

FLORIDA

Interscholastic Cycling League



NOTE: Live document subject to revision - do not print until 4/29/21

Twisting Through Twister

**The Vortex at Santos
May 1st and 2nd, 2021**

Last Publish Date 4/20/21

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

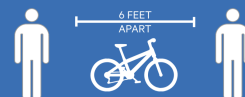
Primary Objective: Minimize our participants, volunteer and staff potential of exposure by following guidance from the CDC, state and local health departments as appropriate for NICA at the national, league and team level.

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

Santos

Time trial number four *AND* five finds us in Ocala, FL at the Santos Vortex Trailhead. With over 80 miles of singletrack trails designed for both beginners and elite riders, there is something for everyone. Developed and maintained through a partnership with the Ocala Mountain Bike Association, Santos is perennially rated as one of



FLORIDA

Interscholastic Cycling League



the best mountain bike facilities in existence! Everyone is sure to have a good time at this event.

Student-athletes will start in an open grass field and head directly to a trail called Dog Bone. From here riders will progress on fast, flowy, twisty trails that all pay homage to dogs (Dog Bone, Dog Catcher, Dogtail, Puppy). Eventually riders will enter the Twister trail which is not considered to be a technical trail, but keep your eyes open for the few fast turns and rooty sections as well as a few steep drops and inclines to keep you on your toes. Riders will ultimately exit the Twister trail by entering the pit area of the Vortex and finish by heading up a double track road then turning left to finish in an open grass field. This trail will leave students exiting the course with a huge smile.

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 15 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 **Race #4 (Saturday)** [Holding, Staging, and Start times here](#) and **Race #5 (Sunday)** [Holding, Staging, and Start times here](#).

About the park

The Santos Trailhead and Campground is a wonderful state park and mecca for mountain biking in the southeastern US. Not only does Santos offer over 80 miles of mountain bike trails but it also provides access to the Cross Florida Greenway's extensive equestrian trail network as well as the [Florida National Scenic Trail](#). For more information about what Santos has to offer check out their webpage [HERE](#). On Friday of our event weekend the FICL Core Staff and volunteers will be setting the course and infield getting ready for a full weekend of racing! The trails will be open to the public the entire weekend so be aware of potential 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.

FLORIDA

Interscholastic Cycling League



******Please be aware that the Vortex at Santos has many human-made mountain bike features surrounding our race course. These features are outside the area, but near, where the League events will occur. These features are NOT part of our event and should not be ridden as part of any official NICA activity throughout the weekend. If parents choose to let their student-athletes ride these features, understand that they are assuming all risks and liabilities of doing so.******

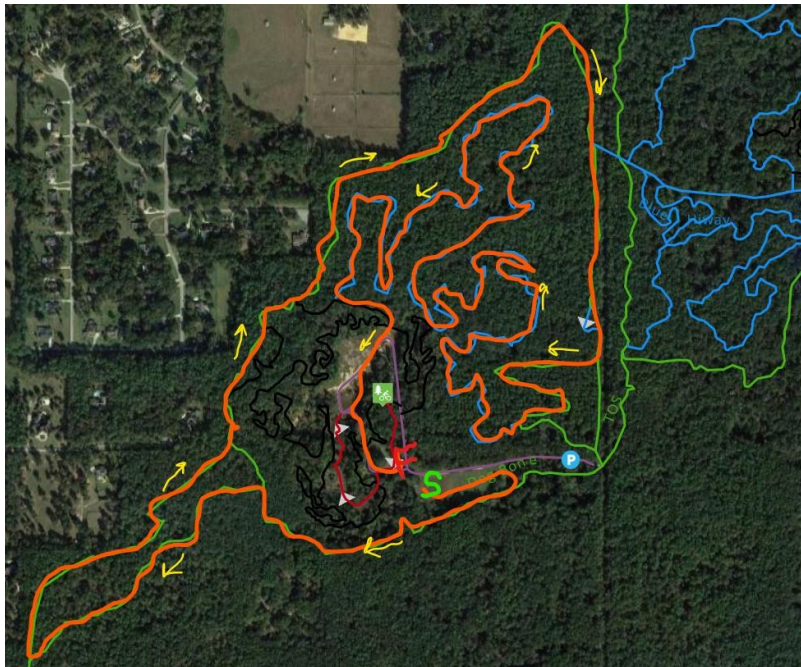
Thank you for your help in communicating this message and keeping our student-athletes safe.

Address and Directions

Santos Vortex Trail Head

[9150 SE 25th Ave, Ocala, FL 34480](#)

[Web site](#)



FLORIDA

Interscholastic Cycling League



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.
- 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 days of the event.** In addition, there is no organized pre-ride on Friday for this event. 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. ([Santos](#) - the video begins at 28 seconds)
- 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!!***

FLORIDA

Interscholastic Cycling League



- Students must be league registered and “race-ready” in order to participate
- Race Plates will be given to Team Directors/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. 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.

Friday, 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](#)

FLORIDA

Interscholastic Cycling League



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](mailto:Melanie_Beland@trekbikes.com).

HOME TEAMS AT SANTOS

Gainesville Composite
Winter Park Composite
Lake Nona Composite
Orlando Tough Biker
Lakeland Composite

Event Weekend Schedule

Friday

9:00 AM Course Setting and Infield Setup Begin (FICL Staff and Home Team Volunteers)

Saturday

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
12:30 PM Holding - Start Group 2 Teams
12:45 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.

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

FLORIDA

Interscholastic Cycling League



9:00 AM	Group 1 Teams Start
12:30 PM	Holding - Start Group 2 Teams
12:45 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.

NO Pre-Ride At Santos

[Check out this video of a pre ride at Santos. \(It starts at 28 seconds in\)](#)

- The course is closed to pre-ride on the days of the time trial (Saturday AND Sunday)
- The course is closed to pre-ride on Friday due to staff setting the course.
- You can walk the course on Friday even if it is still being set up.
- 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.**
- [Santos 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

FLORIDA

Interscholastic Cycling League



- Walk bikes once in holding and staging areas (look for the signs)
- 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

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.**

[Santos Race #4 \(Saturday\) Team Group Start Times](#)

[Santos Race #5 \(Sunday\) Team Group Start Times](#)

FLORIDA

Interscholastic Cycling League



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.**

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

FLORIDA

Interscholastic Cycling League

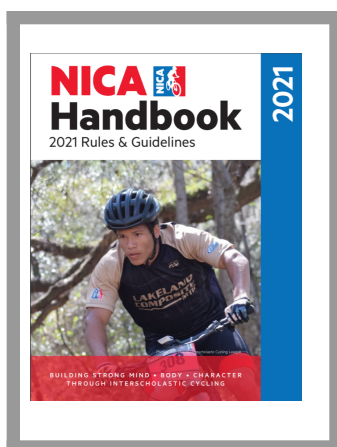


Refund/Weather Policy

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

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

FLORIDA

Interscholastic Cycling League



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

Friday April 30th at 5:30pm - [Google Meet](#) or join by phone: 1 361-233-2760 PIN: 561 395 868#

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.

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

[Santos Venue and Course Map](#)

Ocala Area Fun!

FLORIDA

Interscholastic Cycling League



There's lots to do in Marion County and the surrounding area. From the hiking, biking and kayaking, to boat tours and snorkeling in nearby springs! Check out the Ocala Marion site [HERE](#) and The 15 Best Things To Do in Ocala 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 **Ocala Mountain Bike Association (OMBA)** site [HERE](#) for more trail information in Marion County.

NICA CORE VALUES



FLORIDA

Interscholastic Cycling League



League and National Sponsors

FLORIDA

Interscholastic Cycling League



LEAGUE SPONSORS

TREK

SWAMP
Mountain Bike Club



squirt



NICA NATIONAL SPONSORS

LEAD SPONSOR

TREK

PLATINUM SPONSORS

SHIMANO

SPECIALIZED
FOUNDING NATIONAL SPONSOR

SRAM

ROCKSHOX

Salsa

GOLD SPONSORS

GIRO

podiumwear
POD

SILVER SPONSORS

YAKIMA

MAXXIS



CANYON

Continental



BRONZE SPONSORS



FEEDBACK
SPORTS

borah
TEAMWEAR

CR
CLUB RIDE

Blackburn

VelociRAX



BOSCH
Invented for life

NICA NATIONAL FOUNDATION PARTNERS

WALTON FAMILY
FOUNDATION

Rapha.
FOUNDATION

**WELLS
FARGO**



FLORIDA

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.