violation on the course?
Meet John!

John has a wealth of experience hosting mountain bike races in the Missouri Community.

Fun Fact: John's kids volunteer with him at MICL races. It's all family!

You can reach John at john@missourimtb.org



Photo Credit: Ryan Weaver

Volunteer Coordinator: Barbara Rowland

Are you signed up to help out on race weekends but not sure where to go or what to do? Look for Barb under the Volunteer tent!

Barbara also helps coach for the Rockwood Composite Vipers. So you might spot her out on the course during pre-ride!

Fun Fact: Barb rode her bike all the way from Durango, CO to Moab, UT this summer!

You can reach Barb at barbara@missourimtb.org



Photo Credit: Alex Noguera

Volunteers are Needed at Our Race Events!

Our Races Can't Happen Without You!

We are so grateful to all the volunteers who work tirelessly to make race day a success.

There is something for everyone! Find a position [HERE](#) and check out the videos describing what you will do on race day. Not only will it prepare you for the big day, but it will get you super pumped! Additionally, NICA has moved to all electronic waivers. Please save your emailed copy to show Barb on race day (it's best to take a screenshot since wifi can be an issue at mountain bike races).

Sign-up for your chosen role [HERE](#). Hurry to get the best spots!

Missouri NICA Event Weather Policy

Weather Policy

Below are the guidelines for how the Missouri Interscholastic Cycling League will conduct races in the event of challenging weather. Our primary considerations are the safety of student athletes, race support staff, race visitors, and potential damage to the race venue (trails and infield).

Any decisions regarding cancelling, postponing, or altering race start times, lap length, number of laps, etc. will be made jointly by the MICL League Director(s), Race Director, Chief Course Marshal, Chief Race Official and land manager. Often this decision cannot be made until the day of the race due to the unpredictable and emergent nature of wet or stormy weather. That said, we will do our best to make the call to cancel, change venue or reschedule a race by noon the Thursday immediately preceding race weekend.

The Missouri League will make every attempt to notify the racing/event population via League Team Snap, email (addresses taken from rider, parent, and coach emails entered when registering in the Pit Zone online registration system), Facebook,

Instagram, and website updates as early as possible.



GRiT Corner

STATEWIDE NICA GRiT RIDE & PAINT

When: Saturday, Aug 20th

Where:

Klaus Park

5303 Old Cape Rd E.

Jackson, MO 63755

Time: 10am to 12pm

What: Grit Ride & Paint

Bring a FRIEND, Helmet, Bike, and Water.

- All female identifying girls 6th-12th grade fall of 2022.
- All skill levels are welcome!

Ladies interested in riding along or becoming coach level 1,2,3, please join us!

GRiT GrownUps TRY IT OUT

When: Saturday August 27th 2:30-3:30 PM

Where: St. Joe State Park at Race #1

What: Are you not quite comfortable riding with your team but don't want to miss out on all the fun? Bring your bike and helmet and join our GRiT coordinator Amanda at Race #1 for a Try it Out Clinic! **No pressure!!** This clinic is appropriate for brand new adult riders and will take place during team pre-ride. Details will be at the GRiT tent-stop by and say hi!

QUESTIONS?

Contact:

Amanda Thieme

GRiT Coordinator

amanda@missourimtb.org

Student Spotlight: Keira M. (10th Grade), Warsaw Wildcats



Photo Credit: Ryan Weaver

What attracted you to join NICA and the Wildcats?

My coaches, Mac Vorce and Jenn Bradshaw, have always been very active in our community. They have always encouraged people to get out on the trails that Mac helped create. One day Mac approached me and said he thought I should come out to the trails and try it out. I've been hooked ever since that first ride!

What was your favorite NICA experience?

I have enjoyed all of the NICA events. Everyone is very positive and supportive of all the riders. I would have to say my favorite race was the last NICA race of the season on October 31st at Binder Park in Jefferson City. That race was a very monumental win for me.

What is the funniest thing your coach ever said to you or the funniest thing you ever saw at practice?

My coaches are hilarious so it's hard to just pick one funny memory. I guess if I have to pick one it would be my coach, Mac, loudly singing our "team song" as we ride through the trails.

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

I currently ride a Specialized StumpJumper. It's hard to pick just one dream bike, but as of right now it would have to be a Trek Supercaliber!

Which mountain bike rider(s) inspire you and why?

Both of my coaches inspire me daily as riders, coaches, and all-around wonderful people. A professional inspiration of mine that I hope to meet one day is Kate Courtney. I watch her riding journey on social media and hope to follow in her footsteps/tire trails.

What is your favorite ride food?

I typically race in the mornings so it's usually a breakfast sandwich made by my mom. I eat a breakfast sandwich so that I can get some protein and carbs in to help power me through the race.

What is your favorite post-ride snack?

After a race I'm so hungry that I'll eat just about anything. However, sushi is definitely my go to!

What is your favorite flavor of ice cream?

My favorite flavor of ice cream would have to be salted caramel.

What are your goals for the 2022 season?

My goal for this year is to improve in every aspect of racing. There's always room for improvement. I also hope to take points leader again, and of course make some new friends and have fun!



Preparation Reduces Risk of Injury

Ever wonder if hydration, getting enough sleep or proper nutrition could reduce the chances of getting injured on your bike?

NICA did and through NICA Safety Reporting, we have identified the top internal conditions that contribute to injuries.

Last year, the top three internal conditions that contributed to mountain bike injuries were dehydration, lack of sleep and improper nutrition. Also notable was being too hot, too cold or having an illness. To learn more about the study and when to notify your team's coaches about injuries, please take a moment to review the [Safety Reporting Student Athlete and Parent Brochure](#).

Stay Connected!

www.missourimtb.org

Stay up-to-date 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

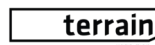
For more information on GRiT (our Girls Riding together program), visit our [Website](#), [Missouri GRiT Facebook Page](#), or email our GRiT coordinator Amanda: amanda@missourimtb.org

See You at Race #1!



Photo Credit: Alex Noguera

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