

FLORIDA

Interscholastic Cycling League



NOTE: Live document subject to revision - do not print until 4/21/2022

Rise Above The Sunrise

**Markham Park
April 24th, 2022**

Last Publish Date 4/11/2022

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 2022 Race Series Website page.

COVID-19 Precautions

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

Markham Park Broward County

Race number three finds us visiting the southern part of the state and Markham Park in Broward County, FL. This park, which is located in Sunrise, FL, has just over 10 miles of trails of varying degrees of difficulty. There isn't a lot of change in elevation, but the terrain changes frequently from classic singletrack, to rock gardens, fast flowy berms, or steep technical climbs and descents. In addition to these traditional biking trails, a number of wider and more gradual adaptive trails have been introduced that are designed specifically for off road hand-cranked bikes.



Markham Park Mountain Bike Trails started over 25 years ago. The area was once used as a rock quarry, and the routes were built through the limestone aggregate that was left behind by the dredging machines. This gave trail builders plenty of varying terrain to work with in an otherwise flat area. The trails are maintained by volunteers under the supervision of Broward County Parks and Recreation with financial assistance from the [Markham Park Trail Building Fund](#).

Race number three will be quite different from our last race in Tallahassee. This is a fast course with a lot of turns that will truly test all of our student-athletes in a good way. Not as much climbing will be involved, but a constant barrage of short steep ups and downs and turns to test your cornering will get your heart pumping. Riders will start on an open grass field and then enter the trails on a brief section of asphalt road. This then leads to a double track trail to allow plenty of space for passing before jumping into the single-track. From here there are multiple sections of single-track dispersed with double track dirt road so athletes can have room and time to pass or take a break from the intense focus required to ride the trail. This trail will leave a smile on all the riders faces as they flow through this amazing trail system in the heart of Broward County.

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16001 W. State Rd. 84 – Sunrise, FL 33326



- Vehicles must park in the designated areas identified with signs at the venue and as shown on the venue map
- There is a **\$1.50 fee per person per day to enter the park.**
- 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

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Registration

Race Fee = \$45 per event or \$125 for Event Pass for all 5 events

Online registration closes **April 15th, 2022** 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.

[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! 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 Markham Park: Broward Comp, Pembroke, West Palm

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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 Open to All Riders
- 4:00 PM** *NICA GRiT Pre-ride. Meet at the NICA GRiT Tent
- 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.

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
- 8:30 AM** **Course Closed for Pre-Ride and Pit Zone Closes for Team Set-up**
- 8:30 AM** **Coaches Meeting - Finish Line (Mandatory attendance for one coach from each team)**
- 9:15 AM** **Staging - Wave 1 MS Boys**
- 9:30 AM** Racing Begins!
- 10:25 AM** Staging - Wave 2 Girls (HS and MS)
- 12:15 PM** Staging - Wave 3 HS Boys
- 2:15 PM** Racing Concludes
- 2:30 PM** Pit Zone Break Down Begins (after course tear down)
- 3:30 PM** Award Ceremony

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

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Pre-Ride

Pre-Ride Hours Saturday:

Coaches Only Pre-Ride 12:30 PM

Open to ALL Riders 1:30PM

GRIT 4:00 PM

Course Closed 5:00 PM

Pre-Ride Hours Sunday:

Open to ALL Riders 7:30 AM

Course Closed 8:30 AM

- 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**
- 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.
- [Markham Park Strava Course File](#) - **NOTE** A Broward County Mountain Bike Pass and helmet are required for entry. Please follow signs on trails as not all trails are bi-directional. The file above is the day of course file.
- [Markham Park Training File](#) - If you plan on visiting Markham Park before the weekend of April 23-24, please follow this route as a training/scouting ride since it follows all directional signs in place.

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 PitZone, or camping areas
- No inappropriate language allowed

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- **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
- **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.**
- 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

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	Lap Count	Estimated Duration	Race Plates
8th Boys	9:15 AM	9:30 AM	2	25-45 minutes	6000-6035 Yellow
7th Boys	9:15 AM	9:32 AM	2	25-45 minutes	5000-5025 Purple
6th Boys	9:15 AM	9:34 AM	2	25-45 minutes	4000-4015 Green

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WAVE 2: Girls

Category	Staging Time	Start Time	Lap Count	Estimated Duration	Race Plates
Varsity Girls	10:25 AM	10:40 AM	4	60-100 minutes	001-003 Light Blue
JV1 Girls	10:25 AM	10:42 AM	4	60-100 minutes	100-103 Pink
JV2 Girls	10:25 AM	10:44 AM	3	45-90 minutes	400-410 Orange
Freshman Girls	10:25 AM	10:46 AM	3	45-90 minutes	700-710 Dark Blue
8th Girls	10:25 AM	10:48 AM	2	25-45 minutes	3000-3008 Yellow
7th Girls	10:25 AM	10:50 AM	2	25-45 minutes	2000-2016 Purple
6th Girls	10:25 AM	10:52 AM	2	25-45 minutes	1000-1007 Green

WAVE 3: High School Boys

Category	Staging Time	Start Time	Lap Count	Estimated Duration	Race Plates
Varsity Boys	12:15 PM	12:30 PM	4	60-100 minutes	50-53 Light Blue
JV1 Boys	12:15 PM	12:32 PM	4	60-100 minutes	300-310 Pink
JV2 Boys	12:15 PM	12:34 PM	3	45-90 minutes	500-538 Orange
Freshman Boys	12:15 PM	12:36 PM	3	45-90 minutes	800-835 Dark Blue

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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

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 11th 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

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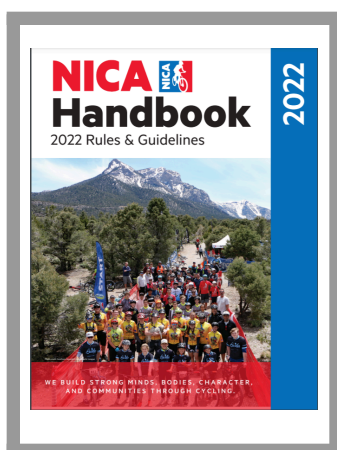
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the land manager. Often this decision cannot be made until the morning of the race due to the unpredictable and rapidly changing nature of severe weather. The league will make every attempt to notify the racing population as soon as possible via email, 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 **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). Markham Park has RV camping and check out their reservation site [HERE](#). **We will also have a primitive camping area available for families. This is located in Markham Park and we ask that all families register for a spot [HERE](#). The cost is \$20 per tent per night. Please reserve the tent sites using the [EventBrite](#) link and then check in at Registration with Jackie once you arrive on site on Saturday when the Pit Zone opens!**

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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

[Markham Park Venue and Course Map](#)

Broward County area Fun!

There's lots to do in Broward County and close by in Miami-Dade. Check out the [Broward County Parks website](#) for more activities to do while in town including another mountain bike park at Quiet Waters! Or, check out the local beaches for some sun and fun!

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NICA CORE VALUES



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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.