



# Camp Alexander

## "Climb the Camp"

May 15-16, 2021

### \*\*\*\*\*WEATHER NOTIFICATION\*\*\*\*\*

Rain looks to be in our forecast for Climbing the Camp May 16th, in the event of a rescheduled race the race will be called Friday May 14 @ 5:00 pm

### COVID-19 Precautions

#### Cloth Face Covering

To ensure the continued health and safety of all attendees, everyone in attendance must wear a cloth face covering. There will be a limited quantity of face coverings at the venue available for purchase. Please plan accordingly.

#### Social Distancing

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

#### 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.





## Venue Description

### Welcome to Camp Alexander!

Camp Alexander, just northeast of Emporia, Kansas will host race #3 of the Kansas Interscholastic Cycling League for the 2021 spring season. The 2.5 mile course offers something for every rider. The open field uphill start leads riders to a windy more technical section of trail that quickly descends to the Nesho river which offers riders a chance to catch their breath on some fast flowy trail. As the riders near the start/finish line, they will climb up and around their teammates in the pitzone and then descend along a section of flow trail to the finish line.

**Off Area-Limits**, defined as any area not directly constructed within the course route or event infield as outlined by the course map below will be off-limits during sanctioned NICA hours as posted by the event activities schedule.



## Address and Directions

**Camp Alexander**  
**1783 Rd P5, Emporia, KS. 66801**  
**[www.campalexander.org](http://www.campalexander.org)**

## Parking

- Vehicles must park in the designated areas identified with signs at the venue and as shown on the venue map



- Designated parking areas might change, depending on whether or not we get any rain, or rain is in the forecast. Please follow signs and parking volunteers instructions.
- All vehicles must abide by the instructions of parking volunteers and/or league staff. Any violators risk imposition of penalties against their respective team
- Handicap parking is available Vehicles must use the designated loading/unloading zone and immediately move to designated parking areas after unloading at the Pit Zone area
- Vehicles must follow one-way directional traffic in/out of Pit Zone drop off area (see venue map)

## Registration

Online registration closes Wednesday before each race at 12:00 midnight. No day of registration.

- 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. Race plates have chips on the back and require care to avoid damage. There is a \$10 fee to replace race plates if lost, or forgotten. Replacement plates are at 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 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 HERE TO GUARANTEE YOUR PREFERRED VOLUNTEER SPOTS FOR EACH OF THE RACES! [\*\*Volunteer Sign-up!\*\*](#)

For more information contact our Volunteer Coordinator, **Darby Cochran-Wilson** at [darbycochranwilson@yahoo.com](mailto:darbycochranwilson@yahoo.com)

## Event Weekend Schedule

### **Saturday**

<b>9:00 AM</b>	Volunteer Shifts Begin
<b>12:00 PM</b>	Pit Zone Access Open
<b>12:00 PM</b>	Registration Opens
<b>12:30 PM</b>	Coaches Meeting
<b>1:00 PM</b>	*Coaches Only Pre-Ride
<b>2:00 PM</b>	*Pre-Ride Open to all riders
<b>4:00 PM</b>	*NICA GRiT Ride - meet at the NICA GRiT Tent
<b>5:00 PM</b>	Pre-Ride Closed - (No riders allowed on course after pre-ride is closed)
<b>5:00 PM</b>	Registration Closes

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

### **Sunday**

<b>6:45 AM</b>	Volunteer Shifts Begin
<b>7:00 AM</b>	Registration Opens
<b>7:30 AM</b>	*Pre-Ride Open to all riders
<b>8:30 AM</b>	Pre-Ride Closed
<b>8:30 AM</b>	Head Coaches Meeting at Start/Finish line
<b>9:15 AM</b>	Staging - Wave 1 MS Boys
<b>9:30 AM</b>	Racing Begins
<b>10:15 AM</b>	Staging - Wave 2 Girls
<b>11:30 AM</b>	Registration Closes
<b>12:15 PM</b>	Staging - Wave 3 HS Boys
<b>2:00 PM</b>	Racing Concludes
<b>2:15 PM</b>	Pit Zone Break Down Begins
<b>3:30 PM</b>	Awards Ceremony



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

\*\*Registration closes 60 minutes prior to each wave start

## 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
  - Grilling is allowed in PitZone
  - No Gas Generators in the PitZone
  - No inappropriate language allowed
  - No Dogs allowed in PitZone, on course or in race venue area
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- No parking in the Pit Zone-1 vehicle per team will be allowed to drive/drop in Pit Zone
  - Athletes only in the staging area - Parents and Coaches should head to the race start spectating fan zone
  - Teams must remove all garbage from Pit Zone and camping areas whether or not a dumpster is on site
  - No Smoking, Alcohol in Pit Zone
  - No dogs allowed in PitZone, or around race venue
  - 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 1:00PM -2:00PM)

Saturday afternoon (2:00 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

All Riders must be accompanied on pre-ride by a Registered Coach

NICA GRiT Ride is from 4-5pm Saturday..Meet at the NICA GRiT Tent at 3:50pm

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.

**SEE YOU AT THE RACES!!!**

For more information contact **Tina Khan, League Director** at [tina@kansasmtb.org](mailto:tina@kansasmtb.org) or your Kansas Team Director. Follow us on Facebook at KansasMTB and Instagram @kansasmtb

### 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. Staging for all races begins 15 minutes prior to the wave start.

### Wave 1: Middle School Boys

CATEGORY (NUMBER SERIES)	START TIME	LAPS	*ESTIMATED FINAL LAP	ESTIMATED DURATION	RACE PLATE COLOR
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			CUT-OFF TIME		
8th Grade Boys (6000's)	9:30 AM	3	9:56 AM	25-45 minutes	Yellow
7th Grade Boys (5000's)	9:32 AM	3	9:58 AM	25-45 minutes	Purple
6th Grade Boys (4000's)	9:34 AM	2	10:00 AM	25-45 minutes	Green

## Wave 2: Girls

CATEGORY (NUMBER SERIES)	START TIME	LAPS	*ESTIMATED FINAL LAP CUT-OFF TIME	ESTIMATED DURATION	RACE PLATE COLOR
JV Girls (100's)	10:30 AM	4	11:46 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	Green
8th Grade Girls (3000's)	10:38 AM	3	11:04 AM	25-45 minutes	Yellow
7th Grade Girls (2000's)	10:40 AM	3	11:06 AM	25-45 minutes	Purple
6th Grade Girls (1000's)	10:42 AM	2	11:08 AM	25-45 minutes	Green

## Wave 3: High School Boys

CATEGORY (NUMBER SERIES)	START TIME	LAPS	*ESTIMATED FINAL LAP CUT-OFF TIME	ESTIMATED DURATION	RACE PLATE COLOR
JV Boys (200's)	12:30 PM	4	1:46 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	Dark Blue





\*Estimated Final Lap Cut-Off Time - riders must finish before the estimated duration time of the race expires. If they are not able to finish all of the laps within the estimated duration, riders will be pulled at the finish line and given a finishing time and score.

## Staging

**STAGING** will begin 15 minutes before each wave. Student athletes are asked not to enter the staging area early. Staging volunteers will allow athletes to enter when staging opens. Coaches and parents are not allowed in the staging area. Athletes should enter the staging area ready to race.

## Chip Timing Info

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 \$10**

## Petitions for Category Placement

There are no petitions for Varsity or race-up categories for the Kansas Interscholastic Cycling League's inaugural season. Several reasons for this include, but are not limited to:

- Establishing baseline data on students for year 1
- Assessing placement of all students on teams in relation to state league
- Equitable practices for all students riding year 1
- There will be no callups for the inaugural season

## Cancellation/Weather Policy





## Kansas League Weather and Refund Policy

The Kansas League strives to put on world class events and provide all of our constituents with the best resources possible. To achieve the best resources, we make a financial investment to cover insurance, training, and planning activities. Those expenses are continuously incurred and are only partially covered by the participation fees into the league. In order to maintain the sustainability of the Kansas Interscholastic Cycling League, it is necessary we implement a NO-REFUND policy.

We greatly appreciate you being a part of our family and look forward to seeing you at the next event.

### Weather Policy

Below are the guidelines for how the Kansas League will conduct races in the event of challenging weather. Our primary considerations are the safety of racers, 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 Kansas League Director, Chief Course Marshal, 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 Kansas League will make every attempt to notify the racing population via email (addresses taken from rider, parent, and coach emails entered when registering in the Pit Zone online registration system), Facebook, and website updates as early as possible.

### Kansas League Weather Guidelines

- Races are held on their scheduled dates unless the race course on the day of the race is deemed un-rideable and dangerous.
- The League will have the option to delay the start of a race from the published times if the weather has created dangerous conditions.
- Courses and/or lap lengths may be altered or shortened because of weather conditions. Last minute changes will be broadcast to racers at the start of each wave via the race announcer. If conditions require a change in number of laps during a race, a person will be stationed at the lap line advising riders of the change.

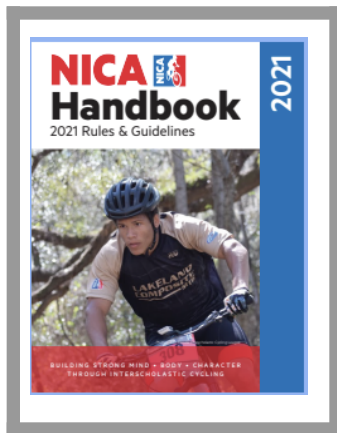


- The League will develop wet-weather course alterations in case of extremely wet conditions that threaten the trails used for the race.
- All racing will stop immediately in the presence of lightning as signified by the chief referee or race director. Racing may continue once the league director, chief referee, and the head timer have conferred.
- Re-starting a race that has been stopped due to lightning;
  - depending on schedule and number of laps completed, the race may be declared over
  - if time permits, racers will be able to resume laps beginning from the lap line
- Communication of delays, changes in start time, courses, and so on will be made by the League as follows:
  - on the league web site (prior to the race day, if possible).
  - on the public address system for Kansas Coaches and Team Directors
  - via forms of social media.
- League will not refund pre-registration fees due to inclement weather.
- League does not allow registration transfers to subsequent races due to inclement weather.

*Note: Weather Policy is standard NICA League policy.*

## Handbook: Policies and Rules

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



## Kansas 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

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, May 16, 2021 at 8:30 am Start/Finish Arch.**

Each team must have 1 representative present at the meeting.

## Camping and Lodging

The Kansas League encourages racers, coaches and parents to camp out! Overnight camping will be offered by the Lyon County, Kansas Fairgrounds: 2700 W US Highway 50, Emporia, KS 66801. Please contact Ken Duff 620-343-5347

- No reservations needed, but we would like to get a good idea on how many people will be utilizing the fairgrounds for camping.
- \$30 for a 30amp plug
- \$10 for Basic tent and camper, without need of 30amp plug
- Bathrooms will be available
- Dumpster onsite
- Fires are OK as long as they are contained and they are just firewood, no pallets

## Food Service

There will not be any onsite food services offered, teams and individual families will be responsible to fulfill those needs as permitted.

## Contact Information

General League Questions:

Tina Khan, Kansas League Director, [tina@kansasmtb.org](mailto:tina@kansasmtb.org)

Race/Venue Specific Questions:

Sarah Underwood, Kansas Race Director, [bikesarah1642@gmail.com](mailto:bikesarah1642@gmail.com)



Registration Specific Questions:

Sarah Thompson, Registration Manager, [sarah@nationalmtb.org](mailto:sarah@nationalmtb.org)

Volunteer Questions:

Darcy Cochran-Wilson, Volunteer Coordinator, [darbycochranwillson@yahoo.com](mailto:darbycochranwillson@yahoo.com)

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



## Course Map

**\*Please access the full course map for Climbing the Camp here:**  
[COURSE MAP](#)

## Additional Event Info

Neutral support will be offered onsite for students and their mechanical needs. Please take student athletes to the designated area where neutral support is being provided.



## NICA CORE VALUES



League and National Sponsors





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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 Kansas 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.