

FLORIDA

Interscholastic Cycling League



NOTE: Live document subject to revision - do not print until 3/23/2023

Rally In Tallahassee

**J.R. Alford Greenway Trail
March 26th, 2023**

Last Publish Date 2/15/2023

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

NICA

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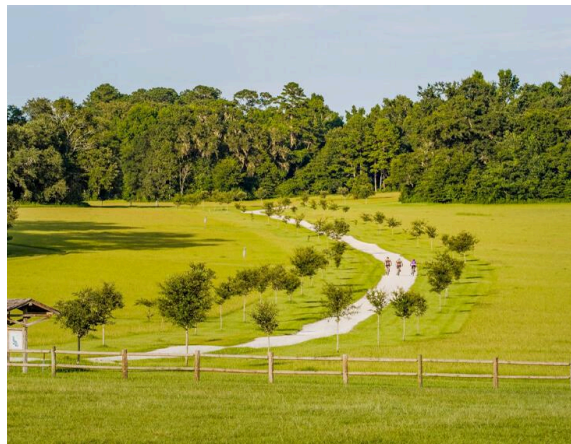
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Venue Description

J.R. Alford Greenway Trail

Race number two finds us visiting the state capital of Tallahassee and spending the weekend at [J.R. Alford Greenway](#). With more than 17 miles of multi-use trails, this park offers a wide variety of activities for many different users such as cyclists, runners, hikers, horseback riders, nature lovers and dog walkers! This is a true gem of a location for a FL NICA event. Wide open spaces with beautiful views and trails leading to naturally wooded forests and lakes all teeming with a diversity of wildlife. But the real reason we are all



here is the trails! Race number two will truly test all of our student-athletes in a good way offering a course with a diversity of fun terrain and plenty of climbing to write home about. Riders will start on an open grass field and climb towards their first section of singletrack trail. They will turn into a fun, twisty, flowy, fast singletrack section that will leave all riders with a large smile on their face. From here riders will test their climbing legs on some doubletrack that leads to the Longleaf Trail which is a hard-packed red clay trail that is flowy and filled with plenty of ups and downs. This is a true cross country riding experience with 326' of elevation gain per lap!

With over 100 miles of trails in and surrounding Tallahassee and Leon County (over 700 miles when including all of the hiking, kayaking, biking, horse riding, etc.) this region of Florida is a mountain biker's dream! "Trailahassee" as it is sometimes called has something for everyone and the coolest part about this region is that many of the trails connect so if you are up for a real adventure check out some of these [routes](#) put together by the members of TMBA (Tallahassee Mountain Bike Association). Tallahassee features three distinct regions for mountain biking with each offering professionally built trails, maintained by [TMBA](#) volunteers.



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OTB 101 & 201 Foundational Skills

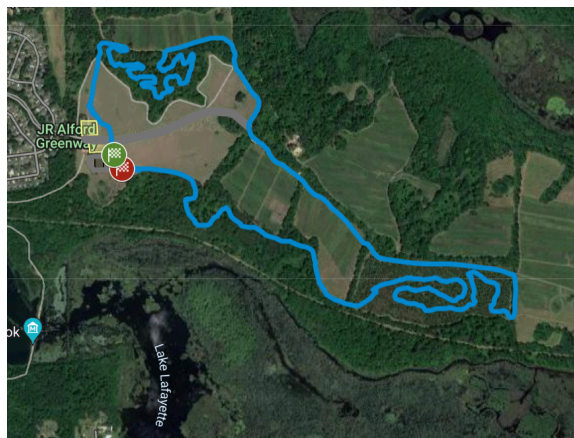
These skills are recommended for review in the weeks leading up to the race to successfully complete the race course.

- *101/201 Cornering:* The Longleaf trail is fast and twisty! Counterbalance and rotation will allow you to maintain balance while staying on the path for these moderate to high-speed corners.
- *101/201 Braking and Pressure Control:* Prepare your athletes to reduce speed or stop without skidding on the flowy clay trails in Tallahassee.

Address and Directions

J.R. Alford Greenway Trail

[2500 Pedrick Rd., Tallahassee, FL 32317](#)



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

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Registration

Season Registration for participating with a team and all six events is \$295

Online race RSVP closes **March 17th, 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, and league 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 J.R. Alford Greenway: Tallahassee Composite & 904 Duval

Event Weekend Schedule

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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.***

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
- 8:00am** 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)**
- 9:15 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)

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3:30 PM Award Ceremony

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

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**
- 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.
- [JR Alford Strava Course File](#) - **NOTE** All trails are bi-directional so keep your eyes open if riding this course prior to the event weekend.

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

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- Grilling allowed on a contained stove.
- No Gas Generators in the PitZone, 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
- **Leashed dogs ARE 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

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	Start Time	Lap Count	Earned Lap Cut-Off Time	Estimated Duration	Race Plates
8th Boys	9:30 AM	2	9:55 AM	25-45 minutes	6000-6026 Yellow
7th Boys	9:32 AM	2	9:57 AM	25-45 minutes	5000-5023 Purple

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Category	Start Time	Lap Count	Earned Lap Cut-Off Time	Estimated Duration	Race Plates
6th Boys	9:34 AM	2	9:59 AM	25-45 minutes	4000-4018 Green

WAVE 2: Girls

Category	Start Time	Lap Count	Earned Lap Cut-Off Time	Estimated Duration	Race Plates
Varsity Girls	10:40 AM	4	11:55 AM	60-100 minutes	001-003 Light Blue
JV1 Girls	10:40 AM	4	11:55 AM	60-100 minutes	100-105 Pink
JV2 Girls	10:42 AM	3	11:32 AM	45-90 minutes	400-415 Orange
Freshman Girls	10:44 AM	3	11:34 AM	45-90 minutes	700-706 Dark Blue
8th Girls	10:46 AM	2	11:11 AM	25-45 minutes	3000-3012 Yellow
7th Girls	10:48 AM	2	11:13 AM	25-45 minutes	2000-2007 Purple
6th Girls	10:50 AM	2	11:15 AM	25-45 minutes	1000-1006 Green

WAVE 3: High School Boys

Category	Start Time	Lap Count	Earned Lap Cut-Off Time	Estimated Duration	Race Plates
Varsity Boys	12:30 PM	4	1:45 PM	60-100 minutes	50-54 Light Blue
JV1 Boys	12:30 PM	4	1:45 PM	60-100 minutes	300-320 Pink
JV2 Boys	12:32 PM	3	1:22 PM	45-90 minutes	500-546 Orange
Freshman Boys	12:34 PM	3	1:24 PM	45-90 minutes	800-841 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 Race Director, Ryan Feagan at ryanfeagan@gmail.com.

- 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 3rd to participate with a team for the Spring 2022-2023 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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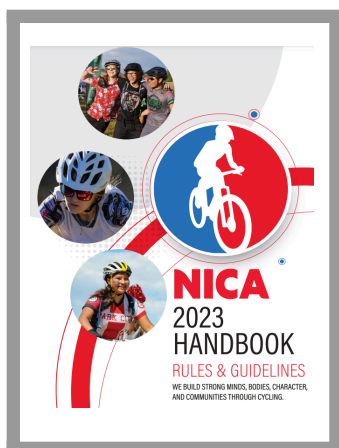
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the land manager. Often this decision cannot be made until the morning of the race due to the unpredictable and rapidly changing nature of severe weather. The league will make every attempt to notify the racing population as soon as possible via email, 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).

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

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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

[J.R. Alford Greenway Venue and Course Map](#)

Leon County area Fun!

There's lots to do in Leon County and the surrounding areas near J.R. Alford Greenway. From exploring the more than 100 miles of mountain bike trails or exploring the beautiful Maclay Gardens State Park to checking out the sites downtown, there is something for everyone in Tallahassee. Go to [Visit Tallahassee](#) for more ideas on some weekend adventures when you are not racing.



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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. 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.