



NICA

Race #5 State Championship Kentucky Dam Village State Park, BBMT Calvert City, KY

October 23-24, 2021

COVID-19 Precautions

Social Distancing

All attendees are expected to maintain social distancing of 6 feet or greater.

No Food/Hydration

There will be no food or water onsite. All attendees are expected to be self-sufficient with nutrition and hydration needs.

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, stay at home.

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

NICA

Venue Description

Bo Beckett Memorial Trail (BBMT):

Race #5 State Championship, aka: **Drop The Hammer** of our inaugural race season of 2021! This complete trail system is Approximately 10 miles in length; and the NICA course is **approximately 5 miles**. Riders will start from the Marina area, up a small grass climb, into double track, across the old stables area and into single-track. Racers will have a few opportunities to pass along the course as it is tight and twisty. It has a wide gravel road on the far side of the course that has ample passing opportunities. After dropping in on the half-pipe and climbing back up from the lake shore, riders head back toward the marina through single-track then double track for the last quarter mile rewarded with a lung-busting uphill finish.

Special Adventure Event - The Eagle Relay Race Challenge - Must sign up at the Adventure tent between 12:30 - 2 pm Saturday. Details below.

Address and Directions

Kentucky Dam Village State Park Lodge & Restaurant: [Upper Village Dr, Gilbertsville, KY 42044](#)

Race Venue: Kentucky Dam Marina: [Marina Parking lot & Boat Ramp](#)

Parking

There is a large parking lot next to the Pit Zone area. Please follow the directions of the parking volunteers upon arrival.

- Vehicles must park in the designated areas identified with signs at the venue and as shown on the venue map
- All vehicles must abide by the instructions of parking volunteers and/or league staff. Any violators risk imposition of penalties against their respective team
- Vehicles must use the designated loading/unloading zone and immediately move to designated parking areas after unloading at the Pit Zone area

Registration

Online registration closes **Wednesday** before each race at 12:00 midnight

- 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 **\$ 20** fee to replace race plates if lost, or forgotten. Replacement plates are at registration.

Tamara Binkley - Registration Manager



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 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 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 Core 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 [Volunteer SignUp](#) HERE TO GUARANTEE YOUR PREFERRED VOLUNTEER SPOTS FOR EACH OF THE RACES! For more information contact our Volunteer Coordinator, Troy@kentuckymtb.org.

Troy Hearn - Volunteer Coordinator



Event Weekend Schedule

Saturday

- 9:00 AM** Volunteer Shifts Begin
- 12:00 PM** Pit Zone Access Open
- 12:00 PM** Registration Opens
- 1:00 PM** *Pre-Ride Open to all riders
- 12:30 PM** *NICA GRiT Ride - meet at the NICA GRiT Tent
- 3:00 PM** **Eagle Challenge Relay Race**
- 5:00 PM** Pre-Ride Closed - (No riders allowed on course after pre-ride is closed)
- 5:00 PM** Registration Closes
- 5:45 PM** **Senior Recognition Dinner at Marshall Co. High School**

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

Sunday

6:45 AM	Volunteer Shifts Begin
7:00 AM	Registration Opens
7:30 AM	*Pre-Ride Open to all riders
8:30 AM	Pre-Ride Closed
8:30 AM	Head Coaches Meeting
9:15 AM	Staging - Wave 1 MS Boys
9:30 AM	Racing Begins
10:15 AM	Staging - Wave 2 Girls the
11:30 AM	Registration Closes
12:15 PM	Staging - Wave 3 HS Boys
2:00 PM	Racing Concludes
2:15 PM	Pit Zone Break Down Begins
3:30 PM	Awards Ceremony & TREK bike give-a-away winners announced !

*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: 11:00am -5:00pm
 - There will be no riding on course prior to the pre-ride opening
 - Sunday: 7:00am -8:00am and after the infield is taken down
- NO BIKE RIDING ALLOWED IN THE PIT ZONE
- Garbage expectations - pack in/pack out
- Teams must remove all garbage from Pit Zone and camping areas whether or not a dumpster is on site
- Fire/Grilling not allowed in PitZone
- No Gas Generators in the PitZone
- No inappropriate language allowed
- Dog expectations - must be on a leash at all times
- Traffic/Parking Plan - See venue map
- Conflicts and/or disputes should not be dealt with in the team 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 -1:00PM)

Saturday afternoon (1:00 PM–5:00 PM)

Sunday morning (7:30 AM–8:30 AM)

All racers should pre-ride the course

RIDERS MUST ADHERE TO ANY COURSE RESTRICTIONS

NICA GRiT Ride is from 12:30 -1:30 PM Saturday

Meet at the NICA GRiT Tent at 12:15 pm

TO BE ON COURSE: ALL RIDERS (STUDENTS & REGISTERED COACHES) must be fully practice ready in the 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.

Review the [KICL Weather Policy](#) for weather related race suspensions/cancelations.

Race Fee/Late Fee

	MIDDLE SCHOOL	HIGH SCHOOL	LATE FEE AT RACE*
League Registration (annual)	\$85	\$85	\$10
Race Entry Fee (per race)	\$35	\$35	\$10

**Online pre-registration closes at 11:59PM on the Wednesday prior to the race. After Wednesday, you will have to register at the race and pay the late fee. Scholarships and financial assistance are available, for more information email:info@kentuckymtb.org*

Wave Start Times

STAGING will begin 15 minutes before each wave.

Note: Final lap count decision per category will be finalized and confirmed at the start of each race in addition to any lap cut-off times. Trail & weather conditions can affect lap counts.

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 AM	2	9:56 AM	25-45 minutes	White
7th Grade Boys (5000's)	9:32 AM	2	9:58 AM	25-45 minutes	Purple
6th Grade Boys (1000's)	9:34 AM	1	10:00 AM	25-45 minutes	Green

Wave 2: Girls

CATEGORY (NUMBER SERIES)	START TIME	LAP COUNT	EARNED LAP CUT-OFF TIME	ESTIMATED DURATION	RACE PLATE COLOR
Varsity Girls (1-49)	10:30 AM	4	11:42 AM	60-100 minutes	Red
JV Girls (100's)	10:32 AM	3	11:48 AM	45-90 minutes	Pink
Sophomore Girls (400's)	10:34 AM	3	11:28 AM	45-90 minutes	Orange
Freshman Girls (700's)	10:36 AM	3	11:30 AM	45-90 minutes	Blue
8th Grade Girls (7000's)	10:38 AM	2	11:04 AM	25-45 minutes	White
7th Grade Girls (2000's)	10:40 AM	2	11:06 AM	25-45 minutes	Purple
6th Grade Girls (1000's)	10:42 AM	1	11:08 AM	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
Varsity Boys (50-99)	12:30 PM	5	1:42 PM	90-120 minutes	Red
JV Boys (200's)	12:32 PM	4	1:48 PM	60-100 minutes	Pink
Sophomore Boys (500's)	12:34 PM	3	1:28 PM	45-90 minutes	Orange
Freshman Boys (800's)	12:36 PM	3	1:30 PM	45-90 minutes	Blue

Staging

STAGING will begin 15 minutes before each wave.

Chip Timing Info

Race Result is the timing system used and all race plates will have a chip on them - Don't lose your race plate!

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 \$20.**

Petitions for Category Placement

Those petitioning for exceptions to category placement must do so by **Sunday, October 17, 2021 by Midnight.**

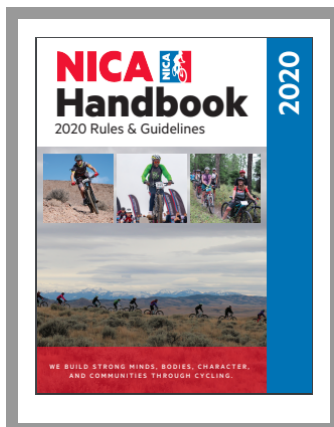
- No race day petitions will be accepted
- All riders need to be invited to register in the Pit Zone online.
 - Contact your Team Director or Head Coach to be invited
 - Independent riders contact : steve@kentuckymtb.org

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: [KICL Weather Policy](#)

Handbook: Kentucky Policies and Rules

All participants are required to read, understand and abide by all league policies, rules and protocols while attending any league event.



Kentucky NICA Race Duration Guidelines

Riders will complete laps with the following **Race Duration Guidelines** for each category:

- <45 mins for Middle School
- 45-90 mins for Frosh/Soph boys and girls & and JV girls
- 60-100 mins for JV boys and Varsity girls
- 90-120 mins for Varsity boys

Student-athletes may be asked to withdraw at the finish line after cut off time limits have been reached.

Race officials reserve the right to determine these time limits at any time.

Time limits may be imposed for reasons that include, among others: safety, heat, cold, rain, and muddy conditions.

Course closures may be announced at any time.

Racers who do not make the time limit cut-off will still be scored and ranked.

Due to weather or course closures, these duration guidelines may be changed at League Discretion.

Coaches Meeting



A mandatory head coaches meeting will be held **Sunday, October 23 at 8:30am at the Pavilion.** Each team & Independent rider must have 1 representative present at the meeting.

Local Information, Camping, and Lodging

Kentucky Dam Village State Park
113 Administration Drive
Gilbertsville, Kentucky 42044
Phone: 270-362-4271
Toll Free: 800-325-0146
Reservations: 270-362-4271
(Camping, Executive Cottages & Cabins also available)

<http://www.parks.ky.gov/findparks/resortparks/kd/>

Patti's Inn & Suites
1017 Dover Rd.
Grand Rivers Ky 42045
Phone 270-928-2740

Quality Inn & Suites Benton- Draffenville
173 Carroll Road, Benton KY 42025
Phone: 270-205-4729

Food Service

There are several restaurants within 5 miles of the venue.

Saturday night Meal and end of season celebration will be at Marshall County High School. Tickets must be bought in advance by Oct 17 QR code and more information below.

There will be food trucks onsite Sunday.

Additional Information



Saturday Oct. 23th Adventure Activities---KICL Race #5 State Championship

Themed Event: EAGLE UP! Show your American Spirit

- All day Saturday themed event. Riders, Coaches, Parents, others are encouraged to show your American Spirit. Wear anything with Eagles, Flags, or other representing your American Pride.
- Best Student costume will win a prize. (not the bike pictured)
- Pictures whether teams or individuals from 12:00 to 1:00pm on Saturday. We will set a specific location for this with a tent for Adventure on Saturday.

Eagle Gear Challenge

- Short course: ~300 to 400 yards long for 1 lap per rider (Uphill and downhill). Will utilize start area and area between start and pavilion for this course.
- Teams of 2 members compete(HS and MS Division)
- Riders must ride the whole short course in (you guessed it) eagle gear or the easiest gear they have available.
- Riders can be from the same school or not (boys or girls teams fine or can be one boy and one girl)
- First wave runs to bikes approx. 50 yards from start.
- Riders get on the bike, ride the course back to start (cross the line) then run to their partners positioned at the line where they had picked up their bike.

- Second lap riders ride eagle gear all the way to the start. Whomever crosses first is the Eagle gear champ.
- Riders will be disqualified if caught cheating by shifting gears.
- Race time 3:00 pm will start with MS. 3:30 pm will start the HS and Complete by 4:00 pm. 1st place prize only for both competitors for HS and MS.
- RIDERS MUST SIGN UP TO COMPETE. At the adventure tent, riders can sign up their team. Michael will be at the table to take care of this. Both riders' names are required. Sign up from 12:00 to 2:30pm.

Michael Yarbrough – Adventure Coordinator



**LEAGUE WIDE MEAL AND
END OF SEASON CELEBRATION**

**SATURDAY, OCTOBER 23
MARSHALL COUNTY HIGH SCHOOL**

MEAL - 5:45-7:00

*The meal is hosted by the MCHS Mountain Bike Team.
salad bar, pasta, marinara sauce, alfredo sauce, seasoned
chicken, meatballs, steamed vegetables, bread, & dessert
\$15/adult, \$12/student (\$60 max for a family)
Tickets must be bought in advance by October 17. Scan the
QR code to order.*



CELEBRATION - 7:30-8:00

*Enjoy a slideshow of highlights from the inaugural
season of the Kentucky Interscholastic Cycling League!
Senior riders can send in photos from their childhood
and their journey in mountain biking to be included in
the slideshow. Pictures must be e-mailed to
annbeckett20@gmail.com by October 17.*

Address to **Marshall County High School**
416 High School Rd, Benton, KY 42025

Park between the football stadium and the school we will have signage and users to guide you to the cafeteria and the Performing Arts Center.

Contact Information

General League Questions: **Steve Beckett, LD & RD / Denile Hill, LD/ Ops Mgr.:**
info@kentuckymtb.org

Race/Venue Specific Questions: **Steve Beckett, Steve@kentuckymtb.org**

Rule Specific Questions: **Dustin Elrod, Dustin@kentuckymtb.org**

Registration Specific Questions: **Tamara Binkley, Tamara@kentuckymtb.org**

Volunteer Specific Questions: **Troy Hearn, Troy@kentuckymtb.org**

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

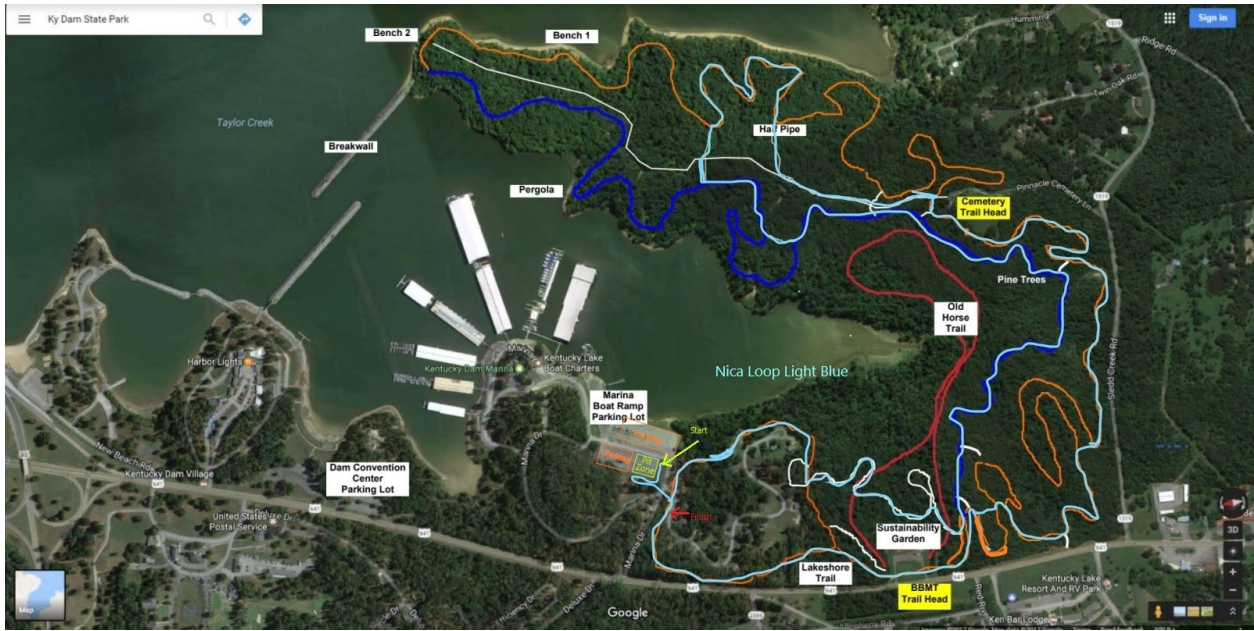
Venue Map

Pit Zone & Parking Map

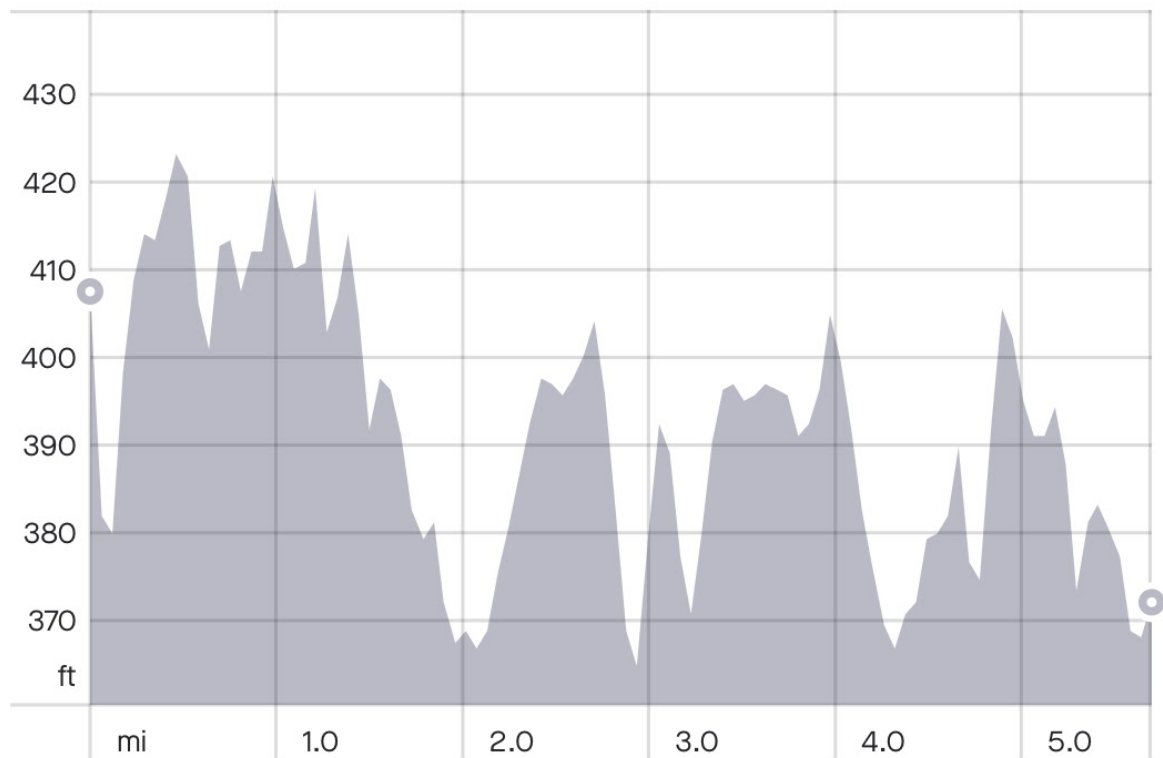


Course Map

Overview - Course Map



Elevation



Elevation Gain

279 ft

<http://www.strava.com/segments/30128673>

Additional Event Info

Additional Event Info to Share will be provided in social media updates:

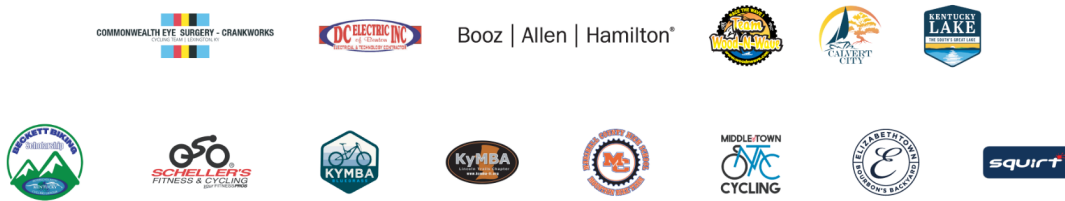
- [Kentucky Interscholastic Cycling League](#)
- @kentuckymtb instagram

NICA CORE VALUES



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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 **Kentucky** Interscholastic Cycling League is an Emerging 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.