

FLORIDA

Interscholastic Cycling League



NOTE: Live document subject to revision - do not print until 2/08/2023

Racing The Ridge Prologue

**Caloosahatchee Regional Park
February 12th, 2023**

Last Publish Date 1/17/2023

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.

See [HERE](#) for our 2023 Race Series Website page.

COVID-19 Precautions

COVID is STILL a Thing

Social Distancing: To respect unvaccinated community members, we ask attendees to maintain social distancing of 6 feet or greater in populated areas of our event.

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 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

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Venue Description

Caloosahatchee Regional Park (CRP)

We will kick off season four in Southwest FL at Caloosahatchee Regional Park in Alva, FL near Ft. Myers. Trails at CRP are composed of fast, flat open areas that are intermixed with areas that cut through the natural canopy providing a very scenic ride. There are plenty of small but steep drops and climbs to keep things interesting and we know this will be a season favorite!

Student-athletes will start off in an open field and work their way towards single-track that flows on top of a ridge. The trail then continues into the

canopy with twists and turns and eventually returns riders to an open field that is full of ups and downs in an open area that is perfect for all of our spectators. Riders eventually return into an open field towards the finish line.



What is a FICL Prologue...a preliminary time trial held before a race series to establish staging and category placement. This will be a 1 lap race with individual awards for every category and 50 bonus points awarded for the season total points for all participants in the high school categories. Riders will stage with their assigned categories (8th boys, 7th boys, etc.) starting 15 minutes before their wave start time. Riders will begin at 15 second intervals and go out on this fun, fast course!

With over 10 miles of trails suited for all levels of rider, from beginner to advanced, CRP has something for everyone. CRP is a result of the alteration of the Caloosahatchee river in the 1950's. Mud was piled up on the northern side of the river during this restoration and a decade or so after this project the state of Florida turned the area into a regional park. In 1999 a small group of mountain bikers were granted permission to build trails in the park. Over the years the original 5 miles of trail turned into 11 miles and now there are trails for all levels of riders and that small group of riders has turned into the Mudcutters, now over 100 members strong!

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OTB 101 & 201 Foundational Skills

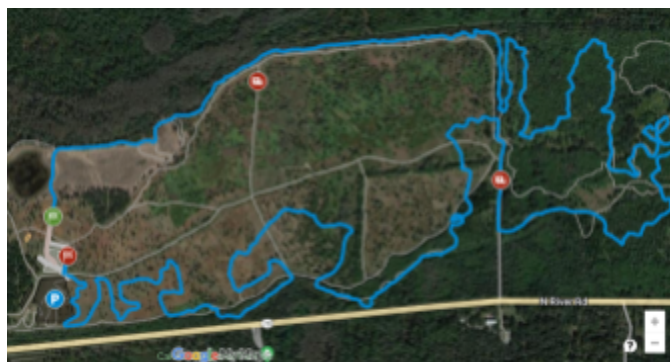
These skills are recommended for review in the weeks leading up to the race to successfully complete the race course.

- *101/201 Cornering*: this trail winds along a ridge and in between many trees and better cornering is free speed!
- *101 Bike-Body Separation Side-to-Side*: prepare your athletes to dodge tight trees along the trail!

Address and Directions

Caloosahatchee Regional Park

[19130 N Park Entrance Rd, Alva, FL 33920](#)



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

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- **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 is \$295

Online registration closes **February 3rd, 2023** 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 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 **\$25** 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. Many parents, cycling enthusiasts, and local volunteers find that getting involved with our events is a fun and rewarding experience.

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[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](#) to see what the spots are all about. 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 Caloosahatchee Regional Park

Tarpon Coast Composite and Ridgeline Composite

Event Weekend Schedule

Saturday

- | | |
|-----------------|--|
| 9:00 AM | Volunteer Shifts Begin - Course and Infield Setup and more! |
| 11:00 AM | Pit Zone Access Open for Team Setup and Check-In Opens - Only Team Directors/Head Coaches at the Registration Tent |
| 12:15 PM | Coaches Meeting - Finish Line |
| 12:30 PM | Coaches Only Pre-ride |
| 1:30 PM | *Pre-Ride Session 1: Skills & Sessions - Slow Pace & Low
This pre-ride time is for those athletes & coaches who desire to inspect various technical sections of the course and expect to "session" portions. Aka "Kickin tires." |
| 2:30 PM | *NICA GRiT Pre-ride . Meet at the NICA GRiT Tent. |
| 3:30 PM | *Pre-Ride Session 2: Speed & Flow - Swift Pace & Minimal Stopping
This pre-ride time is for those athletes & coaches who want to experience the flow of the race course with little or no stopping. Aka "Lightin' fires." |
| 5:00 PM | Pre-Ride AND Check-in Closed - (No riders allowed on course after pre-ride is closed). |

*Please pass course workers with care. **Everyone on course must have a race plate (student, coach, league staff) affixed to their bikes in order to pre-ride the course. Unregistered parents/siblings may not ride the course.**

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Sunday

6:30 AM	Core Staff Shifts Begin
7:00 AM	Volunteer Shifts Begin
7:30 AM	Pit Zone Opens for team set-up and Check-in Opens
7:30 AM	*Pre-Ride Open to All Riders
8:00 AM	No pre-rides can begin after 8am.
8:30 AM	Course Closed for Pre-Ride and Pit Zone Closes for Team Set-up
8:30 AM	Coaches Meeting - Finish Line (<i>Mandatory attendance for one coach from each team</i>)
9:15 AM	Staging - Wave 1 MS Boys
9:30 AM	Racing Begins!
10:05 AM	Staging - Wave 2 Girls (HS and MS)
10:55 PM	Staging - Wave 3 HS Boys
12:00 PM	Racing Concludes
12:15 PM	Break Down Begins
1:30 PM	Award Ceremony

Pre-Ride

Pre-Ride Hours Saturday:

Coaches Only Pre-ride - 12:30 PM

Session 1: **Skills and Sessions Pre-ride - 1:30PM**

GRiT - 2:30 PM

Session 2: **Speed and Flow Pre-ride - 3:30 PM**

Course Closed - 5:00 PM

Pre-Ride Hours Sunday:

Open to ALL Riders - 7:30 AM

Course Closed - 8:30 AM

Pre-Ride Team Emergency Action Plan (For Coaches)

- All racers should pre-ride the course.
- Pre-ride is for course assessment and NOT for race pace riding.
- **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**

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- NO UNREGISTERED PARENTS/SIBLINGS ALLOWED ON COURSE. -
- **ALL RIDERS must always have a coach with them while on the course. The NICA coach to athlete ratio rule is to be followed 8:2, or 6:1 Athlete:Coach ratio.**
- Head Coaches be sure to go to the registration tent to pick up race plates before setting out for the pre-ride.
- [CRP Strava Course File](#) - **NOTE** CRP trail direction alternates each month so if visiting ahead of time please check for directional information at the trailhead! This course file is NOT complete...there will be some additional trail used from the east section of CRP.

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: 11:00am. Look for signs!
 - **No bike riding in Pit Zone - strictly enforced**
- Grilling allowed on a contained stove.
- No Gas Generators in the Pit Zone, or camping areas
- No inappropriate language allowed
- **HELMETS ARE REQUIRED FOR ALL RIDERS, COACHES, SPECTATORS, VOLUNTEERS and PARENTS AT ALL TIMES WHILE RIDING - this means during the races, pre-rides, warm-ups, and even casual riding at the race site.** (if a leg is over the frame a helmet should be on).
- Consider staying for awards to support your teammates
- Athletes only & ONE Coach per team 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
- No Smoking, Alcohol, BBQ's or open flames in Pit Zone
- **Dogs are NOT permitted at this park!**
- 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

Stay up-to-date

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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!

Wave Start Times

STAGING for all races begins 15 minutes prior to the wave start.

WAVE 1: Middle School Boys

Category	Staging Time	Start Time	Laps	Start Interval	Race Plates
8th Boys	9:20 AM	9:30 AM	1	15 sec	6000-6026 Yellow
7th Boys	9:25 AM	9:38 AM	1	15 sec	5000-5023 Purple
6th Boys	9:35 AM	9:45 AM	1	15 sec	4000-4018 Green

WAVE 2: Girls

Category	Staging Time	Start Time	Laps	Start Interval	Race Plates
Varsity Girls	10:05 AM	10:15 AM	1	15 sec	001-003 Light Blue
JV1 Girls	10:05 AM	10:17 AM	1	15 sec	100-105 Pink
JV2 Girls	10:10 AM	10:20 AM	1	15 sec	400-415 Orange
Freshman Girls	10:15 AM	10:25 AM	1	15 sec	700-706 Dark Blue
8th Girls	10:17 AM	10:27 AM	1	15 sec	3000-3012 Yellow

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7th Girls	10:20 AM	10:30 AM	1	15 sec	2000-2007 Purple
6th Girls	10:22 AM	10:32 AM	1	15 sec	1000-1006 Green

WAVE 3: High School Boys

Category	Staging Time	Start Time	Laps	Start Interval	Race Plates
Varsity Boys	10:55 AM	11:05 AM	1	15 sec	50-54 Light Blue
JV1 Boys	10:55 AM	11:07 AM	1	15 sec	300-320 Pink
JV2 Boys	11:05 AM	11:15 AM	1	15 sec	500-546 Orange
Freshman Boys	11:15 AM	11:25 AM	1	15 sec	800-841 Dark Blue

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. Lap Count is based on the overall duration target for each category. Staging for all races begins 15 minutes prior to the wave start.

League staff also reserves the right to combine small fields for a more robust racing experience for the athletes and spectators. In such an occurrence, racers will still be scored among their category, and earn points accordingly.

Staging

STAGING will begin 15 minutes before each wave. Riders and Coaches only – parents, head to the start, finish and other fan areas! ALL riders must be in the staging area on time. All riders will be staged. Please take a moment to refer to [RULE 2.14 STAGING FOR RACE STARTS](#) before attending the race.

Chip Timing Info

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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 \$25.**

Petitions for Category Placement

Those petitioning for exceptions to category placement must do so by **Friday, March 17th 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 11th 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

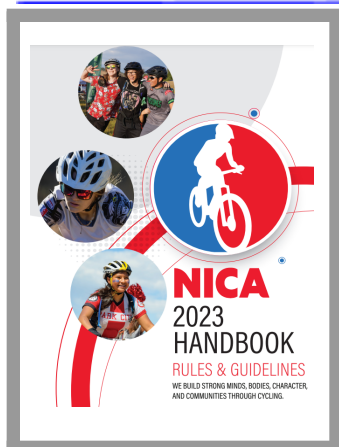
Below are the guidelines for how the league will conduct races in the event of challenging weather. Our primary considerations are the safety of riders, support staff and spectators, and potential damage to the venue and trails. Any decisions regarding canceling, postponing or altering race start times, 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

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!

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Coaches Meeting

A **mandatory head coaches meeting** will be held at **8:30am on Sunday**. 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). CRP also offers **primitive tent camping for \$15 for a family site or \$30 for a group site**. Go [HERE](#) then scroll down to Primitive Tent Camping to find the link to make reservations. There is NO camping (RV's or tents) allowed in the event location (near the parking or infield areas). All camping is across the street or at nearby camping areas (see links above).

We also **have blocks of rooms available at discounted rates** at the following:

Best Western Ft. Myers Waterfront, 13021 N. Cleveland Avenue North, Fort Myers, FL 33903. To make reservations use the following [Booking LINK](#). Be sure to select your preferred arrival and departure dates PRIOR to selecting a room type. Starting on **1/13/2023 they will release any available rooms to the general public**. You may reach out to Jake.Moreland@bestwestern.com and mention you are with Florida Interscholastic Cycling

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League to see if rooms are still available if attempting to reserve rooms after the 13th of January. The rate is \$249 per night and includes breakfast, complimentary parking and wi-fi.

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

[Caloosahatchee Regional Park Venue and Course Map](#)

Lee County area Fun!

There's lots to do in Lee County and the surrounding areas near Caloosahatchee Regional Park. From checking out the Edison and Ford Winter Estates with botanical gardens and research laboratory to exploring the remains of an actual Calusa Village during a guided tour of the Calusa Heritage Trail on nearby Pine Island. Go [HERE](#) for more ideas on some weekend adventures when you are not racing.

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NICA NATIONAL FOUNDATION AND GRANT PARTNERS



NICA Safety Reporting and Insurance Coverage

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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.