



NICA

Fun, Inclusivity, Equity, Respect, Community

Race #1 Cowboy Up at Clarkco State Park

March 2-3, 2024

Information in this race flier is subject to change. Please check back just prior to the race weekend to make sure you have the most current information available.

Last Revision 2/27/24

Venue Description

Cowboy Up at Clarkco opens the Mississippi NICA inaugural event season. With an open field start lined with spectators, riders will saddle up to race for the hole shot as the course dives onto the trail right out of the gate. Then it's a roller coaster ride over rolling hills through the pines of Clarkco until they hit "Huff and Puff" Hill. Plenty of passing opportunities open up on this course as racers alternate between single track and double track as they head to the sure to be fan favorite "Sidewinder Hill" while giving spectators plenty of chances to cheer on their favorite buckaroos and buckarettas.

"Courage is being scared to death and saddling up anyway." John Wayne



OTB 101 & 201 Foundational Skills

The trails at Clarkco have very few technical areas. However, the main challenge will be Huff and Puff Hill early in the ride. Bike body separation forward and back, shifting, all phases of climbing, and climbing dismounts will need to be practiced. Students will need to also understand that racers riding bicycles have the right of way over racers pushing bicycles. When practical, racers pushing must stay on the *least rideable* portion of the trail when being passed. Additionally, encourage your students to dismount the bike and not duck walk with it up a hill.



NICA

Address and Directions

Clarkco State Park
386 Clarkco Road
Quitman, MS 39355

[Link to Google Directions](#)

[Driving Directions](#)

[Detailed Venue Map](#)

[Park Map](#)

[Strava](#)

[Trail Forks](#)

Entry Fee and Parking

- The entry fee for Clarkco is \$2.00 per person per day.
- 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 near the entrance to the pit zone and are marked on the venue map



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Event Weekend Schedule

Saturday

8:00 AM	Volunteer Shifts Begin
11:30 AM	Pit Zone Access Open
11:30 AM	Registration Opens
12:30 PM	Coaches Meeting at Results Tent
1:00 PM	*Coaches Pre-ride
1:15 PM	*GRiT Pre-ride
2:00 PM	*Pre-Ride Open to all riders
3:30 ish	Family Fun Games
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

7:30 AM	Registration/Volunteer tents Open
7:30 AM	*Pre-Ride Open to all riders
7:45 AM	Devotion Starts
8:00 AM	Announcer's Welcome
8:15 AM	Head Coaches Meeting at Results Tent
8:30 AM	Pre-Ride Closed
8:30 AM	Volunteers/Course Marshals report to stations
8:40 AM	National Anthem
8:45 AM	*Staging - Wave 1 HS Boys
9:00 AM	*Wave 1 HS Boys begins
10:45 AM	*Staging - Wave 2 Girls
11:00 AM	*Wave 2 All Girls begins
12:45 PM	*Staging - Wave 3 MS Boys
1:00 PM	*Wave 3 MS Boys begins
2:00 PM	Racing Concludes
2:15 PM	Course Break Down begins after last athlete crosses the finish line
2:30 PM	Pit Zone Break Down begins after course break down
3:00 PM	Awards Ceremony

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



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Registration

All Students registered in Pit Zone are automatically registered for all races!

- Students must be league registered and “race-ready” in order to participate in both the pre-rides and the races.
- Race Plates are required for all students and coaches to pre-ride the course on Saturday. All students must have both the race plate and the back bib on Sunday.
- **DO NOT LOSE YOUR RACE PLATE!** Students will receive a race plate and back bib 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. There will not be a charge for a lost or forgotten back bib. Replacement plates and bibs can be found at registration.

Pit Zone Information and NICA Rules

- Pit Zone is open for loading/unloading
 - Saturday: 11:30am -5:00pm
 - There will be no riding on course prior to the pre-ride opening
 - Sunday: 7:30am -8:30am and after the infield is taken down.
- No parking in Pit Zone
- One vehicle per team at a time will be allowed to drive/drop in Pit Zone. Parking will be set aside for team trailers near Pit Zone
- Teams must remove all garbage from the Pit Zone and camping areas whether or not a dumpster is on site
- NO BIKE RIDING ALLOWED IN THE PIT ZONE
- No Smoking, Alcohol, BBQ's or open flames in Pit Zone
- No Gas Generators in the Pit Zone
- No inappropriate language allowed
- Dogs must be on leash and under control at all times
- All parents and student athletes are encouraged to stay for the award ceremony to be held immediately after course take down



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Pre-Ride

Pre-Ride Hours

Coaches Only (Saturday 1:00PM -1:45PM)

GRiT (Saturday 1:15PM- 2:00PM) Meet at the GRiT Tent

All Students (Saturday 1:00 PM–5:00 PM)

All Students (Sunday 7:30 AM–8:30 AM)

- Teams should adhere to the NICA standard Coach to Student Athlete Ratios of 1 coach to 6 students or 2 coaches to 8 students
- All students are encouraged to pre-ride the course
- Unregistered students, parents and siblings are not allowed to ride the course

Stay up-to-date

[INSERT Event Emergency Action Plan](#)

Communications:

For last minute important information during our races, Rainedout.com will be used to communicate with all parents and coaches. Please make sure you have signed up for this valuable service by joining at: [RAINEDOUT](#) or text MSNICA to 84483 to sign up.

If there is sufficient cell service, the League will be broadcasting live results via Race Results. To view these results, follow:

Wave Start Times and Staging

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 in addition to any lap cut-off times. Staging for all races begins 15 minutes prior to the wave start.

For the Clarkco Race, call ups will be determined at the time of staging and will be random.



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Wave 1: High School Boys

CATEGORY (NUMBER SERIES)	START TIME	LAP COUNT	EARNED LAP CUT-OFF TIME	ESTIMATED DURATION	RACE PLATE COLOR
HS 3 (50-100)	9:00 AM	3	10:00 AM	90 minutes	Light Blue
HS 2 (200's)	9:03 AM	2	9:41 AM	75 minutes	Green
9th Grade (800's)	9:06 AM	2	9:44 AM	75 minutes	Blue
HS 1 (500's)	9:09 AM	1	NA	45 minutes	Yellow

Wave 2: Girls

CATEGORY (NUMBER SERIES)	START TIME	LAP COUNT	EARNED LAP CUT-OFF TIME	ESTIMATED DURATION	RACE PLATE COLOR
9th Grade Girls (700's)	11:00 AM	2	11:38 AM	75 minutes	Pink
HS 1 Girls	11:00 AM	1	NA	45 minutes	Orange
7th/8th Grade Girls (2000's)	11:00 AM	1	NA	45 minutes	Blue
6th Grade Girls (1000's)	11:00 AM	1	NA	45 minutes	Yellow

Wave 3: Middle School Boys

CATEGORY (NUMBER SERIES)	START TIME	LAP COUNT	EARNED LAP CUT-OFF TIME	ESTIMATED DURATION	RACE PLATE COLOR
8th Grade(6000)	1:00 PM	1	N/A	45 minutes	Orange
7th Grade (5000s)	1:03 PM	1	N/A	45 minutes	Blue
6th Grade (4000s)	1:06 PM	1	N/A	45 minutes	Yellow



NICA

Volunteering at our Events

Race day would not be possible without the incredible work of our volunteers. It takes the whole community to put on quality youth mountain bike races. Many parents and cycling enthusiasts find that getting involved with our events is a fun and rewarding experience.

Saturday and Sunday positions are available

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, **Sabrina Smith** at sabrina@mississippimtb.org.

Coaches Meeting

A mandatory coaches meeting will be held **ON SATURDAY 3/2 FROM THE RESULTS TENT AT 12:30 AND ON SUNDAY 3/3 FROM THE RESULTS TENT AT 8:15**

Each team must have 1 representative present at the meeting, preferably head coach or team director.

Camping and Lodging

The **MS NICA League** encourages racers, coaches and parents to camp out! Overnight camping will be offered by **Clarkco State Park**: [Reservations](#)

- [RV Camping Sites](#) - \$45-55 per night
- [Primitive Camping Sites](#) - \$17 per night



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- Parental supervision required, no exceptions. League staff and team coaches are not responsible for student-athletes outside of pre-ride and race day

Other lodging may be found in Meridian.

Sunday Devotion

A devotional is scheduled at 7:45 on Sunday morning. All athletes, their families, coaches and volunteers are encouraged to attend. Additionally, the MS NICA League is interested in musicians and singers interested in participating in the devotional during each week. We would love to have our very own MS NICA Praise Band.

Drone Policy

Drones are not allowed to be flown in Clarkco State Park unless flown by a certified drone pilot, approved by Park Management, and approved by the League Director.

Areas Off-limits to Event Attendees

During the event weekend, we ask our student athletes not to ride their bikes in any of the pavilions, the amphitheater or on any of the boat ramps. They are considered off-limits to NICA student-athletes.

Additionally, don't forget that crossing course tape is not allowed for any reason including parents taking photos and could result in an individual or team penalty. Anyone crossing the race course should cross at a designated crossing point manned by a volunteer.



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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: [WEATHER POLICY](#)

Food Service

Friends of Clarkco State Park will be providing all concessions for both Saturday and Sunday. Items available for purchase will be pulled pork sandwiches, hamburgers and hot dogs as well as other snack food items. Sno Biz Sno Cones will also be available.

Contact Information

General League Questions:	Michelle Williams, League Director, michelle@mississippimtb.org
Race/Venue Specific Questions:	Ryan Whitaker, Event Director, ryan@mississippimtb.org
Rule Specific Questions:	Al Kennedy, Chief Rules Official,
Registration Specific Questions:	Alison Harkey, Registration Manager, alison@mississippimtb.org
Camping Specific Questions:	Cary Watkins, Camping Manager,

Please note that most staff arrive onsite Friday of each race weekend and may not have sufficient cell/data coverage to respond to calls/emails. Please plan accordingly.

Handbook: Mississippi NICA Policies

All participants are required to read, understand and abide by all league policies, rules and protocols while attending any league event.



<https://nationalmtb.org/nica-handbook/>

MS specific handbook to be added by 3/2/24

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INTERSCHOLASTIC CYCLING LEAGUE

The **Mississippi** 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.