

FLORIDA

Interscholastic Cycling League



NOTE: Live document subject to revision - do not print until 4/8/21

Reach For The Peak Time Trial

**Dyer Park
April 11th, 2021**

Last Publish Date 4/2/21

Information in this race flyer is subject to change. Please check back just prior to the event weekend to make sure you have the most current information available.

IF YOU NEED TO ACCESS THE WEBSITE, PLEASE CLICK [HERE](#).

COVID-19 Precautions

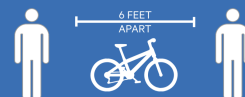
Primary Objective: Minimize our participants, volunteer and staff potential of exposure by following guidance from the CDC, state and local health departments as appropriate for NICA at the national, league and team level.

Secondary Objective: Honoring guidance from health and governmental organizations, continue to offer the NICA activities and events supporting the emotional and physical wellness of our participants as well as support participant connection to the NICA Community.

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.

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



FLORIDA

Interscholastic Cycling League



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 student-athletes and coaches must be symptom-free for at least 14 days and not exposed to anyone who is sick within that 14 day period before participating in group training.
- All student-athletes, coaches and support staff who are in a high-risk category or live at home with anyone who is in a high-risk category are encouraged to follow the guidance of health care providers and state and federal agencies in determining their level of participation in training sessions/events.
- All student-athletes, coaches and support staff should screen for signs/systems of COVID19, including a temperature check prior to attending practice/event each day.
- All student-athletes, coaches and support staff **will have a temperature check prior to entering the event venue.**
- See [HERE](#) for more information from FHSA COVID-19 Spring Safety Considerations

Venue Description

Dyer Park

Time trial number three finds us in West Palm Beach, FL at Dyer Park. With several miles of twisty singletrack trails in the woods that loop around the “hill” which has an additional 2.5 miles of ascending and descending singletrack, adventure awaits. The shell rock trails on the hill have numerous banked turns and will challenge



FLORIDA

Interscholastic Cycling League



both your legs and lungs! The perimeter trails are tight and twisty and will demand your undivided attention. There is a little bit of something for everyone at Dyer Park. With double track gravel roads, plenty of climbing and descending on the hill, and twisty singletrack, you will for sure have a good time. Student-athletes will experience a fun but challenging course that starts off on top of the hill in a grass field that transitions into a short section of shell rock trail leading down to the perimeter trail. From here riders will navigate through the single track and then eventually exit out onto a gravel road leading them back to the hill. Be sure to drink water here and prepare for the finish. Once back on the hill riders will flow through the shell rock turns ascending and descending the trail as it wraps around the hill leading to a grassy finish.

What is a FICL Time Trial...an event where student-athletes are staged by team and remain grouped by team but are given an individual start time; riders will begin at 30 second intervals. Team-based time trials keep the practice pods together, reduce the exposure from other individuals, and still allow individuals and teams to measure their progress over a season against student-athletes from across the state.

Coaches will gather their team into the Start Holding Area at the designated time, 15min before the first rider from that team will begin the course. At this time, coaches are responsible for assembling their student athletes into a starting order that minimizes the likelihood of riders having to overtake on another. Typically, riders would start in order from fastest to slowest (approximating). Of course, riders may still overtake each other on course as needed and when it is safe to do so. The first rider will begin the course at the designated TT Start Time. Check out [Holding, Staging, and Start times here.](#)

About the park

Dyer Park is a Palm Beach County Park offering numerous amenities for all. The park offers facilities for baseball, basketball, soccer, radio-controlled planes, picnic areas, playgrounds and more. And of course, there is excellent mountain biking. On Friday and Saturday of the event weekend, trails will be open to the public but we are requesting any teams that may arrive on Saturday to register a time for the actual course pre-ride. Since trails will be open on Friday and Saturday be aware of traffic on all trails and keep your eyes open! Please be respectful and courteous of others, ride single file on roads and trails, and be considerate when passing or being passed. On Sunday, the NICA course will be closed to the public and only FICL student-athletes will be on course during the time trial.

FLORIDA

Interscholastic Cycling League

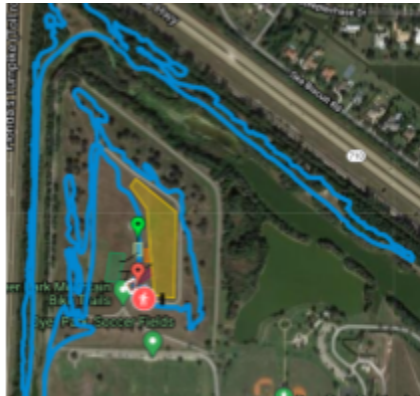


Address and Directions

Dyer Park

[7301 Haverhill Road, West Palm Beach, Florida 33412](#)

[Web site](#)



Parking/Arriving at Venue

Please read the following parking information carefully!

- 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
- **All vehicles MUST display the [parking pass](#) on the dash. Please print this and use on both Saturday and Sunday AND at Santos.** FICL parents and coaches may park on the top of the hill but only FICL participants, so we need to manage this.
- Parking pods or zones will be designated for student-athletes and coaches at each venue.
- If you arrive early, wait in your car until your scheduled meeting/arrival time.
- At the assigned time for your team (unless told otherwise by your coaches), head to the designated meeting location. These will be marked on the venue maps and with signs on site. Follow the posted routes and maintain social distancing.

FLORIDA

Interscholastic Cycling League



- Be ready to ride upon arrival at the team meeting area. Your coaches will then be ready for a warm-up ride.
- There are no designated pre-ride times for the course on the day of the event. No pre-riding is allowed on an event weekend on Friday or Sunday. However, Head Coaches will have an opportunity to schedule a time for a casual pre-ride on Saturday afternoon (no race pace). Times will be scheduled for teams with 10-15 minutes between start times for a pre-ride. Head Coaches will sign up on a first come first serve basis and teams must start at their selected times and begin at the start line of the course. Riders are encouraged to pre-ride the course prior to the event weekend. If allowed by the land manager, venues will be marked prior to the event weekend but please take advantage of the pre-ride course videos. ([Dyer Park](#))
- Coaches will warm up student-athletes. This may include trainers or riding around predetermined routes by the coaches.
- Once warm up is complete, teams will wait in their designated meeting location or holding area until a race official escorts the team to the staging area.

Registration

Time Trial Race Fee = \$40 per event or \$125 for Event Pass for all 5 events

Online registration closes **February 12th, 2021** for all races at 12:00 midnight.

- ***There will be no day of registration!!***
- Students must be league registered and “race-ready” in order to participate
- Race Plates will be given to Team Directos/Head Coaches **only** at the Registration Tent.
- **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.
- **ONLY TEAM DIRECTORS/HEAD COACHES AT REGISTRATION PLEASE!!**
- All Coaches must be fully registered in Pitzone
- *Be sure that you are registered and race ready in the Pitzone*
- [NICA Pit Zone](#). *Race ready means you have checked in Pitzone for the specific race/event, completed your online profile, electronically signed your online waivers, completed and paid your NICA, league and Season Pass fees.*
- If you have not been invited to register yet in the NICA Pit Zone contact your Team Director. Independent riders contact your FICL Chief of Registration jackie@flmtb.org.

FLORIDA

Interscholastic Cycling League



For questions regarding the NICA Pit Zone contact registration services at registration@nationalmtb.org.

Volunteering at our Events

Our events would not be possible without the incredible work of our volunteers. It takes a “village” to put on quality youth mountain bike events. This season due to Covid-19 restrictions we are asking as many of the positions as possible to be filled by coaches as possible to reduce exposure and minimize contact tracing.

Saturday and Sunday positions are available

We will be sourcing volunteers for each assigned team group. So teams in Group 1(AM), select volunteer positions during those time slots and the same for Group 2 (PM).

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, Melanie_Beland@trekbikes.com.

HOME TEAMS AT DYER PARK

West Palm Beach Composite

Pembroke Pines Charter

Broward Composite

Orlando Tough Biker Composite

Winter Park Composite

Tarpon Coast Composite

FLORIDA

Interscholastic Cycling League



Event Weekend Schedule

Saturday

9:00 AM	Course Setting and Infield Setup Begin (FICL Staff and Home Team Volunteers)
2:15 PM	Sign In (Packet PickUp) - Only Team Directors/Head Coaches at Registration
3:00 PM	Scheduled Pre-Ride times begin with designated start times separated by 10min
5:00 PM	Pre-Ride Closed - (No riders allowed on course after pre-ride is closed)
5:00 PM	Sign In Closes

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

Sunday

6:30 AM	Core Staff Shifts Begin
7:30 AM	Volunteer Shifts Begin
7:45 AM	Sign In (Packet Pickup) - Only Team Directors or Head Coach at Registration
8:45 AM	Holding - Start Group 1 Teams
9:00 AM	Group 1 Teams Start
12:15 PM	Holding - Start Group 2 Teams
12:30 PM	Group 2 Teams Start
3:00 PM	Racing Concludes
3:00 PM	Break Down Begins

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

Pre-Ride

[Check out this video of a pre ride at Dyer Park.](#)

- The course is closed to pre-ride on the day of the time trial (Sunday)
- The course is closed to pre-ride on Saturday morning and will open up to registered teams only starting at 3 PM.
- You can walk the course on Saturday morning even if it is still being set up.

FLORIDA

Interscholastic Cycling League



- Teams (Head Coaches) will sign up prior to the race weekend for pre-ride start times if they choose. Start times will begin at 3 PM and will go in 10 minute intervals so the first team may begin a casual pre-ride at 3 PM, then the second team will start at 3:10 PM continuing until all registered teams start.
- **Student-athletes and coaches MUST ride with their teams in the pods they normally practice with.**
- Everyone on course must have a race plate (student, coach, league staff) affixed to their bikes.
- NO UNREGISTERED PARENTS/SIBLINGS ALLOWED ON COURSE
- **Head Coaches be sure to go to the registration tent to pick up race plates/medals and/or trophies before setting out for the scheduled pre-ride.**
- [Dyer Park Strava Course File](#)

Race Venue Expectations

- Have fun!
- Maintain social distancing of 6 feet or greater and wear a cloth mask when you cannot
- Park in assigned parking areas
- Garbage - pack in/pack out
- No smoking, alcohol, BBQ's or open flames in parking areas
- Dogs must be on leash and under control at all times
- No inappropriate language
- Walk bikes once in holding and staging areas
- Athletes and coaches only in holding areas - Parents please remain in parking areas or feel free to walk around the park but remain distanced and not gather in large groups
- **Athletes only in staging, start and finish areas - Coaches must send 1 or 2 coaches to finish chute area to assist exiting riders**
- Conflicts and/or disputes should not be dealt with in the team Parking areas
- Any violation of the above rules may result in a team penalty and/or expulsion from the parking and infield area
- For any team wishing to fly a drone, contact Maxwell at maxwell@floridamtb.org

Stay up-to-date

FLORIDA

Interscholastic Cycling League



In the event of a cancellation or any race day changes (ie. delaying a start or change in parking times) we will use RainedOut, among our other avenues of communication (Facebook, Website, Instagram). Please go to this [LINK](#) and register to receive a text and be informed!

Team Start Times

- **Start times are determined by FICL and organized by team** - taking into consideration team size, the distance a team travels to get to the venue, and the number of registered student-athletes on each team. Riders will start at 30sec intervals.
- The day and group each team is assigned will not change.
- **A finalized Team Start Time Schedule will be posted the Thursday before the event.**

Dyer Park Team Group Start Times -
Click to find out when you roll!

Holding and Staging

HOLDING and STAGING will begin 15 minutes before each wave.

- Coaches will line up student-athletes, in racing order, in the holding area or false start grid. The order should be designed to reduce the likelihood of passing between riders.
- A maximum of 20 students will be allowed on a start grid at one time. Multiple false grids (mirrors of the start grid) will be in the starting area to accommodate the largest team.
- The start grid and false grid(s) will be single file with a minimum of 6' between each rider.
- Teams will be allowed up to 10 minutes for staging in the holding area. Riders must be staged at least 5 minutes before their start time.
- Riders must remain in the team meeting area/holding until staged. A FICL race staff member will meet teams at the holding areas and then guide them to staging. **Coaches may not go to the staging/start.**

FLORIDA

Interscholastic Cycling League



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 \$20.**

Petitions for Category Placement

Those petitioning for exceptions to category placement must do so by **Friday, February 26th by Midnight**. [Petition forms](#) must be submitted to League Director, Maxwell Gledhill at maxwell@floridamtb.org.

- No race day petitions will be accepted
- As a reminder all riders need to be invited to register in the Pit Zone online by February 12th to participate with a team for the Spring 2021 Season.
 - Contact your Team Director or Head Coach to be invited
 - Independent riders contact maxwell@floridamtb.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: [FICL Weather and Refund Policy](#)

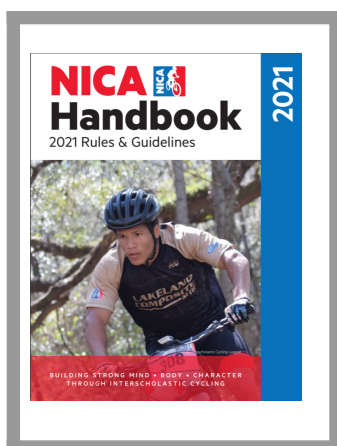
Handbook: **Florida Interscholastic Cycling League Policies and Rules**

FLORIDA

Interscholastic Cycling League



All participants are required to read, understand and abide by all league policies, rules and protocols while attending any league event. Please see Handbook below and the [FL Middle School Program Guide here](#).



Coaches Meeting

A mandatory head coaches meeting will happen on Saturday afternoon. Each team must have 1 representative present at the following meeting. Be sure to share the information with the team.

Saturday March 20th at 5:30pm - [Google Meet](#) or join by phone: 1 740-720-3439 PIN: 402 596 279#

Camping and Lodging

Hotels are located within 10-30 minutes away from this location. Check out your options [HERE](#). For those interested in camping check [HERE](#) for nearby campgrounds (most of these are for RV's) and [HERE](#) for nearby State Parks.

FLORIDA

Interscholastic Cycling League



Contact Information

General League Questions: **Maxwell Gledhill, League Director**, maxwell@floridamtb.org

Race/Venue Specific Questions: **Ryan Feagan, Race Director**, ryan.feagan@gmail.com

Rule Specific Questions: **Maxwell Gledhill, League Director**, maxwell@floridamtb.org

Registration Specific Questions: **Jackie Morrison, Registration Manager**,
jackie@floridamtb.org

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

Venue/Course Map

[Dyer Park Venue and Course Map](#)

West Palm Beach Area Fun!

There's lots to do in Palm Beach County and the surrounding area. From the Palm Beach Zoo, to snorkeling at the Blue Heron Bridge to airboat rides! Check out the Palm Beaches site [HERE](#) and Palm Beach County site [HERE](#) for plenty of off bike activities.

If you and your family are itching to see even more trails than what our race course has to offer, check out some other local area trails! Visit the **Florida Off Road Cycling Enthusiasts (FORCE)** site [HERE](#) for more trail information in Palm Beach County and if you are driving north be sure to check out the trails [Jonathan Dickinson State Park](#) or if south check out [Markham Park](#) or [Amelia Earhart](#).

FLORIDA

Interscholastic Cycling League



NICA CORE VALUES



League and National Sponsors

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Interscholastic Cycling League



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Interscholastic Cycling League



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 **Florida 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.