

FLORIDA

Interscholastic Cycling League



NOTE: Live document subject to revision - do not print until 5/9/2024

FICL Adventure Day: The Wild Flamingo Adventure

**Santos Vortex
May 11th, 2024**

Last Publish Date 4/25/2024

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

Venue and Event Description

Santos

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 getting the infield ready for our Adventure Day! 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



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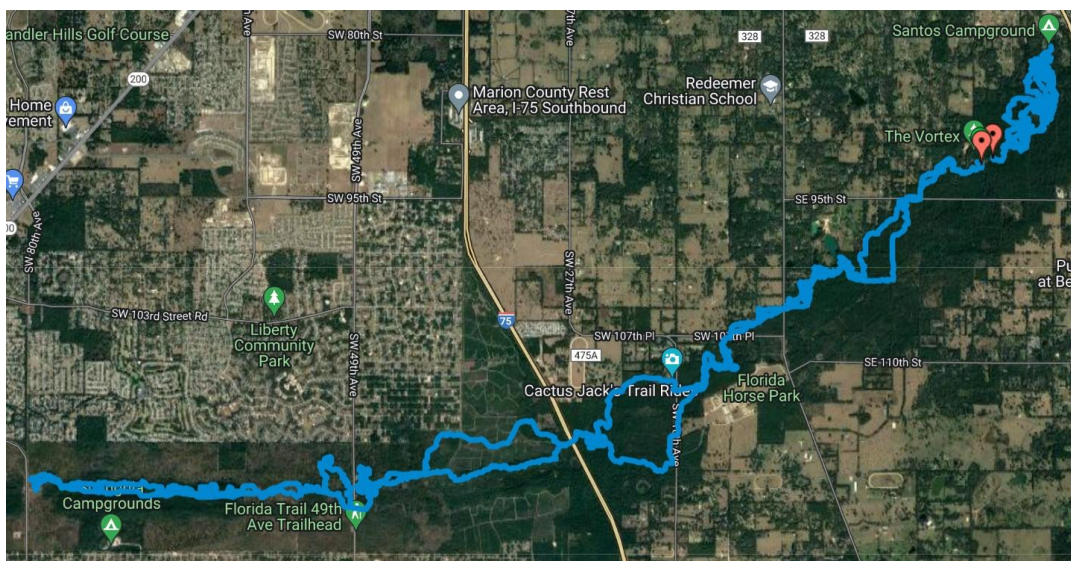


respectful and courteous of others, ride single file on trails, and be considerate when passing or being passed.

Address and Directions

Santos Vortex Trail Head

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



FICL Adventure Day

What is the FICL Adventure Day?

Adventure is a word that means many things to many people. Maybe it is an event or an experience that expands, alters, or shifts your perspective of yourself or the world. Maybe it's when we put ourselves into situations that are challenging or new and we surprise ourselves. Or, it is just spending a day outside in a new location with friends and soon to be friends. Whatever adventure means to you, this day is all about riders, coaches, and teams grouping together in different ways to take on the challenge, and focus on the fun of coming together at the end of a great season. The objective of these rides is to have as much fun as possible! Everyone will get a detailed map of the trail system. Choose your challenge and go have an adventure!

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[FICL Adventure Day Packet!](#) - COACHES!! This is your go to source of information for Adventure Day. Directions, the overall map, detailed maps and more. Please review this document and download onto your phone before Adventure Day!

[FL Adventure Day Instructions](#) - COACHES!! Check out these directions for the day. Short, to the point directions with map files to save if needed.

[OMBA Epic MTB Map](#) - This map is a good map that shows the distances for each individual trail.

FICL Adventure Day Objectives

- **Choose your own Adventure!** There are 5 Levels of Adventure to choose from - **CATEGORY 1** - collect 10 points. **CATEGORY 2** - collect 15 points. **CATEGORY 3** - collect 25 points. **CATEGORY 4** - collect 35 points. **CATEGORY 5** - collect 50 points! The more points you choose the more shared experiences your group will have.
- **Choose your Adventure Day team!** Teams are made up of no more than 16 student-athletes. Teams can be made up of student-athletes and coaches from other "normal season teams" (this is actually encouraged). Maintain Coach/Student Athlete ratios on the entire ride - 6:1 or 8:2 just like practice.
- **NOTE:** When selecting an adventure Category, **choose your adventures based on objectives for the group's ride and the abilities of the riders.** Think about skill sets of the group, for example are riders good with self-care, are they comfortable being in the saddle for extended periods of time.
- Day of event Head Coaches check-in at Registration with your Roster card.
- At the end of your ride, deliver your control card back to the registration table and collect your stickers.



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FICL Adventure Day Ride Rules

- Course times: 9:30 AM-2:30 PM
- Coaches and Student Athletes must be registered with the league and have race plates on bikes.
- No Road Riding During the Adventure Event - Trails only. You will need to cross a couple of roads depending on your adventure so coaches please maintain the highest level of safety and awareness when crossing the roads.
- For those planning on completing Category 3, 4 or 5, be sure to bring snacks and plenty of fluids! There will be water stations on the course, but be prepared!!

FICL Adventure Day Morning Check-in

Head coaches will check-in at the registration tent.

- Each group will get a **control card** to **record points**. (don't lose it!)
- Level 2 coaches will complete a **roster card**.
- Use the **map** to plan your route & navigate to scavenger hunt points.
- **Coaches will get a 2-sided card. Event instructions are on one side, and the venue Emergency Action Plan is on the other.**
- Each rider in the group will need their race plate.

FICL Adventure Day Roster Card			
Coach	1	4	
	2	5	
	3	6	
Student Athlete	1	7	
	2	8	
	3	9	
	4	10	
	5	11	
	6	12	
Group Number:		Start Time:	
Team Name:		Finish Time:	

NICA Adventure Control Card									
1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
						Start Time:			
						Finish Time:			
						Total Time:			
Name:						Team Name:			

FICL Adventure Day Open Trails AND Afternoon Check-in

- 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 trails, and be considerate when passing or being passed. **Show awesome trail etiquette.**
- **Stay off features that you would not ride in a NICA practice.**
- **Once you complete the course, ride back to the Registration table.**
- **Coaches will turn in their control cards AND Roster Card at the Registration table and pick up stickers to share with student-athletes.**

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Event Weekend Schedule

Saturday May 11th

- 7:30 AM - Pit Zone Opens
- 8:30 AM - Registration table opens. Coaches can pick up Roster Cards and maps from 8:30AM to 10:30AM.
- 9:15 AM Head Coaches Meeting at league trailer
- 9:30 AM - Adventure Course opens!
- 2:30 PM - Adventure Course closes - *Be sure to get to the registration tent by 2:30 to turn in Control and Roster cards!*
- 3:00 PM – End of Season Awards begin

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

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.
- Handicap parking is available.
- **Vehicles must use the designated loading/unloading zone and immediately move to designated parking areas after unloading at the Pit Zone area.**
- No team trailers are allowed in the Pit Zone. After unloading, these will go into the parking areas

Registration

Season Registration for participating with a team and all six events.

Online event RSVP closes **May 9th, 2024** at 11:59 PM.

- Students must be league registered and registered for the Adventure Event in Pit Zone (green check under last event under student-athlete profile). Race ready in NICA Pit Zone means you have checked in Pit Zone for the specific race/adventure, completed your online profile, electronically signed your online waivers; completed and paid your NICA fees.

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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. Many parents, cycling enthusiasts, and local volunteers find that getting involved with our events is a fun and rewarding experience.

[CLICK HERE TO REGISTER AS A VOLUNTEER](#)

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! For more information contact our Volunteer Coordinator, [Denise](#)

Pit Zone Information and NICA Rules

- Have fun!
- Pit Zone areas will be pre-marked by team; larger teams get more space; associated teams will be adjacent to one another.
 - Pit Zone is open for loading/unloading Saturday: 7:30 AM. Look for signs!
 - No bike riding in Pit Zone - strictly enforced
- Grilling allowed on a contained stove.
- No Gas Generators in the PitZone, or camping areas
- No inappropriate language allowed
- **HELMETS ARE REQUIRED FOR ALL RIDERS, COACHES, SPECTATORS, VOLUNTEERS and PARENTS AT ALL TIMES WHILE RIDING** (if a leg is over the frame a helmet should be on).
- Teams must remove all garbage from Pit Zone and camping areas whether or not a dumpster is on site
- No Smoking, Alcohol, BBQ's or open flames in Pit Zone
- **Leashed dogs ARE permitted at this park! Dogs must be on no more than a 6 foot leash, be cleaned up after at all times, and they are not allowed in designated swim areas, on the athletic fields, or where otherwise posted.**

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

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(Facebook, Website, Instagram). Please go to this [LINK](#) and register to receive a text and be informed!

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 the Handbook below and the [FL Middle School Program Guide here](#). Click on the image of the Handbook below to see the handbook!

Coaches Meeting

A **mandatory head coaches meeting** will be held at **9:15 AM on Saturday**. Each team must have ONE representative present at the meeting.

Camping and Lodging

Hotels are located within 10-20 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). See [HERE](#) for information on the Santos Trailhead and Campground.

Contact Information

General League Questions: **Jason Miller, League Director**, **Jason Miller**

Race/Venue Specific Questions: **Jackie Morrison, Race Director**, **Jackie Morrison**

Rule Specific Questions: **Jason Miller, League Director**, **Jason Miller**

Registration Specific Questions: **Julie Hover, Registration Manager**, **Julie Hover**

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.

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Ocala Area Fun!

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.

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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 **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.