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Racing The Ridge

**Caloosahatchee Regional Park
February 11th, 2024**

Last Publish Date 2/4/2024

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.

See [HERE](#) for our 2024 Race Series Website page.

Venue Description

Caloosahatchee Regional Park (CRP)

We will kick off season five in Southwest FL at Caloosahatchee Regional Park in Alva, FL near

Ft. Myers. Trails at CRP are composed of fast, flat open areas 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 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 full of ups and downs in an open area perfect for all of our spectators. Riders eventually return to an open field towards the finish line.



This first race is a time trial event, with riders starting one at a time. This will be a 1 lap race with individual awards for every category. Riders will stage with their assigned categories (8th boys, 7th boys, etc.) starting 10 minutes before their wave start time.

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!

OTB 101 & 201 Foundational Skills

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

- *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
[CRP MTB Trailhead at 18251 N River Rd](#)



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 is \$345.

- There will be no day of registration!!
- Students must be league-registered and “race-ready” 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 Pit Zone.
- *Be sure that you are registered and race-ready in the Pit Zone.*
- [NICA Pit Zone](#). Race ready means you have checked in Pit Zone for the specific race/event, completed your online profile, electronically signed your online waivers, and completed and paid your NICA, League fees.
- If you have not been invited to register yet in the NICA Pit Zone, contact your Team Director. Independent riders contact the FICL Chief of Registration at julie@floridamtb.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 is 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, Denise Woolston at denise.woolston@yahoo.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 (bring your bikes so you're ready for pre-ride)
- 12:30 PM** Coaches Only Pre-ride
- 1:30 PM** NICA **GRiT Pre-ride**. Meet at the NICA GRiT Tent.
- 2:30 PM** Pre-Ride **Session 1: Skills & Sessions** - Slow Pace
This pre-ride time is for those athletes & coaches who desire to inspect various technical sections of the course and expect to "session" portions.
- 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 racecourse with less stopping, however, all riders should not expect to ride full-on race pace as the course remains open for all speeds and skill levels.
- 5:00 PM** Pre-Ride **AND** Check-in Closed - No riders are allowed on the course after the pre-ride is closed. Riding the course outside of pre-ride times is an orange-level penalty (rule 2.23)

*Please pass course workers with care. ***Everyone on the course must have a race plate (student, coach, league staff) affixed to their bikes to pre-ride the course. Student-athletes must ride with a level 2 or 3 coach at all times, and athlete-to-coach ratios must be followed. 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
8:00 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 (*Mandatory attendance for one coach from each team*)**
9:20 AM **Staging - Wave 1 MS Boys**
9:30 AM Racing Begins!
10:05 AM **Staging - Wave 2 Girls (HS & 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 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.**
- 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 should NOT be considered final, course is subject to change.



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.**
- No Gas Generators in the Pit Zone.
- 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.
- No Smoking, vaping, other tobacco use, alcohol, or open flames are allowed anywhere within our event areas.
- **Dogs are NOT permitted at this park!**
- Conflicts and/or disputes should not be dealt with in the Pit Zone.
- 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 10 minutes prior to the wave start.

WAVE 1: Middle School Boys

FLORIDA

Interscholastic Cycling League



Category	Staging Time	Start Time	Laps	Start Interval	Race Plates
8th Boys	9:20 AM	9:30 AM	1	15 sec	6000-6042 Yellow
7th Boys	9:25 AM	9:38 AM	1	15 sec	5000-5035 Gold
6th Boys	9:35 AM	9:45 AM	1	15 sec	4000-4035 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	001-010 Light Blue
JV1 Girls	10:05 AM	10:17 AM	1	15 sec	100-108 Pink
JV2 Girls	10:10 AM	10:20 AM	1	15 sec	400-420 Orange
Freshman Girls	10:15 AM	10:25 AM	1	15 sec	700-720 Dark Blue
8th Girls	10:17 AM	10:27 AM	1	15 sec	3000-3015 Yellow
7th Girls	10:20 AM	10:30 AM	1	15 sec	2000-2010 Gold
6th Girls	10:22 AM	10:32 AM	1	15 sec	1000-1020 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	50-65 Light Blue
JV1 Boys	10:55 AM	11:07 AM	1	15 sec	300-335 Pink
JV2 Boys	11:05 AM	11:15 AM	1	15 sec	500-552 Orange
Freshman Boys	11:15 AM	11:25 AM	1	15 sec	800-845 Dark Blue

Note: Staging for all races begins 10 minutes prior to the wave start.



League staff 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 10 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.

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, February 2nd by Midnight**. [Petition forms](#) must be submitted to League Director, Jason Miller at jason@floridamtb.org.

- No race day petitions will be accepted.
- As a reminder all riders need to be invited to register in the Pit Zone to participate with a team for the Spring 2021 Season.
 - Contact your Team Director or Head Coach to be invited.
 - Independent riders contact jason@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 this [Handbook](#) link below to see the official NICA 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 and AirBnBs are located within 10-20 minutes away from this location. For those interested in ***camping*** there are a number of nearby options, however, this time of year many of the RV parks are full. CRP does offer **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.

Contact Information

General League Questions: **Jason Miller, League Director**, jason@floridamtb.org

Event Specific Questions: **Jackie Morrison, Race Director**, jackie@floridamtb.org

Rule Specific Questions: **Jason Miller, League Director**, jason@floridamtb.org

Registration Specific Questions: **Julie Hover, Registration Manager**, julie@floridamtb.org

Please note that most staff arrive at the venue Friday 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.

Economic Impact Survey!

Please consider completing the economic impact survey for each of our races. We use this information when negotiating with venues, local governments, and vendors to show the value of our events to the local community and to get better rates for services.

Take the survey [HERE](#)



NICA CORE VALUES



FLORIDA

Interscholastic Cycling League



LEAGUE SPONSOR



LEAD PARTNERS



PLATINUM PARTNERS



STRATEGIC PARTNERS



CORPORATE PARTNERS



COMMUNITY PARTNERS





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.

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.