



53 Salt Point
 St. Augustine, FL 32086
www.floridamtb.org

***NOTE: Live document, subject to revision—DO NOT PRINT until 2/26/20**

Race N^o 1 Hammer the Hammock @ San Felasco Season Opener

San Felasco State Park

13201 Progress Blvd.
 Alachua, FL 32615

2020

Sunday March 1st, 9:30 AM

Course Description

We will kick off our inaugural season in the northern part of the state on the wonderful trails at San Felasco Hammock Preserve State Park! In partnership with the Friends of San Felasco and the state park, this venue promises to be an instant favorite! This is one of Florida's truest cross-country trails with continuous gradual up and down grades and a handful of roots to keep you on your toes.

[Download Strava Course Map File](#)

Pre-Ride

The course will be open for pre-ride Saturday afternoon (2:00 - 5:00 PM) and Sunday morning (8:00 - 9:00 AM). We strongly recommend that all racers pre-ride the course and bring a map, plenty of water, cell phone and not ride alone. Please pass course workers with great care and stay off the course outside of the above times. ****ALL* riders on course are required to have a FICL Race Plate, including adults.*** **Coaches pre-ride meeting and pre-ride starting promptly at 12:30pm from the start line Saturday with Coach Supporter Colin McCoy.**

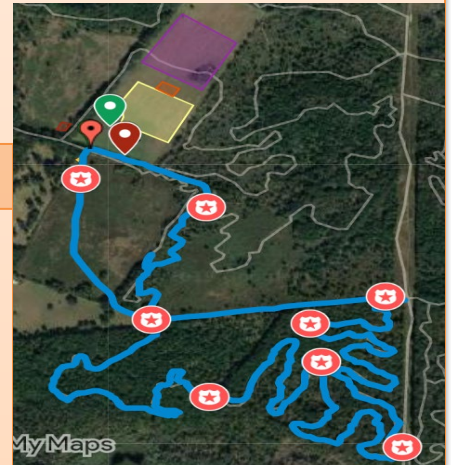
Food! Local favorite Cilantro Tacos will be on site from 8 am until podiums, serving coffee, breakfast and lunch, including veg options

Volunteer at Our Races

Volunteers are the backbone of our league and make our events possible. Parents – most volunteer positions allow you to watch the race and cheer! Please consider volunteering at this race, we guarantee you'll love it, money- back guarantee! Click [HERE](#) to sign up for a volunteer position at this race. If you have any questions, please contact our Volunteer Coordinators at volunteer@floridamtb.org.

GRiT Ride

Florida League female riders, including student-athletes, parents, and coaches, are invited to our GRiT (Girls Riding Together) ride on Saturday, March 1. Our GRiT Coordinators, Coach Jackie Morrison and Lucy Barr, will take ladies out for a lap of the race course starting promptly at 4pm from the start line. All women are encouraged to join! Be sure to check out the GRiT tent!



Directions ([Click for link](#))

Race parking and operations will be on the grounds of San Felasco State Park, located at **13201 Progress Blvd., Alachua, FL 32615**. Our staff will help you park in designated areas. Follow signs to the field. \$4 per vehicle.

Camping

Camping **will NOT** be permitted at the venue. However, check out [O'Leno State Park](#) just north or [Paynes Prairie Preserve](#) south of San Felasco State Park. Be sure to book early to get a camp site!

Neutral Support

Thanks to *The Bike Bus* for staffing the Neutral Support Zone. They can provide mechanical assistance prior to your race start. This service is strictly for last minute small adjustments (shifting, flat), not a full service to prepare a bike for race day.

2020 Season Fees

	High School	Middle School	Late Fee at Race*
League Registration and Race Fee (annual)	\$300	\$300	\$10
Team Registration (annual)	\$250/100 if LS	\$250/100 if LS	N/A

* Online pre-registration closes at 11:59 PM on the Tuesday February 25th before the race. **Scholarships are available**, for more information email maxwell@floridamtb.com

Waves, Start Times, Laps & Distance

Category (Plate Color)	Staging Time	Start Time	Laps	Approx. Miles	Approx. Race Times
Wave 1					
Middle Sch. Boys Grade 8 (yellow)	9:15 am	9:30 am	1	4.8	<45 min
Middle Sch. Boys Grade 7 (purple)	9:15 am	9:32 am	1	4.8	<45 min
Middle Sch. Boys Grade 6 (green)	9:15 am	9:34 am	1	4.8	<45 min
Wave 2					
Varsity Girls (-)	10:15 am	10:30 am	4	19.2	90-120 min
JV Girls (pink)	10:15 am	10:32 am	3	14.4	60-100 min
Sophomore Girls (orange)	10:15 am	10:34 am	2	9.6	45-90 min
Freshman Girls (dark blue)	10:15 am	10:36 am	2	9.6	45-90 min
Middle Sch. Girls Grade 8 (yellow)	10:15 am	10:38 am	1	4.8	<45 min
Middle Sch. Girls Grade 7 (purple)	10:15 am	10:40 am	1	4.8	<45 min
Middle Sch. Girls Grade 6 (green)	10:15 am	10:42 am	1	4.8	<45 min
Wave 3					
Varsity Boys (-)	12:15 am	12:30 pm	4	19.2	90-120
JV Boys (pink)	12:15 am	12:32 pm	3	14.4	60-100 min
Sophomore Boys (orange)	12:15 am	12:34 pm	2	9.6	45-90 min
Freshman Boys (dark blue)	12:15 am	12:36 pm	2	9.6	45-90 min

*Note: final lap count decision per category will be finalized and confirmed at the start of each race in addition to any time cutoffs.

Chip Timing

All racers will receive a permanent number plate with chip timing transponder on the backside. Racers will use this plate for all four races, so please remove this number plate before mounting the bike on a roof rack to prevent loss. **Replacement number plates will be available at the registration tent for \$20.**

Petitions for Category Placement

Those petitioning for exceptions to the category placement must do so by Friday, February 21st at 5:00 PM. [Petitions forms](#) must be emailed to League Director, Maxwell Gledhill at Maxwell@floridamtb.org. Race day petitions will not be entertained.

Race N^o 1 Hammer the Hammock @ San Felasco

March 1st, 2020

Weather Policy

Our primary consideration is the safety of racers, race support staff, race visitors, and potential damage to the race course site. Any decisions regarding cancelling, postponing, or altering race start times, lap lengths, number of laps, etc. will be made jointly by the Florida League director, the land manager, and the Florida League chief referee. Please review our weather policy at: <http://www.floridamtb.org/weather-and-refud-policy/>

Race Weekend Schedule:

Saturday:

- 8:00 am:** Core Race Staff Arrives
- 9:00 am:** Volunteer Shifts Begin
- 11:30 am:** Team Pit Zone Opens – time to set up the team tents!
- 12:30 pm:** Registration Opens
- 12:30 pm:** Coaches pre-ride meeting and coaches pre-ride at 1 pm.
- 2:00 pm:** Pre-ride Begins (Everyone on course must be registered and have a number plate on bike)
- 4:00 pm:** GRiT (Girls Riding Together) Pre-ride
- 5:00 pm:** Pre-ride and Registration Closed

Sunday:

- 8:00 am:** Check-in, Late Registration and Pre-Ride Opens
- 8:30 am:** Coaches Meeting (mandatory attendance for 1 coach representative from each team) – Crucial information about race day conditions, changes, risk management, etc.
- 9:00 am:** Pre-ride Closed
- 9:30 am:** Racing Begins! (See detailed start schedule above for category start times)
- 11:00 am:** Check-in and Late Registration Closed
- 2:45 pm:** Racing Concludes
- 3:00 pm:** Pit Zone Break Down Begins
- 3:30 pm:** Awards

League Sponsors

TREK



Race Nº 1 Hammer the Hammock@ San Felasco

March 1st, 2020

Registration Information – Plate Pick-up

Saturday 12:30 – 5:00 PM | Sunday 8:00 – 11:00 AM

Onsite registration will be open on Saturday 12:30 - 5:00 PM and Sunday 8:00 – 11:00 AM. *Race plates will be distributed to head coaches on Saturday and Sunday.* Students who do not have a plate can check in with registration after speaking to their head coach.

These chip timing number plates will be used for the entire season, please do not lose them. Reminder: double check that you are registered and *Race Ready* in the NICA Pit Zone before online registration closes. Onsite registration will cater to anyone who is not *Race Ready* and has not paid their registration fee online.

Online registration closes on Tuesday February 25th at 11:59 PM. Please note: onsite registration will result in a late fee of \$10 for League Registration. Again, racers will be using their number plate for the entire season; replacement number plates are available at Registration for \$20.

In order to race you must meet *Race Ready* status!

Race Ready Checklist:

- ✓ Pit Zone profile completed
- ✓ Waivers electronically signed in the Pit Zone
- ✓ League & race registration fees paid

Other Important Notes

- ✓ Vehicles are not allowed in the team pit and infield areas any time.
- ✓ **There is a \$4 per vehicle fee to enter the park. CASH ONLY!**
- ✓ No Smoking in the team pit or infield areas.
- ✓ No inappropriate language allowed in the team pit and infield areas.
- ✓ Any conflicts and/or disputes with any race official or volunteer shall not be dealt with in the team pit area.
- ✓ Any violation of the above rules may result in a team penalty and/or expulsion from the team pit and infield area.
- ✓ No gasoline generators and no open fires inside the team pit area, please.
- ✓ San Felasco State Park is a pet-free park. Please no pets at this race. Thank you!
- ✓ Please pack out what you pack in. No garbage receptacles will be provided.
- ✓ Review our Refund and Weather Policy [HERE](#).
- ✓ All racing will be governed by the [NICA Rulebook](#) and the [FL Middle School Program Guide](#).
- ✓ **We hope all racers and their families will stay after the race for the award ceremony!**

Contacts

League Director

Maxwell Gledhill
maxwell@floridamtb.org

Volunteer Coordinator

Melanie Beland
Volunteer@floridamtb.org

Chief of Registration

Jackie Morrison
jackie@floridamtb.org

Chief of Scoring

Mario Ayala
Mario@floridamtb.org

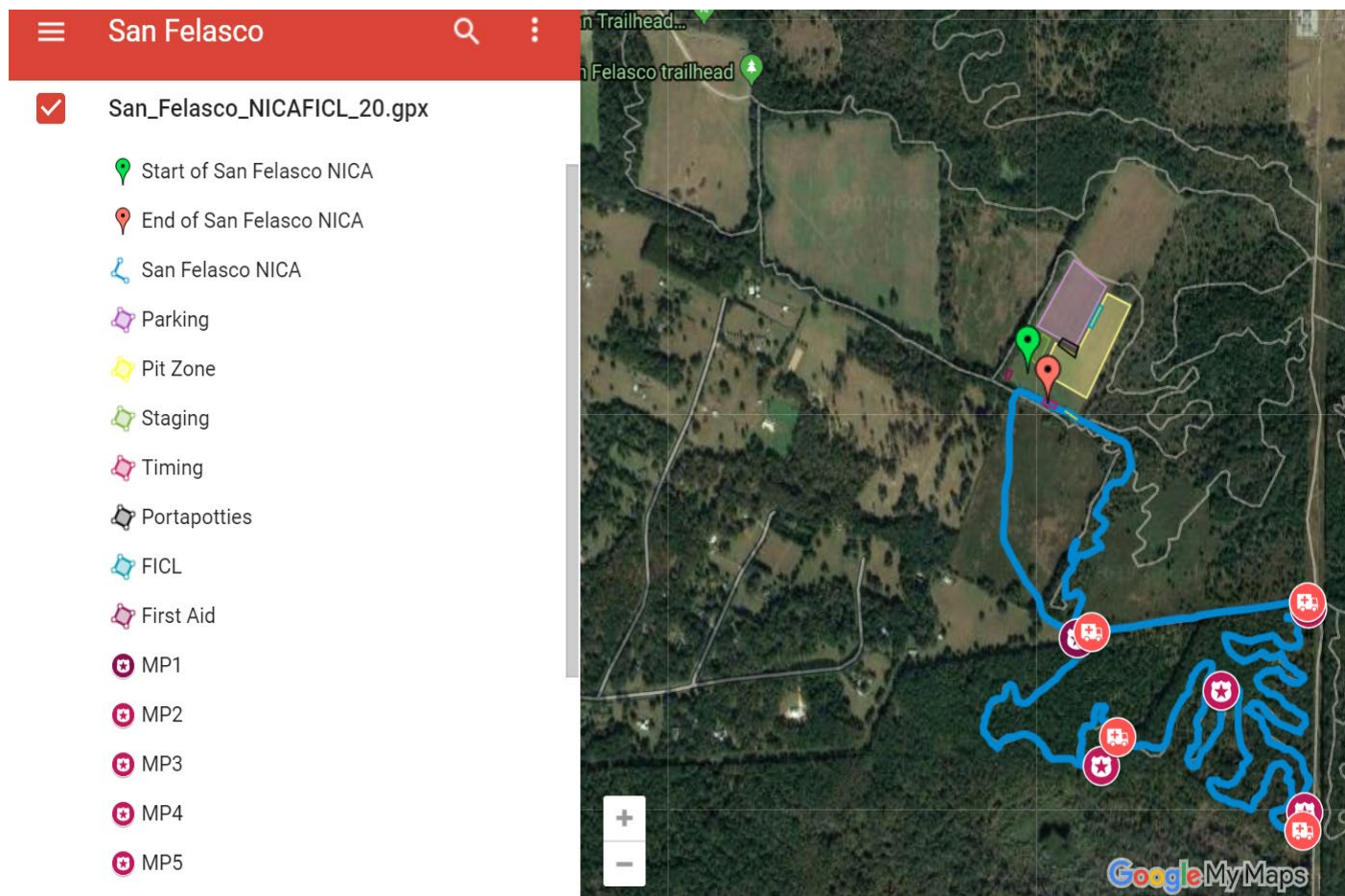
The Florida Interscholastic Cycling League is a Project League of the National Interscholastic Cycling Association, a 501(c)(3) non-profit youth development organization, building strong mind, body and character, guided by the principles of inclusivity and equality. The league promotes interscholastic 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.



Race N° 1 Hammer the Hammock@ San Felasco

March 1st, 2020

Click [HERE](#) for Interactive View



NICA NATIONAL SPONSORS

TREK

SHIMANO

CLIF

SPECIALIZED
FOUNDING NATIONAL SPONSOR

Salsa

GIRO

podiumwear
POD

QBP

CAMELBAK

YAKIMA

MAXXIS

REI
CO-OP

GU

people**for**bikes

SRAM

STRIKE

DeFeet

PREMIER