



“Get Wicked at Wilson”

Race #1 at Wilson State Park

April 5-6 2025

Venue Description

Welcome to Wilson State Lake!

Located west of the state’s capital and just north of I70, lies Wilson State Lake. Known for its rich history and fertile agriculture, this destination also offers some of the most gorgeous views and is home to one of the state’s most well known systems of single track in Kansas. The entire system boasts over 22 miles, and has something for everyone out on the trail. We’re excited to bring the 2025 NICA season opener to Wilson State Lake. See you April 5-6!



Areas off-limits to event attendees

During the event weekend, all of the Wilson State Lake will be open to NICA student-athletes and coaches. Please use caution when riding trails outside of the designed course. Wilson State Lake offers challenges for every level of riding experience. Pre-rides will be held on course and within NICA hours as posted by the event activities schedule. All riders are expected to be riding **only** the designed course during these hours.

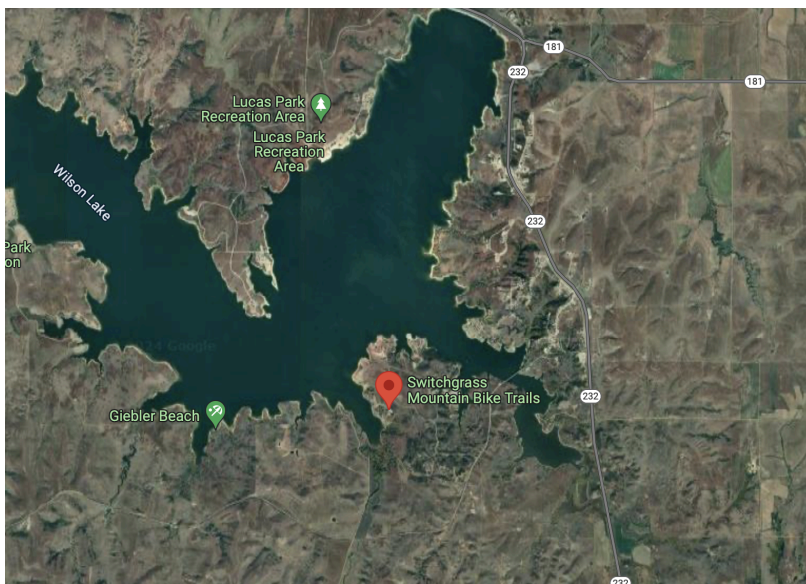
Address and Directions

Wilson Lake

Switchgrass Mountain Bike Trails

Sylvan Grove, KS 67481

<https://goo.gl/maps/vneRmmYDVHfaM3bp7>



Parking

- 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
- Handicap parking is available in the parking lot near PitZone, PitZone drop off area.
- 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

- 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 **\$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 the whole community 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!](#) For more information contact our Volunteer Coordinator, Darby Cochran-Wilson at darbycochranwilson@yahoo.com

<https://signup.com/client/invitation2/secure/592901596035/false#/invitation>

Event Weekend Schedule

SATURDAY

9:00 AM	Volunteer Shifts Begin
12:00 PM	Pit Zone Access Open
12:00 PM	Registration Opens
12:30 PM	Coaches Meeting
1:00 PM	Coaches Only Pre-Ride
2:00 PM	*Pre-Ride Open to all riders
4:00 PM	*NICA GRiT Ride - meet at the NICA GRiT Tent (ladies only on course!)
5:00 PM	Pre-Ride Closed
6:00 PM	Registration Closes

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

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 at Start/Finish Line
9:15 AM	Staging - Wave 1 MS Boys
9:30 AM	Racing Begins
10:15 AM	Staging - Wave 2A Girls
11:15 AM	Staging - Wave 2B Girls
11:30 AM	Registration Closes
12:35 PM	Staging - Wave 3 HS Boys
2:00 PM	Racing Concludes
2:15 PM	Pit Zone Break Down Begins
3:30 PM	Awards Ceremony

*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: 12:00pm -5:00pm
- Sunday: 7:00am - 8:00am and after the infield is taken down

There will be no riding on course prior to the pre-ride opening (for safety!), and as always:

NO BIKE RIDING ALLOWED IN THE PIT ZONE

- 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
- Please *enter* and *exit* the course *ONLY* in designated areas - do not climb over/under or move any fencing or tape
- Teams must remove all garbage from Pit Zone and camping areas whether or not a dumpster is on site
- No Smoking, Alcohol, Grilling, BBQ's or open flames in Pit Zone
- No gas generators in the Pit Zone
- **No Dogs in the Pit Zone** - dogs must be on leash, **never** on course, and under control *at all times* in other areas (pick up pool!)
- 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
- Everyone is encouraged to stay post race to help break down the course before awards

Pre-Ride

Pre-Ride Hours

Coaches Only (Saturday 1:00PM -2:00PM)
Saturday afternoon (2:00 PM–4:00 PM) (GRiT 4-5pm)
Sunday morning (7:30 AM–8:30 AM)

There will be no riding on course prior to the pre-ride opening.

All racers are encouraged to pre-ride the course

Athletes must be accompanied by their coach during pre-ride. Athletes cannot ride the course without a coach.

RIDERS MUST ADHERE TO ANY COURSE RESTRICTIONS

NICA GRiT Ride is from 4-5pm Saturday..Meet at the NICA GRiT Tent at 3:50pm
Course will only be open to women riders at that time.

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 flier 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!!!

Please submit any race / rules questions and clarifications to rules@kansasmtb.org

Wave Start Times

STAGING will begin 15 minutes prior to the wave start time.

Announcements will be made if there are any delays.

- Athletes only in the staging area - they should be race ready upon entering staging.
- Riders will know their start position before staging begins and will be staged accordingly by league staff.

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.

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	3	9:56 AM	30-45 minutes	Yellow
7th Grade Boys (5000's)	9:32 AM	3	9:58 AM	30-45 minutes	Purple
6th Grade Boys (4000's)	9:34 AM	3	10:00 AM	30-45 minutes	Green

Waves 2a and 2b: Girls

CATEGORY (NUMBER SERIES)	START TIME	LAP COUNT	EARNED LAP CUT-OFF TIME	ESTIMATED DURATION	RACE PLATE COLOR
Varsity Girls (1-49) JV Girls (100s)	10:30 AM	5 Varsity / 4 JV	11:42 AM	90 minutes	Light Blue / Pink
Sophomore Girls (400's) / Freshman Girls (700's)	10:32 AM	4	11:28 AM	60-90 minutes	Orange / Green
8th Grade Girls (4000's)	11:30 AM	3	11:56 AM	25-45 minutes	Yellow
7th Grade Girls (5000's)	11:32 AM	3	11:58 AM	25-45 minutes	Purple
6th Grade Girls (6000's)	11:34 AM	3	12:00 PM	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)	12:50 PM	5-6	2:02 PM	90 minutes	Light Blue
JV Boys (200's)	12:50 PM	5	2:02 PM	60-90 minutes	Pink
Sophomore Boys (500's)	12:52 PM	4	1:46 PM	45-90 minutes	Orange
Freshman Boys (800's)	12:54 PM	4	1:48 PM	45-90 minutes	Dark Blue

Kansas NICA Race Duration Guidelines

*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.

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

- Not to exceed 45 mins for Middle School
- Not to exceed 75 min for High School
- Not to exceed 90 min for Varsity

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.

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.

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.

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.

- 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.

Please take the time beforehand to review the handbook:

<https://files.nationalmtb.org/hubfs/Handbooks/NICA-Handbook.pdf>

Coaches Meeting

Saturday **12:30 pm** - before coaches pre-ride, meet at the Start/Finish Arch

Sunday **8:30 am** - meet at the Start/Finish Arch - **This meeting is Mandatory**
Each team **must have 1 representative** present at the meeting.

Camping and Lodging

The Kansas League encourages racers, coaches and parents to camp out!

Teams, Parents, and spectators are encouraged to make their camping reservations through <https://www.campitks.com/>. Campsites are a first come first serve. Race Weekend events will be taking place in and around the switchgrass trailhead

Some Guidelines:

- Parental supervision required, no exceptions. League staff and team coaches are not responsible for student athletes outside of pre-ride and race day
- No campfires or open flames allowed outside of designated areas. Propane grills and stoves allowed as consistent with current local fire restrictions
- Pack in/pack out trash *limited trash service provided
- Port-a-johns will be provided in and around pitzone

Food Service

There will be no food trucks in attendance for the Wilson Race, please plan accordingly and bring what you need to fuel yourself/team for the weekend. We encourage you to support local businesses that are welcoming us to their area.

Contact Information

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:

- Rule clarifications - rules@kansasmtb.org or your Team Director
- Venue/Race day specific questions - Sarah Underwood, Race director: sarah@kansasmtb.org
- Dallas McCarter, League Director: dallas@kansasmtb.org
- Follow us on Facebook at KansasMTB and Instagram @kansasmtb

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 during race weekend.. Please plan accordingly.

Venue Map

https://www.google.com/maps/d/edit?mid=1POUOvkK6_bgkPhEanKwT7ZfkZK6d77E&usp=share_link



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 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.