

SINGLE TRACK TIMES



2022

ALL THE DIRT THAT'S FIT TO PRINT

The Missouri NICA Season is in Full Swing!

Fall is in the air and our entire mountain bike community is riding a wave of awesomeness as the leaves start to change color! Did you miss our first race at St Joe State Park or race #2 at Fellows Lake in Springfield? If you did, you still have three more opportunities to come out and see what the buzz is all about! We promise you won't leave a Missouri NICA event weekend without experiencing a little laughing, dancing, clapping, cheering and maybe crying a tear or two!

There's still time to win a **FREE 2022 Trek Top Fuel 9.8 XT mountain bike**, a Bontrager Blaze WaveCel mountain bike helmet, or a Bontrager Ion 200 RT/Flare RT light set. See the Missouri NICA/Trek Giveaway details below to learn how you can help us achieve our league fundraising goal of \$50,000 to support additional student athlete scholarships and league programming!

We also want to give a huge shoutout to league partner Kuat Racks! Kuat has donated a bike rack to the MICL that will be given away to one lucky winner for volunteering at one of our race events! See details below about signing up to volunteer at one of our remaining events in Warsaw, Jefferson City, or Two Rivers Mountain Bike Park in Springfield.

In this issue of SingleTrack Times:

- * St Joe and Fellows Lake race recaps
- * Meet 3 more members of our amazing race staff
- * Teen Trail Corps and the GRiT (Girls Riding Together) Corner
- * Student athlete spotlight featuring Senior Ella C. of the Park Hill Bison

Thanks for reading!

Annie, Kerri & Chris

Associate League Directors



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](#)

Race Recaps

Race #1 - August 28th at St Joe State Park

The season kicked off with a bang at the *Throwdown in a Mining Town* in Park Hills, Missouri. 365 student-athletes took to the 4.5 mile NICA race loop that left race headquarters at the Monsanto Lake beachfront and mazed along the lakeshore on a mixture of pavement and single track. Riders climbed nearly all of the 220 feet of lap

elevation gain in the first mile. Once at the top of the climb, riders caught a quick breath along the bike path before the course switched to fun and flowy single track. The final section of the course descended the Lakeview Trail and back to the picturesque Monsanto Lake. The stoke was high at St Joe and included a mascot dance contest and snow cones provided by our GRiT Ambassadors!



Photo Credit: Flannery Allison

Race #2 - September 11th at Fellows Lake

A new venue for 2022, Fellows Lake is a great mountain bike destination for the whole family. The trails wind along the lakeshore with plenty of beautiful vistas and accommodate riders of all ability levels.

Fellows Lake boasts 40+ miles of trails that completely surround the lakeshore. The 5-mile Liberty Loop was built with NICA student-athletes in mind and didn't disappoint with fun, fast, and flowy single track!

After chilly temperatures and light drizzle kicked off the day, 346 students took to the Liberty Loop's rocky trail and mild climbs with nearly perfect weather. The race course offered several wooden bridges and passing opportunities were few and far between. Leading up to the *Fellows Lake Mountain Bike Festival*, teams worked extensively on passing which resulted in safe and cooperative sportsmanship on the trails during race day! The energy was so magical at Fellows Lake during the event weekend, we cannot wait to go back in 2023!

Want to WIN a 2022 Trek Top Fuel 9.8 XT Mountain Bike?



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 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 2022/2023 and help families that need financial assistance to participate. The Missouri League is striving to expand our reach to more communities across Missouri and Illinois and to provide the best possible experience for athletes, families, coaches and volunteers who participate in our league activities.

There's still time to purchase entries! The giveaway runs through October 25, 2022 at 11:59 am CST and the winners will be announced on October 28, 2022 at 6:00 pm CST.

Please consider purchasing 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 Mountain Bike!

Race Season Best Practices

Race Information Center

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

Looking for our Race Flyers? Click [HERE](#)! 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](#) along with Results and our Photo Galleries.

Race Spectator Reminders

It's not football season, it's mountain bike season!

For your tailgate, don't forget to pack your:

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

Food trucks will be available at all our race venues so PLEASE support them! Check the race flyers for further 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!

Meet Our Race Staff!



Social Media Coordinator: Larissa Johnson

Do you know why our social media channels are the envy of NICA? All the credit goes to our crazy fun social media guru Larissa Johnson!

Fun Fact: Larissa loves DIY anything! Her favorites are home projects, sewing, baking, and cookie artistry!

You can contact Larissa at: larissa@missourimtb.org



Photo Credit: Annie Schwartz

Parking Coordinator: John Huebbe

Who is the first smiling face you'll see when arriving at our events? Meet John! John brings such stoke to parking that the *Rolling Stones* tried to steal him from us for their last tour! Sorry Mick, he's ours!

Fun Fact: John is a licensed pilot and has built three experimental airplanes!
Contact:

jhuebbe@missourimtb.org



Photo Credit: Ryan Weaver

Chief of Scoring: Andy Schuette

Ever wonder who's that in the scoring tent doing a 100% accurate job tracking all race times and providing timely results? Meet Andy! Even though Andy is one of our quietest staff members, he arguably has the most important job on race weekends! Make sure to give Andy a wave at our next event!

Fun Fact: Andy has two finishing buckles from the legendary Leadville 100 mountain bike race!

You can reach Andy at info@missourimtb.org



Photo Credit: Kuat Racks

Volunteer at Our Races to Win a Hitch Mounted Bike Rack!

We are so thankful for all the volunteers who work tirelessly to make our race weekends a success!

To show our appreciation, league partner **Kuat Racks** has graciously donated a Transfer v2 3x bike rack that one lucky volunteer will win! Each volunteer shift at any of our race events will earn you an entry for the drawing at our State Championship at Two Rivers Mountain Bike Park! Retail value for this awesome prize is \$549.00!

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 stoked to get #MoKidsOnBikes!

Additionally, NICA has moved to all electronic waivers. Please save your emailed copy to show Volunteer Coordinator 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!

Teen Trail Corps

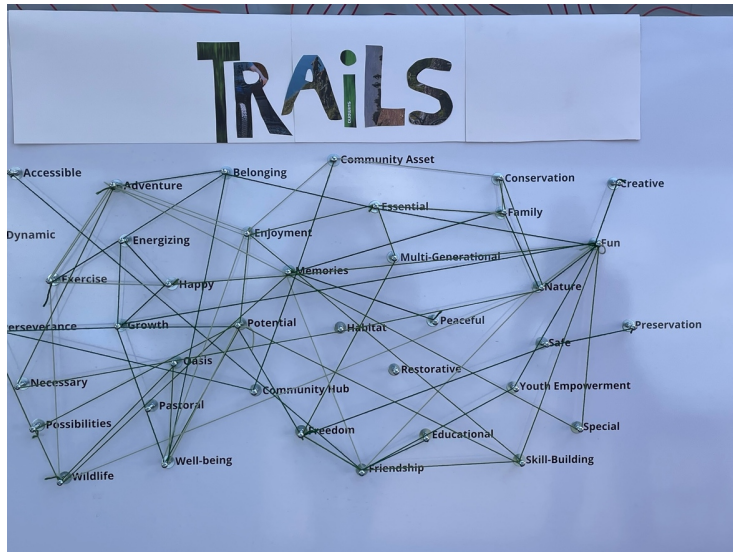


Photo Credit: Chris Mileski

Have You Stopped by the Teen Trail Corps Tent on Race Weekends?

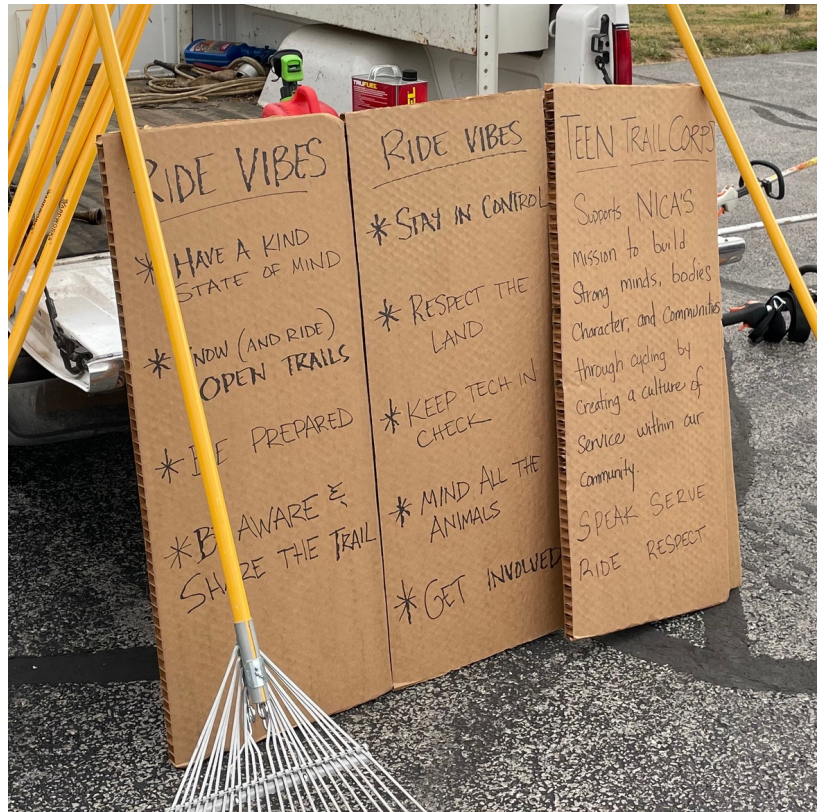
Teen Trail Coordinator Sharon always has fun activities and educational tools on-hand that promotes advocacy and trail stewardship. For the *Shawnee Bend Showdown*, stop by and:

Take part in a few hand held trivia games!

Scoop up some all new sticker swag!

*Check the updated Missouri TTC Leaderboard for student athletes, coaches, and teams.

September TTC Challenge: Student athletes are encouraged to write a letter on what trails mean to them and send it to a local elected official. This can have a huge impact on our access to trails and funding for more trails and bike parks!



GRiT Corner



Photo Credit: Chris Mileski

GRiT GrownUps TRY IT OUT

When: Saturday, September 24th at 2:30-3:30 PM

Where: Shawnee Bend at Race #3

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 #3 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 so stop by and say hi!

QUESTIONS?

Contact:

Student Spotlight: Ella C. (Sr) Park Hill Composite Bison



Photo Credit: Park Hill Composite

What attracted you to join NICA and the Bison Team?

The thought of trying something new! Mountain biking looked fun and I was up for the challenge of doing something I haven't tried before.

What has been your favorite NICA experience?

I've loved getting to know everyone on the team and riding new trails.

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

My dad's jokes! They are truly "Dad Jokes!"

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

My current bike is a Salsa Woodsmoke which is my dream bike!

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

All of them! I feel like the sport is full of pioneers and they all inspire me in some way.

What is your favorite ride food?

I don't eat when I'm riding, it's for weaklings (haha)!

What is your favorite post-ride snack?

Chocolate milk of course!

What is your favorite flavor of ice cream?

Strawberry or chocolate bunny tracks.

What are your goals for the 2022 season?

I want to medal and make the podium in every Missouri NICA race!

Keep Up With the Latest League Information!

www.missourimtb.org

Are you keeping up-to-date on the latest league news? Follow 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

For more information on Missouri's Teen Trail Corps program, visit our [Website](#) or email our TTC Coordinator Sharon: sharon@missourimtb.org

See You This Weekend in Warsaw!



Photo Credit: Alex Noguera

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