

Turkey Mountain Sept. 25&26

STATE CHAMPIONSHIPS



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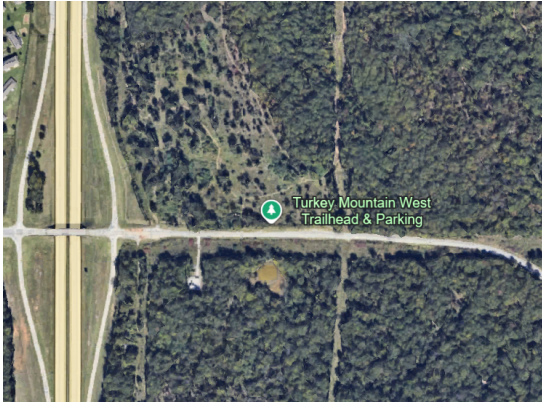
OTHER HELPFUL RESOURCES

- Link to [NICA Handbook](#)
- Link to Emergency Action Plan (EAP)
- Complete Weekend Schedule

Event Address and Directions

915 W 61st Street, Tulsa OK 74107

<https://maps.app.goo.gl/g6VR0dmB4wHAKJ4P7>



Venue history & event description

Turkey Mountain Urban Wilderness Area consists of over 750 acres of undeveloped property that stretches along the Arkansas River, minutes away from downtown Tulsa. This trail-lover's paradise is situated on Turkey Mountain, a quiet, secluded area with a variety of elevation changes. Turkey Mountain race #2 will boast a spectator friendly shorter course with opportunity to view your favorite racer pass by multiple times during the course of the race..

TRAIL RULES

- - Pets must be on leash.
- - Dirt trails closed when muddy. Check Riverparks.org for updated trail conditions.
- - Curfew is 11:00PM to 5:00AM daily.
- - Motor vehicles are prohibited.
- - No weapons except as permitted by State Law.
- - Cyclists must yield to pedestrians.
- - Class I and II e-bikes allowed but must be pedal assist. One Wheels permitted.
- - Helmets are strongly encouraged.
- - Riders descending, yield to riders climbing.
- - All users move to your right to allow others to pass.
- - Leave No Trace – pack it in and pack it out.
- - Glass containers of any kind are prohibited.
- - Be aware of your surroundings, carry a cell phone, and extra water.
- - Trail users are encouraged to use GPS enabled cell phones to aid emergency responders.
- - Carry water for you and your pet.
- - Stay on existing trails. Do not cut switchbacks or build new trails.
- - Overnight camping, glass containers, and open fires are prohibited.

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/disregarding rules at NICA events. Penalties can include but are not limited to, loss of individual points, loss of team points, 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](#).

- Please make sure your pit area is clean before leaving the venue.
- Each team will be given trash bags for their team camps.
- The staging area is for riders and their coach, **ONLY**. Parents, spectators, teammates, and friends can head to the start, finish, and fan zones!
- NO dogs in the Infield or Pit Zone unless clearly marked service dogs. NO riding in the Pit Zone.
- Drone Policy (see [NICA Handbook](#))

Parking

Venue parking will be the new upper lot at 915 W 61st St. South, with overflow parking entrance just west of the main parking lot entrance on 61st street.

Infield Map/Course Map

https://www.google.com/maps/d/edit?mid=138Rnl2VZLuzRY7one5_tPEF4Fnf-VAc&usp=sharing



-  Parking lot
-  Pitzone
-  Finish Line and Timing
-  RV Camp Sites
-  RV Sites
-  Parking
-  Camping
-  Camping
-  Pitzone
-  Course Crossing
-  Registration
-  Pitzone Drop Off
-  MS Route
-  Food Truck
-  Staging



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Blue is long course

Yellow is short course

Turkey Mountain West
Trailhead & Parking

Weekend schedule:

Saturday

9:00 AM	Volunteer Shifts Begin
12:00 PM	Pit Zone Access Open
12:00 PM	Registration Opens (pickup or replace race plates)
1:00 PM	*NICA GRiT Ride - meet at the NICA GRiT Tent
1:15 - 3pm	*Middle School Pre-Ride Opens Hot Lap Starts at 3
3-5 pm	HS Preride- Hot Lap Starts at 4:40
5:00 PM	Pre-Ride Closed - (No riders allowed on course after pre-ride is closed)
5:00 PM	Registration Closes

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

Sunday

6:45 AM	Volunteer Shifts Begin
7:00 AM	Registration Opens
7:45 AM	Coaches Meeting <At Registration Tent>
8:30 AM	Racing Begins
2:00 PM	Racing Concludes
2:00 PM	Pit Zone Breakdown Begins
3:00 PM	Awards Ceremony

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

Registration

- 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.
- Coaches can pick-up their teams' race plates at 12:00 at the Registration tent.

Volunteering

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. 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.

Coaches Meeting

A mandatory head coaches meeting will be held **Sunday/8am/Staging**
Each team must have 1 COACH present at the meeting.

Wave Start Times

STAGING will begin 15 minutes before each wave.

Note: Final lap count decision per category will be finalized and confirmed at the start of each race.
Riders will complete laps with the following Race Duration Guidelines for each category:

- Not to exceed 45 min for Middle School
- Not to exceed 75 min for High School
- Not to exceed 90 min for Varsity

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.

Wave #1: High School Girls

CATEGORY (NUMBER SERIES)	START TIME	LAP COUNT	ESTIMATED TIME ON COURSE	RACE PLATE COLOR
VARSITY	8:30AM	6	<90 min	Pink 1-50
JV1	8:32AM	4	<75 min	Lt. Blue 100
JV2	8:34AM	4	<75 min	Green 400

Wave #2: High School Boys

CATEGORY (NUMBER SERIES)	START TIME	LAP COUNT	ESTIMATED TIME ON COURSE	RACE PLATE COLOR
Varsity	9:40 AM	7	<90 min	Black 50-100
JV1	9:42 AM	6	<75 min	Yellow200
JV2	9:44 AM	4	<75 min	Dark Orange 500

Wave #: 3 - Middle School Girls

CATEGORY (NUMBER SERIES)	START TIME	LAP COUNT	ESTIMATED TIME ON COURSE	RACE PLATE COLOR
7th & 8th Grade girls L1	11:15 AM	4	45 min or less	Dark Blue 2000
7th & 8th Grade girls L2	11:18 AM	2	45 min or less	Dark Orange 3000
6th Grade girls	11:20 AM	2	45 min or less	Yellow 1000

Wave #: 4 - Middle School Boys

CATEGORY (NUMBER SERIES)	START TIME	LAP COUNT	ESTIMATED TIME ON COURSE	RACE PLATE COLOR
7th & 8th Grade boys L1	12::15 PM	4	45 min or less	Green 5000s
7 & 8th Grade boys L2	12:18 PM	2	45 min or less	Lt. Blue 6000s
6th Grade Boys	12:20 PM	2	45 min or less	Orange 4000s

Camping

Camping area is in designated area only

- Parental supervision required, no exceptions. League staff and team coaches are not responsible for student-athletes outside of pre-ride and race day
- Campsites are primitive and first come first served. No hookups for RV's
- No campfires or open flames allowed. Propane grills and stoves allowed as consistent with current local fire restrictions
- Pack in/pack out trash
- Portable restroom on site
- See race map for available camping areas

Hotel

Several locations in proximity to Turkey Mountain

Pit Zone Drop Off & Pick Up

The Drop Zone will be at the north end of the parking lot beside the storage container, limited to vehicles carrying LARGE items only. Drive in down the east side of the lot (counter clockwise) up to the shipping container, off load equipment, then immediately move the vehicle out of the drop off area.

Pit Zone Rules and Regs

- Only vehicles with large pieces of Pit Zone equipment (e.g. tents, tables) may use the Pit Zone drop-off lane. Limit to 1 - 2 vehicles per team.
 - NO parking in the Pit Zone or in drop-off lanes.
 - 1) Drop off Pit Zone equipment.
 - 2) Move your vehicle to a parking spot.
 - 3) Return to the Pit Zone to gather equipment to set up your space.
 - WALK bikes in Pit Zone - NO riding.
 - NO grilling, smoking, fires, alcohol, gas generators, or dogs unless marked as service dogs in Pit Zone.
 - Due to high event participation numbers, family, friends, and spectators are asked to set up in designated Fan Zones, not Pit Zone. Tents and gas grills are permitted in Fan Zones. Please see the Infield Map (above) for Fan Zone locations.
 - Conflicts and/or disputes should NOT be dealt in the team Pit Zone area.
-

Pre-Ride Reminders

- Pre-Ride is permitted on the event weekend during designated times.
 - Pre-ride is for registered racers and coaches, only.
 - Number/coach plates must be affixed to the bike during pre-ride.
 - Ride groups must maintain NICA ratios of 6 riders : 1 coach or 8 riders : 2 coaches (preferred). At least one coach must be a Level 2 or 3 coach.
 - 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 time.
-

GRiT



Why join GRiT?

Currently, **girls represent 24% of NICA's overall national student-athlete participation.** NICA GRiT (Girls Riding Together) seeks to increase that number significantly over the next five years. **The GRiT Program is NICA's effort to recruit and retain more girls and female coaches in NICA programs.**

For more information contact charlotte@oklahomamtb.org via email

2025 Race Schedule



Food & Drinks On-Site

We will have a food truck **Conscious Concessions** on site.

Weather Policy and Cancellations

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: <https://oklahomamtb.org/weather-refund-policy/>

Venue EAP

https://docs.google.com/document/d/1eJQ9bhG3ulhQy2YsSWGpkdTOoekxUGMD0dpt_pvbXaE/edit?tab=t.0#heading=h.1jit819vzx9m

League and National Sponsors



Oklahoma Sponsors:



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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 Oklahoma 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.