

# NICA Eastern Regionals

## 2024 Event Flyer

Fair Hill Natural Resource Management Area: Lot #3 Appleton Road, Elkton, MD 21921

[Click For Directions](#)



Thank you for joining us at NICA's 2024 Eastern Regional event!

**Check out our post-event links below.**

| <a href="#">OFFICIAL RACE RESULTS</a>      | <a href="#">FEEDBACK &amp; ECONOMIC IMPACT SURVEY</a>                                                    | <a href="#">ORDER A CUSTOM RACE VIDEO</a>                                                               | <a href="#">ORDER LAST-MINUTE REGIONALS MERCH</a>                                                             | <a href="#">CHECK OUT THE EVENT PHOTOS</a>                                                       |
|--------------------------------------------|----------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|
| Take a look at your results and lap times. | Share your feedback so we can continue to improve these events and showcase their local economic impact! | Event partner TRAIL REEL has captured video of every Regional race. Order a custom video of your event! | TC Screen Printing will keep a "last minute" merch store open until Wednesday, Nov. 11. Store closes 11:59 PM | <b>COMING SOON!</b><br>Thanks to the talented team at First Place Photo for capturing the event! |

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## OTHER IMPORTANT RESOURCES

- [2024 NICA Handbook](#)
- [Fair Hill Emergency Action Plan \(EAP\)](#)
- [Volunteer Sign Up](#)
- [Eastern Regionals Weekend Schedule](#)





## Event Address

Fair Hill Natural Resource Management Area  
Lot #3 Appleton Road, Elkton, MD 21921

[Click for directions](#)

## Event history

Introduced in 2023 with individual league collaboration, the NICA Eastern Regionals Championship and Festival is a unified movement across NICA leagues to celebrate the culture of mountain biking, adventure by bike, and competition across the eastern seaboard. All athletes, coaches, and families are invited to attend while racing is reserved for high school athletes from 11 invited leagues. This event will attract over 3,000 NICA community members and is a full weekend of fun for everyone.

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## Venue history

*The Land on which Fair Hill Natural Resource Area stands is part of the ancient homeland and traditional territory of the Lenapehoking (Lenni-Lenape) people. We pay respect to Lenape peoples past, present, and future and their continuing presence in the homeland and throughout the Lenape diaspora.*

Fair Hill is a 5,656-acre Natural Resources Management Area. Bordered by Pennsylvania to the north and less than one half mile west of Delaware, Fair Hill is known for its pristine fields, woodlands, and natural beauty. At one time one of the largest private land holdings in the east, Fair Hill was formerly owned by William duPont, Jr., an avid equestrian rider who acquired the farmland as a means to enjoy riding as well as fox chasing. Fair Hill was purchased by the state in 1975 from Mr. duPont's estate.



The old-growth forests and scenic pastures make for a wonderful race venue. Riders will be treated with fun, twisty single track separated by practice fields used by Olympic equestrians. A host to the DE, MD & PA NICA Leagues during the season, Fair Hill is uniquely positioned in the region to host an event of this magnitude.

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## Venue Rules & Regs

**It is your responsibility to understand rules related to the venue, event, and NICA competitions.**

Penalties will be assessed to individuals and teams for breaking rules at NICA events. Penalties can include but are not limited to time penalties and event expulsion.

Inappropriate behavior will not be tolerated toward any volunteer, staff member, or other community member; such behavior results in immediate expulsion from the event.

**Please familiarize yourself with the [NICA Handbook](#).**

- You are responsible for disposing of your trash into the on-site dumpster before leaving the venue.
  - There is no potable water access. Please come prepared.
  - NO dogs in the Infield, Pit Zone, or Food Court unless clearly marked service dogs. Leashed dogs are permitted in surrounding spaces at the venue, including Fan Zones.
  - **UPDATE 11/4: There is an active [Burn Ban](#) in effect at this time. Only propane stoves/grills or gas camp grills for cooking food are permitted under the Burn Ban. Propane/gas heaters, camp fires, etc. are NOT permitted.**
  - Drone Policy (see [NICA Handbook](#)).
  - Lights on bikes will be mandatory daily starting at 4:30 pm each day of the event.
  - The staging area is for riders and their coach, ONLY. Parents, spectators, teammates, and friends can head to the Start, Finish, and designated Fan Zones.
  - At the close of NICA activities each day, the Festival, Expo and Infield spaces are off-limits.
  - Event staff and volunteers are not responsible for student-athletes outside of event weekend responsibilities.
- 

## Parking

- Park in designated areas only - see [Venue Map](#) for details.
  - Handicap parking is available in Appleton Parking Lot.
  - Follow the directions of all on-site parking volunteers, staff and signs.
  - Inappropriate behavior will not be tolerated and will result in immediate expulsion from the event.
- 

## Venue Map

### Detailed Venue Map







- Registration fees will increase for on-site registration as follows:
  - General Admission \$20
  - Coaches \$20
  - Grades 1 - 5 Non-NICA (Expo & Skills Zone included) \$20
  - Grades 6 - 12 Non-NICA Try-It (Expo, Skills Zone, & Adventure) \$50
  - Grades 6 - 12 NICA Non-Racing (Expo, Skills Zone, & Adventure) \$50
- **Plates, wristbands and waivers:**
  - Wristbands must be worn for the entire weekend.
  - Plates will be issued for Coaches, Racing, Non-racing and Try-It participants. Please do not lose them.
  - Parents/Guardians - Upon receipt of the plate, please fill in on-site emergency contact information on the back in the space provided.

**Expect high volumes of participation for this event. Please plan accordingly concerning travel, parking, and check-in process.**



## Camping

Camping for the Regional event is located at the [McCloskey Youth Campsite](#). You'll enter the event via 2941 Appleton Road, Elkton, MD 21921, then turn **right** at the first intersection and follow the gravel road approximately 1 mile until you arrive at camping.

The distance from camping to the Infield is 1.2 miles along a gravel road. [Use this route](#) via foot, bike or vehicle to get to and from the Infield.

RVs park in the purple-shaded area & tents set up in the red-shaded area per the map below.



### Camping Check-in

Friday 11/8: 2 PM - 8 PM

Saturday 11/9: 8 AM - 8 PM

### Camping Check-out

Monday 11/11: by 2 PM

### Camping rules and regulations

- Camping is at your own risk.
- Dogs must be leashed.
- NO climbing on the ruins.
- **UPDATE 11/4: There is an active [Burn Ban](#) in effect at this time. Only propane stoves/grills or gas camp grills for cooking food are permitted under the Burn Ban. Propane/gas heaters, camp fires, etc. are NOT permitted.**
- Leave No Trace
  - You are responsible for disposing of your trash in the dumpster provided in Appleton Parking Lot.
- Quiet hours between 9 pm and 7 am. Absolutely NO gas generators during these times.
- Parental supervision is required. Event staff and volunteers are not responsible for student-athletes outside of event weekend responsibilities.
- The way we treat and leave the camping area is directly tied to the venue's willingness to continue to extend this invitation and opportunity in the future. Please be respectful.

### Amenities

- Portajohns will be available in the camping area.
  - RV and tent sites are available.
  - There are NO on-site showers.
  - There is NO potable water. Please pack plenty for your use.
  - There are NO electric, water, or sewer hook-ups.
  - A dumpster is provided in Appleton Parking Lot for the disposal of your trash.
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## Volunteer

Volunteering is one of the best ways to get involved. Stay close to the action while helping to ensure the event is a success. Positions are available throughout the event weekend.

You do not have to be a coach to volunteer. There's a spot for everyone!

**PLEASE REGISTER AS A VOLUNTEER!**

[CLICK HERE TO SIGN UP!](#)

Not sure which position is right for you? Check out the descriptions and training videos [by clicking here.](#)

Once you're signed up, fill out the [volunteer waiver](#), so you're ready to roll upon arrival!

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## Girls Riding Together (GRiT)

### GRiT ["Good Feeling" Challenge](#) with MD GRiT!

- Saturday @ 9:30 AM - Meet at the GRiT Tent
- Join the Maryland GRiT crew for a flash mob-style dance event!
- Learn the [short choreography here](#) (perfection not the goal - just have fun!) and join us to perform and film the dance with all of your new friends!

### Moms On Bikes (MOBs)

- Saturday @ 10 AM - Meet at the GRiT Tent
- Novice/Foundational Clinic for Moms
- Try-it plates required.
- Bring bike, helmet, and water

### GRiT Ride with Trek Factory Racing Pro Madigan Munro

- Saturday @ 11 AM - Meet at the GRiT Tent
- Coach, student-athlete, or try-it plates are required.
- Bring a bike, helmet, spare tube, and water.
- We'll ride Segment One of the Adventure Course at a conversational, party pace.

### GRiT Scavenger Hunt

- Sunday @ 8 AM - 1 PM - Check in at the GRiT Tent.
- All are welcome to participate.
- Completion prizes will be awarded.

### Info Sessions with F1RE

- *Parent Resources for Aspiring Enduro Athletes* Saturday @ 10 AM at the GRiT Tent
  - Does your daughter enjoy the downhill parts of the trail more than the climb? Is she drawn to bike parks with exciting terrain? We will talk about how to find an event near you, prepare for a race and support your daughter if she's interested in more than XC. Panel features current NICA athletes at the middle school and high school level as well as NICA moms, dads and coaches.
- *Enduro Racing for Girls & Women* Sunday @ 1:30 PM at the GRiT Tent
  - If you love XC and are curious about grassroots enduro racing, join us to learn about the enduro race format, how to find a race near you, how to modify your XC bike for success in technical terrain, and what gear you will want to race with confidence. Panel features current NICA athletes at the middle school and high school level as well as NICA moms and coaches.

## GRiT Tent Activities Include:

- Meet & Greet with Madigan Munro
- Info Sessions with F1RE
- “Guess How Many” & Rock Decorating at the GRiT Tent

\*See [Eastern Regionals Weekend Schedule](#) for details.



## Adventure

### NICA Skills Zone

- All are welcome to participate (including students who are not yet in 6th grade) with a signed waiver.
- Helmet required.

### Flowy Fun Fair Hill Adventure Ride

- Saturday @ 9 AM - 4 PM (last call 2 PM) - Check in at the Adventure Tent
- Sunday @ 9 AM - 4 PM (last call 2 PM) - Check in at the Adventure Tent
- Monday @ 8 AM - 12 PM (last call 10 AM) - Check in at the Adventure Tent
- Coach, student-athlete, or try-it plates are required.
- Bring a bike, helmet, spare tube, and water. Snacks are encouraged.
- Ride groups must maintain NICA ratios - students may NOT ride alone.
- Facilitated Adventure Rides
  - Saturday @ 9 AM, 11 AM, and 1 PM - Meet at the Adventure Tent
  - For independent & unsupported riders
- Based on your ride length and speed this can be a 50 - 150 minute activity.

The [NICA Eastern Regional Adventure Course](#) is a 13 mile course broken down into 3 segments:

- Segment 1 (purple): 4.3 miles / 333 ft of climbing. Think fun & flow - great for all skill levels!
- Segment 2 (red): 3.2 miles / 196 ft of climbing with more flow and some technical sections. NOTE - If riders want to stop at this section, it is a .9 mile ride back to the Infield that is mostly uphill.
- Segment 3 (blue): 5.2 miles / 569 feet of climbing. This section has even more flow but ends on a steady climb back to the start.

Two rest stops will be provided along the Adventure Course.

- Rest Stop #1 will be hosted by the Philly Bike Expo. They'll have water, fuel, a porta potty, and fun awaiting for you!
  - On the Adventure course both Saturday & Sunday!
- Rest Stop #2 will have water, a porta potty, and amazing views for resting legs and planning the remainder of your ride.

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## Teen Trail Corps (TTC)

### New for 2024 - TTC Zone!

- Saturday @ 9 AM - 4 PM - Visit the TTC Zone
- Sunday @ 9 AM - 4 PM - Visit the TTC Zone
- All are welcome to participate.



- Games, Trail Advocacy, Stewardship, and MORE!
- The Teen Trail Corps program provides NICA student-athletes the opportunity to get involved in trail maintenance efforts and to use their voices to advocate for increased trail access.

#### **TTC Rock Crawler Course**

- Come test your Teen Trails Corps knowledge on one of two courses. Answer correctly to get a chance to pilot an RC truck over the rock course.
- Successfully complete the course to get a raffle ticket for some sweet prizes from Regionals merchandise vendor TC ScreenPrinting!

#### **TTC Scavenger Hunt**

- Search for items all around the Regionals venue for a chance to earn raffle tickets.
- Several raffle drawings throughout the day to award great prizes from Regionals merchandise vendor TC ScreenPrinting!
- All are welcome to participate.

#### **TTC Leader Awards**

- Awards for the Female and Male in grades 9, 10, 11 and 12 across all 11 participating leagues who have logged the greatest number of trail work hours during their league's most recent season.
- Winners will be recognized during the Awards Ceremony on Sunday @ 5 PM.

## Dusk Ride

#### **Dusk Ride with Trek Factory Racing Pro Madigan Munro!**

- Saturday @ 4:15 PM - Meet at the Adventure Tent
- Coach or student-athlete plates are required.
- Dress for cooler temps.
- Bring a bike, helmet, water and a bike/helmet light.
- We'll ride Segment #1 of the Adventure Course at a conversational, party pace.

Plan to visit SRAM in the Expo for Cider with SRAM following the ride!

## Pit Zone Drop Off & Pick Up

#### **Pit Zone Drop Off**

Saturday 8:00 AM - 11:30 AM  
 Saturday 4:30 PM - 6:00 PM

#### **Pit Zone Pick Up**

Sunday after *racing* concludes (anticipated 4:00 PM)

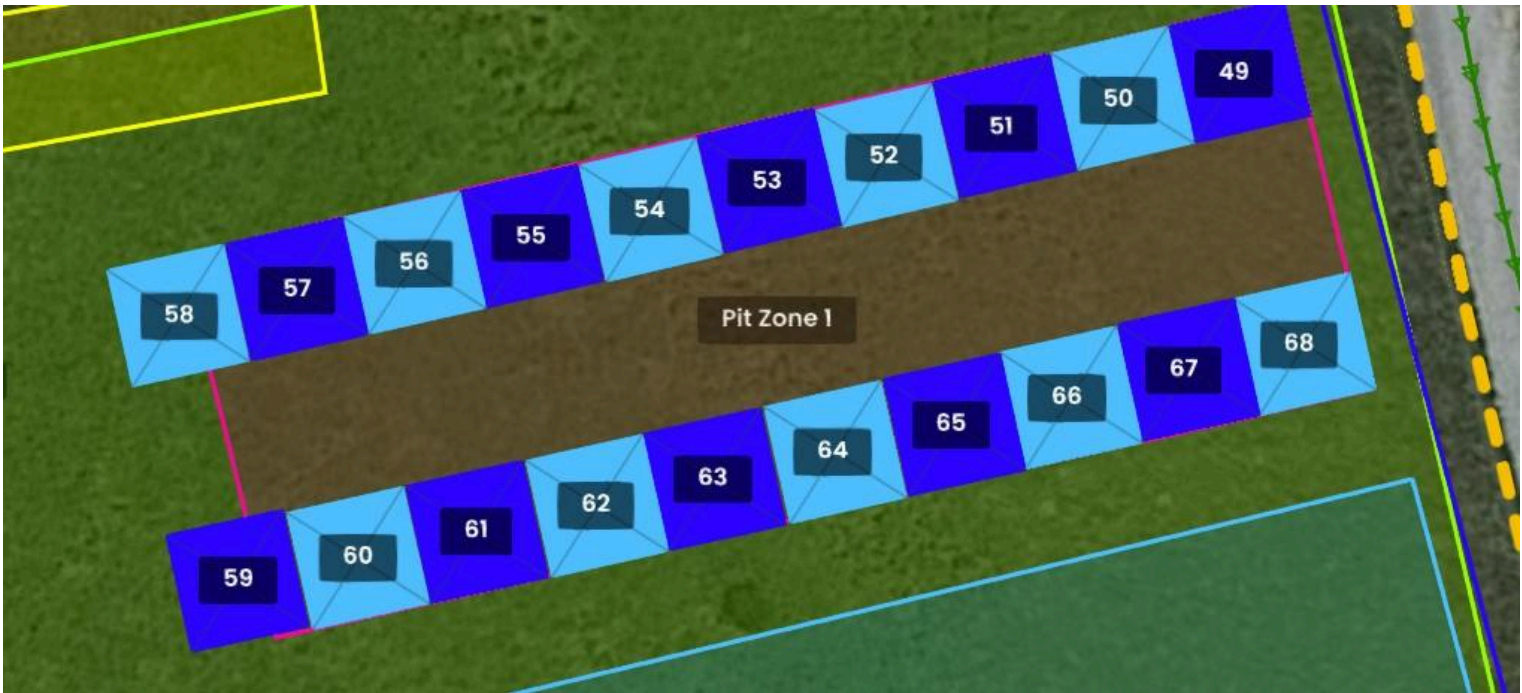
#### **Pit Zone Drop off/Pick up Rules & Regs**

- 1 - 2 vehicles per pit space may utilize Pit Zone drop off lanes
- **Pit Zone drop off can only be accessed during designated times.** See the [Eastern Regionals Weekend Schedule](#) for details.
- NO parking in the Pit Zone or in drop-off lanes.
  - 1) Unload Pit Zone equipment.
  - 2) Move your vehicle to a parking spot.
  - 3) Return to the Pit Zone to set up your space

# Pit Zone Map & Assignments

## Pit Zone Assignments

**Pit Zone Area 1 (#49 - 68) - Through entry arch and to back right corner near staging.**

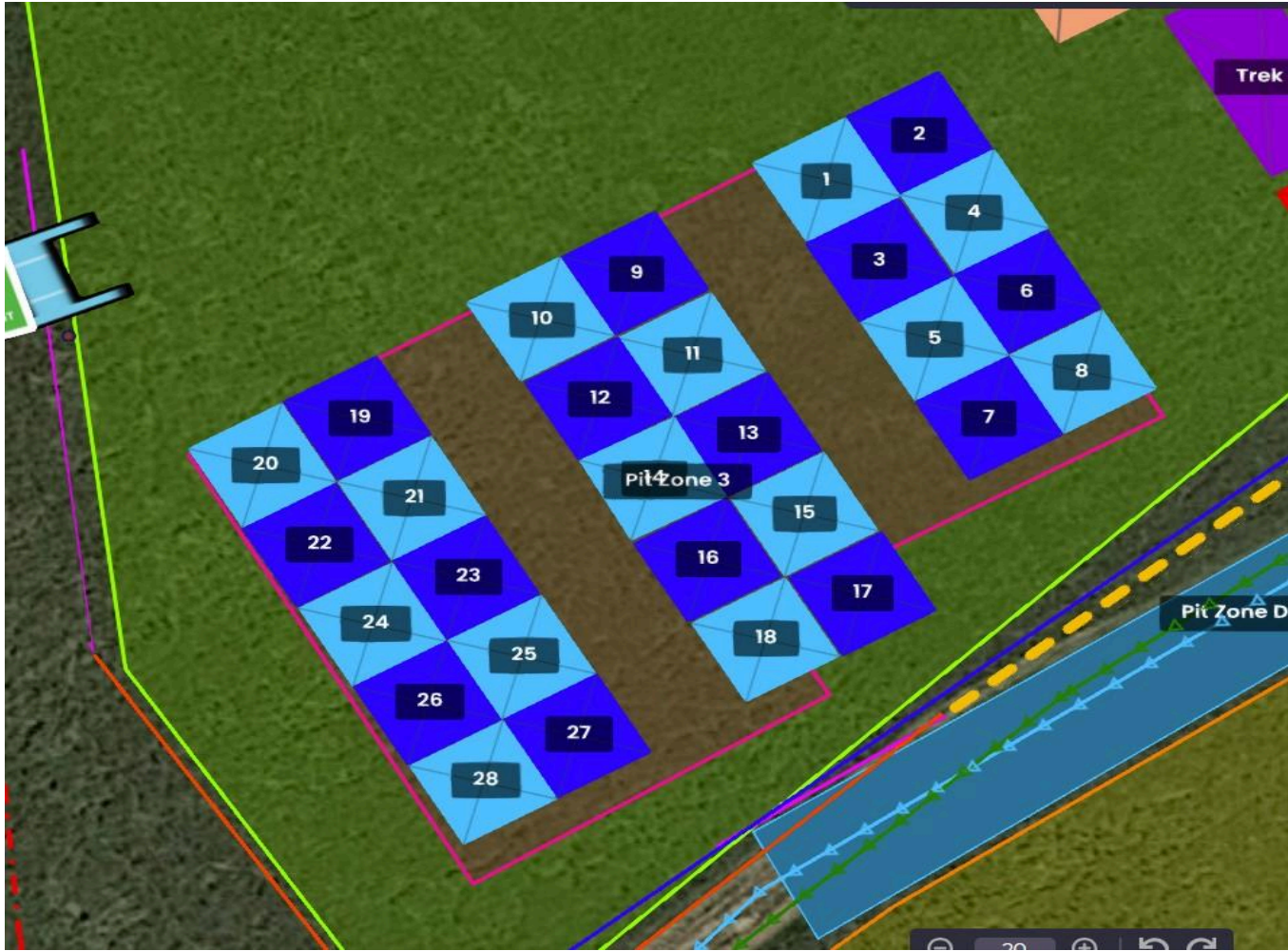


**Pit Zone Area 2 (#29 - 48, #69 - 102) - Through entry arch and to back left corner near start line.**





**Pit Zone Area 3 (#1 - 28) - Through entry arch and to your immediate left near spectator path to finish line.**



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## Pit Zone Rules & Regs

- WALK bikes in Pit Zone - absolutely NO riding.
- NO grills (propane, gas, charcoal, wood), open flames, alcohol, smoking or dogs in the Pit Zone.
  - Leashed dogs and gas/propane grills for cooking food ARE permitted in the Fan Zones.
- Conflicts and/or disputes should NOT be dealt with in the Pit Zone.

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## Event Weekend Pre-Ride Rules & Regs

- Pre-Ride is permitted on the event weekend during designated times. See the [Eastern Regionals Weekend Schedule](#).
  - Pre-ride is for registered racers and coaches, only.
    - Adventure and Try-it participants are not permitted to pre-ride the race course on the event weekend.
    - Facilitated Pre-Rides
      - Saturday @ 12:30 PM & 2:30 PM - Meet at the Start Chute
      - For independent & unsupported riders
  - Coach or number plates must be attached to your bike during pre-ride.
  - Ride groups must maintain NICA ratios - students may NOT ride alone.
  - Pre-ride is for course preview, only, and should be ridden at a responsible pace. Pre-ride is NOT a hot lap.
  - Ride groups must proceed with caution and yield to event staff and other park users at all times.
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## Pre-Ride Before Event Weekend

Riders and teams electing to pre-ride the course before the event weekend are subject to venue day-use and/or parking fees and are expected to get permission from managers before arrival.

As always, please use care while riding private and public trails as our representation greatly impacts NICA relationships with venues and their park users.

- Fair Hill NRMA Contact Info: [Fairhill.DNR@maryland.gov](mailto:Fairhill.DNR@maryland.gov)
  - Day Use Fee: \$5/car for out-of-state residents
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## Racing

- There is NO on-site registration for racing.
- Race plate pick-up is at Registration. The parent/guardian must be present.
- Please pickup no later than 1 hour prior to the racer's category staging time.
- See [Participant Check-In](#) for more information.

[Virtual Course Ride-Along](#) (Thanks Maryland NICA!)

[Race Wave Schedule](#) (cut time for JV1 and JV3 Male corrected)

[Race Results](#)

[Staging Order](#) (Updated 8:51 PM 11/8/24)

[Course Map](#) (NOTE: mileage total on RWGPS reflects 5 laps of the course.)

### Staging Placement

Riders are first sorted by the following criteria:

1. Category
2. Home league standings
3. Randomized

Within each category, we place riders based on home league standings. The top registered rider from each of the 11 participating leagues is first randomized and placed 1 through 11 (or less if no racer from a league is registered). The next highest registered rider from each of the 11 participating leagues is then randomized and placed, and so forth through the field until all are placed.

### Staging Process

Bib numbers are assigned to match placement within a category. Starts will be seven (7) riders per row, five (5) rows deep, with 35 riders total per start. Coaches will assist in getting riders outside the correct staging box using rider bib numbers and posted signs.

It is imperative that all riders follow the directions of the staging officials which may include instances where riders will be shifted from right/left and/or forward/back within the staging box.

If a rider is late to staging, they will be placed in the back of the staging box.

The staging officials will use the following process to line up riders:

- Bib numerical order
- From front to back of the staging box
- From right to left of the staging box

### Protest Process

Protest forms will be available at the Registration Tent. They may be filled out by the Head Coach, Team Director or coach delegate and submitted at the Registration Tent prior to the close of the protest period.

**For rules on racing including Staging, Feed Zone, Penalties, etc., please familiarize yourself with the [NICA Handbook](#).**

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## Neutral Support

Located in the Expo

[Stans No Tubes](#)

[Wooden Wheels](#)

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## Food & Beverage

### Saturday

[Alabaster Coffee](#)

[Endo Cafe](#)

[Waffle'n Joe](#)

[Wandering Chef](#) - open for breakfast

[Buckys BBQ](#)

[Outlandish](#)

Tricycle

### Sunday

[Alabaster Coffee](#)

[Endo Cafe](#)

[Waffle'n Joe](#)

[Wandering Chef](#) - open for breakfast

[Uncle John's BBQ](#)

[Outlandish](#)

Tricycle

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## Local Lodging

In addition to on-site camping, Susquehanna and Elk Neck Parks offer other camping options about 30 minutes from Fair Hill, as does [Woodlands Camping Resort](#) in Elkton, MD.

If you're looking to secure traditional lodging, Newark, DE and Elkton, MD have many hotels, airBnBs, regular old BnBs, and more lodging options in close proximity to Fair Hill. Some options in Elkton include [La Quinta](#), [Hampton Inn](#), and [Holiday Inn](#). View a list of accommodation options through [Cecil County Tourism's Directory](#).

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## Local Fun

There are plenty of trails to explore at the 5,656 acre Fair Hill Natural Resource Management Area. Check out the [iconic covered bridge](#) and download the entire trail map [by clicking here](#), or check out [Local Riding](#) below.

Nearby [Newark, DE and its surrounding communities](#) offer many places to eat and drink, as well as [park, trail, and biking](#) opportunities. The [Greater Wilmington & Brandywine Valley](#) also has plenty to explore, [as does Cecil County, MD](#).

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## Local Riding

Wondering where to ride? We've got you!

[Check out Trek's curated collection of local road, family, and mountain bike routes.](#)

Here, you'll find the best places to bike in Delaware along with great cycling routes in New Castle County, Newark, Wilmington and the surrounding Fair Hill area. Browse these options for guidance on where to ride with GPS files, and metrics on your ride like distance and elevation.

When visiting and riding in our local parks, please be kind, respectful, courteous and maintain proper trail etiquette. Although it is November, some smaller parking areas get busy on the weekends and early evenings.

- Please be prepared to park at alternate locations or trailheads.
- Please do not park in fields or grass or in undesignated areas.
- Most of these parks have day-use parking fees.
- Have fun, be safe and enjoy!

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## Fair Hill EAP

[Fair Hill Emergency Action Plan](#)

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## Weather & Refund Policy

[2024 Weather and Refund Policies](#)

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## Economic Impact

[Economic Impact Survey](#)

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## Event Supporters

*NICA Eastern Regionals is made possible by our event partners and supporters. Check them out and connect with them on-site!*

The Trek logo is displayed in a large, bold, italicized, black sans-serif font.

Meet and ride with Trek Factory Racing athlete, National/Pan-American Champ and NICA Alumna **Madigan Munro!**



**Need to get your bike to Maryland?  
Ship it with Bikeflights.**

Bikeflights built a custom NICA Eastern Regional Festival & Championships Shipping Guide to streamline your event travel. All bookings are monitored by their expert team until delivery. Bikeflights also offers easy-to-pack bike boxes, packing how-to videos and excellent customer support.

**Ship the best way with Bikeflights.**



**LEARN MORE**