

**Triumph at Tranquility**  
**September 30 - October 1**  
**Tranquility Park - Omaha, NE**



*Information in this flier is subject to change and will update in real time. Please check this flier frequently, especially before race day.*

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## Highlights

There is a wealth of information in this flier, but if you're just looking for the highlights, click one of the topics below to jump straight to what you're looking for.

*If you're using your phone to view this, scroll the table below to the left to see all of the highlights.*

<a href="#">Weekend Schedule</a>	<a href="#">Volunteer for this Event</a>	<a href="#">Wave Start Times</a>	<a href="#">Venue/Course Map</a>
<a href="#">Special Events</a>	<a href="#">Pre-Ride Information</a>	<a href="#">Parking</a>	<a href="#">Address and Directions</a>

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## Venue Description

**Tranquility Park** will host the third weekend event of the Nebraska Interscholastic Cycling League 2023 season. The course starts an elongated flat gravel path before leading into a quick visit in the creek section. After that, riders will start their climb into the Nursery section where switchbacks and roots offer some technical aspects for riders to navigate. After descending out of the nursery, riders will start their next climb into the south side of the park where they will climb about halfway up, cross over and head back down the Inner Loop to either finish or begin their next lap. **\*Be aware**, on that inner loop descent on the south side, we are going **DOWN** the normally uphill climb. If you are practicing out there, you are expected to yield to uphill traffic. Do NOT send it down that hill into oncoming traffic. It will obviously be marked during the race weekend. Tranquility Park is easily a favorite among adult and youth riders and will make for an exciting race.

## Areas off-limits to event attendees

During the event weekend, the areas where there may be wood chip piles, tree trunks, construction equipment, and concrete slabs near the PitZone are off-limits to attendees.

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## Address and Directions

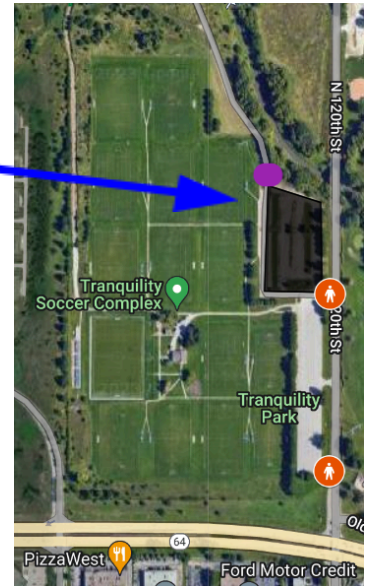
Tranquility Park  
Omaha, NE 68164

[Omaha Parks and Recreation Department](#)  
[Google Directions](#)

### Parking for Athletes, Families, and Spectators

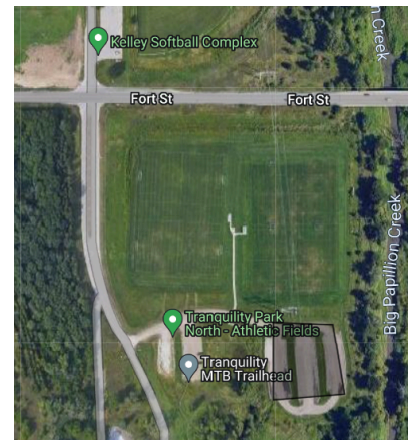
#### **Park Here (Google Maps Pin)**

- Vehicles must park in the designated parking areas (square-ish lot north of 120th and Maple)
- 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. Parking volunteers will direct you.
- Vehicles must use the designated loading/unloading zone and immediately move to designated parking areas after unloading at the Pit Zone area
- **Please DO NOT park in the long rectangle parking lot just north of 120th and Maple.**



### Parking for Race Staff and Saturday Set Up Volunteers

- If you are a core race staff member or have volunteered on Saturday morning to help set up the course and infield, you are welcome to park in the gravel parking lot at the trailhead just south of 122nd and Fort.



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## Weekend Schedule

### Saturday

<b>9:00 AM</b>	Volunteer Shifts Begin
<b>10:00 AM</b>	Pit Zone Access Open
<b>11:45 AM</b>	Coaches Meeting at Start/Finish Arch
<b>12:00 PM</b>	Coaches Only Pre-Ride led by Susan Reff
<b>2:00 PM</b>	NICL Coaches Race and Ride (Staging begins at 1:45 PM)
<b>3:00 PM</b>	*Pre-Ride Open to Lancaster Composite, Millard West HS, Omaha North HS/Omaha Composite, Westside Composite
<b>4:00 PM</b>	GRiT Pre-Ride (be at the GRiT tent by 3:45 and ready to roll!)
<b>5:00 PM</b>	*Pre-Ride Open to Maskenthine Composite/Norfolk HS, PAC/Papio South, SMAC, Millard Composite, Elkhorn Composite/Elkhorn South HS, Blair Composite

**Teams will only pre-ride at their designated time.**

**6:00 PM** Pre-Ride Closed - (No riders allowed on course after pre-ride is closed)

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

**Skills Course Area will be open from 3-5 PM**

### Sunday

<b>6:45 AM</b>	Volunteer Shifts Begin
<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 Arch
<b>9:00 AM</b>	National Anthem
<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>10:30 AM</b>	Girls Wave 2 Racing Begins
<b>12:15 PM</b>	Staging - Wave 3 HS Boys
<b>12:30 PM</b>	HS Boys Wave 3 Begins
<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.**

## Wave Start Times

**STAGING** will begin 10 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	Lap Count	Earned Lap Cut-Off Time	<u>Estimated</u> Duration	Race Plate Color
8th Grade Boys (6000's)	9:30 AM	2	10:37 AM	< 45 minutes	Black/Yellow
7th Grade Boys (5000's)	9:31 AM	2	10:38 AM	< 45 minutes	White/Black
6th Grade Boys (4000's)	9:32 AM	2	10:43 AM	< 45 minutes	Black/Orange

### Wave 2: Girls

Category (Number Series)	Start Time	Lap Count	Earned Lap Cut-Off Time	Estimated Duration	Race Plate Color
Varsity Girls (1-49)	10:30 AM	5	11:42 AM	< 90 minutes	White/Green
JV 1 Girls (100's)	10:30 AM	4	11:46 AM	< 75 minutes	White/Purple
JV 2 Girls (400's)	10:30 AM	3	11:24 AM	< 75 minutes	White/Red
Freshman Girls (700's)	10:30 AM	3	11:24 AM	< 75 minutes	Green/White
8th Grade Girls (3000's)	10:31 AM	2	11:38 AM	< 45 minutes	Black/Yellow
7th Grade Girls (2000's)	10:31 AM	2	11:38 AM	< 45 minutes	White/Black
6th Grade Girls (1000's)	10:31 AM	2	11:42 AM	< 45 minutes	Black/Orange

### 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)	12:30:PM	5	1:27:PM	< 90 minutes	White/Green
JV 1 Boys (200's)	12:31:PM	4	1:32:PM	< 75 minute	White/Purple
JV 2 A Boys (500's)	12:32:PM	3	1:11:PM	< 75 minute	White/Red
JV 2 B Boys (500's)	12:33:PM	3	1:12:PM	< 75 minute	White/Red
Freshman A Boys (800's)	12:34:PM	3	1:13:PM	< 75 minute	White/Blue
Freshman B Boys (800's)	12:35:PM	3	1:14:PM	< 75 minute	White/Blue

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### Staging and Call Ups

STAGING will begin 10 minutes before each team is set to begin.

High school riders' overall season standings will determine CALL UP order. Times from the previous race will determine call up order for middle school athletes. For any new athletes, race plate numbers will determine call up order.

**Added on 9/28/23:** For our athletes who petitioned up categories between Black Elk and Tranquility, we will be using Time Trial results to determine call up placement.

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### Special Events

Coaches: pump up those tires and oil those chains because you'll be racing (or riding) 2 laps of the race course while your student-athletes cheer you on! All NICL coaches are invited to race or ride. We'll have 2 categories: male and female. Staging begins at 1:45 PM.

***Student-athletes and families: Bring your cowbells and noisemakers to cheer on the coach-athletes!***

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## NICL Race Duration Guidelines

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

- <45 minutes for Middle School
- <75 minutes for Freshman, JV2, and JV1
- <90 minutes 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.

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## Petition for Category Placement

### Key Petition Considerations

- All petitions must be submitted by each Student-Athlete's Coach with the exception of independent riders
- NICA Category Placement is described in section 6.1B of the [NICA Handbook](#).
  - Only 8th grade and high school students may petition. This is aligned with the NICA Handbook
- Great tips on considerations via [NICA Coaches News #7 July](#)
- Click [HERE](#) for the Petition Form

### Deadlines for petition for exemption to category placement:

- ~~Pre-season petition due **August 8, 2023, by 12:00 PM**~~
- ~~Post Swanson Sample Time Trial petition due **August 29, 2023 by 12:00 PM**~~
- ~~Final opportunity for petitions for 2023 season - **September 19, 2023, by 12:00 PM**~~

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## Volunteer for this Event

[\*\*CLICK HERE TO VOLUNTEER!\*\*](#)

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. Volunteers must be 18 years of age.

### **Saturday 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.

Volunteer job training videos are available [HERE](#)

[Sign Up Here](#) for one (or two) that sound interesting to you, and look forward to the fun! For more information contact our Volunteer Coordinator, **Kevin Reicks** at [kevin@nebraskamtb.org](mailto:kevin@nebraskamtb.org).

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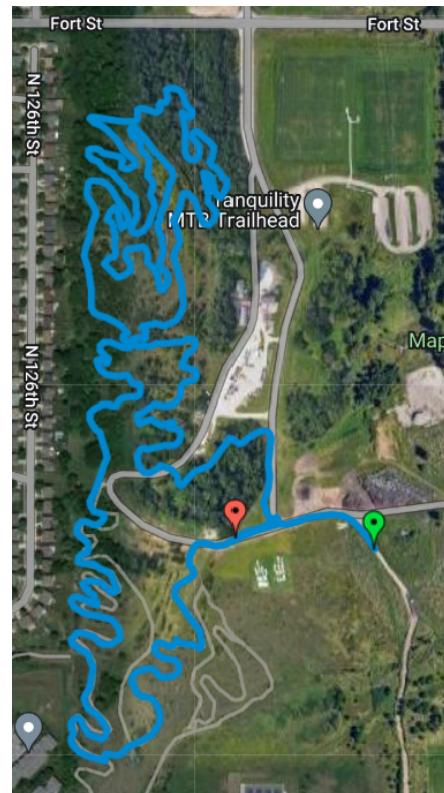
### **Venue/Course Map**

Race Loop: approximately 2.8 miles, 232 ft elevation

[Link to Strava Route](#)

[Link to Venue Map](#)

**\*\* Course and Infield Map subject to change**



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### **Camping and Lodging**

Camping is available at Lake Cunningham. They do not accept reservations over 14 days, and if you are staying on the weekend, you must book Friday and Saturday evenings. Features include: 2 RV campgrounds, primitive camping, and glamping. For reservations, visit their [website](#).



Visit the Lake Cunningham [WEBSITE](#) for more information about the park amenities and activities.

Nearby hotel accommodations are available in Omaha, including:

- [Holiday Inn Express](#)
- [Comfort Inn Suites](#)
- [Fairfield Inn and Suites - Marriott](#)

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## Food Service

### Saturday Lunch

Relish Lunch and Catering (with vegetarian, gluten- and dairy-free options as well)

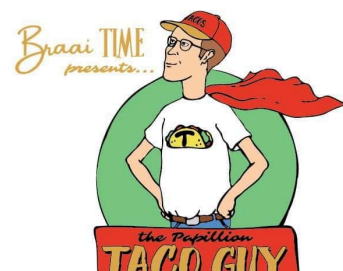


### Sunday Breakfast

- Relish Lunch and Catering (with vegetarian, gluten- and dairy-free options as well!)

### Sunday Lunch

- Relish Lunch and Catering (with vegetarian, gluten- and dairy-free options as well!)
- Papio Taco Guy



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## Registration

***If you have already registered and paid with the league, this means you are already registered for each weekend event.***

### **If you are brand new to the league and would like to participate:**

Online registration closes the **Wednesday before each race at 11:59 PM**. Day of race registrations will only be allowed to student-athletes **ALREADY REGISTERED** in the Nebraska League PitZone (associated with a team or as an independent student-athlete).

- 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.



## League Registration

To register in the Nebraska League prior to Wednesday, August 16th at 11:59 PM, contact Larissa Michaelis, Registration Manager at [larissa@nebraskamtb.org](mailto:larissa@nebraskamtb.org).

	MIDDLE SCHOOL*	HIGH SCHOOL*
League Registration (annual)	\$295	\$295
Race Entry Fee (per race)	included	included

\* Scholarships and financial assistance are available, for more information email Kari Ramsey, Director of Communications, [kari@nebraskamtb.org](mailto:kari@nebraskamtb.org)

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## Emergency Action Plan

During Pre-Ride on Saturday we will have our First-Aid tent near the start/finish line. We ask that coaches keep in mind that pre-ride is meant to learn the trail, this should not be at a competition pace. Coaches are largely responsible for the safety of the riders and should be prepared for most medical situations; however, we will have League staff on stand-by incase of injury.

On race day we will continue to have medical staff at the First-Aid tent throughout the duration of the race as well as local EMS on standby. All course marshals will have portable radios and will be in close contact with the Chief Course Marshal and members at the First-Aid tent. If there is an incident that we determine requires medical intervention, staff on location will evaluate and assess the most appropriate way to access the patient and take necessary steps to ensure safety of the injured rider as well as others on the trail. It may be determined to pause the race if a serious incident occurs. First-Aid staff will work with local EMS if warranted. League staff has contact information for all riders and parents/guardians as well as coaches and will contact individuals as appropriate. We ask that if a rider is injured and it is not your child, please give the rider and staff space and privacy as we assess and treat.

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## PitZone Info and NICA Rules

- Pit Zone is open for loading/unloading
  - Saturday: 10:00am-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
- No Smoking or alcohol are allowed in the Pit Zone
- NO OPEN FLAMES
- No Gas Generators in the PitZone
- No inappropriate language allowed
- Athletes are to wear appropriate clothing (including shirts and bottoms)
- Dogs must be on leash and under control at all times
- 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
- 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

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## Handbook

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

### [NICA Handbook 2023 \(Fall\)](#)

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## Pre-Ride Information

- |                |   |
|----------------|---|
| <b>3:00 PM</b> | *Pre-Ride Open to Lancaster Composite, Millard West HS, Omaha North HS/Omaha Composite, Westside Composite  |
| <b>4:00 PM</b> | GRIT Pre-Ride (be at the GRIT tent by 3:00 and ready to roll!)  |
| <b>5:00 PM</b> | *Pre-Ride Open to Maskenthine Composite/Norfolk HS, PAC/Papio South, SMAC, Millard Composite, Elkhorn Composite/Elkhorn South HS, Blair Composite |

**Teams will only pre-ride at their designated 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

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### Contact Information

**General League Questions:** Kari Ramsey, Director of Communications, kari@nebraskamtb.org

**Race/Venue Questions:** Matt Neel, Nebraska Race Director, matt@nebraskamtb.org

**Registration Questions:** Larissa Michaelis, Registration Manager, larissa@nebraskamtb.org

**Volunteer Questions:** Kevin Reicks, Nebraska Volunteer Coordinator, kevin@nebraskamtb.org

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.

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### Chip Timing

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.**

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### 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: [NEBRASKA LEAGUE REFUND & WEATHER POLICY](#)

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### Safety Reporting and Insurance

#### 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, please [CLICK 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 Nebraska 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.

**NICA Core Values**



**NICA National Sponsors**

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