



NICA

Freer Farm Fun!

August 10th - August 11th, 2024

Venue Description

Freer Field

Freer Field in Ashland, OH will play host to our 2024 season kickoff with a time trial! The course is roughly 3.0 - 3.5 miles with riders starting at 20 second intervals. The fast, yet unexpectedly challenging course begins with a short descent past the infield to build ultimate stoke fuelled by teams cheering before opening up to allow for passing before heading up a climb and into the single track section. The course features some roots, punchy climbs, a creek crossing, and plenty of room for passing. Pit Zone and Race HQ will be located at the front of the park by the parking lot right by the start chute. There are plenty of spectating opportunities along the course accessed from the parking lots within the park.





NICA

Address and Directions

Freer Field
1264 Center Street, Ashland, OH 44805

[Link to Google Maps](#)



Enter the park at the Ashland County Probation Department entrance (red arrow on the image above)

Parking

- Vehicles must park in the designated areas identified with signs at the venue and as shown on the venue map. Parking volunteers will be on-site to assist
- 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 adjacent to the Finish/Pit Zone
- Vehicles must use the designated Pit Zone loading/unloading area and immediately move to designated parking areas after



Registration

Online registration closes on 8/06/2024 (Tuesday) at 12 midnight

- There is NO race day registration (sorry!)
- 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 **\$15.00** fee to replace race plates if lost, stolen, or forgotten. Replacement plates are issued at the registration tent.

Volunteering at our Events

Race day would NOT be possible without the incredible work of our volunteers. It takes a “village” to put on quality and safe 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 NOW available!

[Sign up to Volunteer HERE!](#)

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 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! All you need to do is sign and email the [waiver](#) (non-coaches) and we will help you with the rest! For more information, contact our Volunteer Coordinator Julia Wu at volunteercoordinator@ohiomtb.org.



Event Weekend Schedule

Thursday

Rider Call-Ups Emailed out to Head Coaches

Saturday

9:00 AM Volunteer Shifts Begin
11:30 AM Pit Zone Access Open
12:00 PM Registration Opens
12:30 PM Coaches Pre-Ride
1:30 PM *NICA GRiT Pre-Ride (meet at the NICA GRiT tent)
2:30 PM *Pre-Ride Open to All Teams/ Riders
4:00 PM NICA GRiT Activities (meet at the NICA GRiT tent)
5:00 PM Pre-Ride Closed - (No riders allowed on course after pre-ride is closed)
5:00 PM Registration Closes
5:30 PM Friends and Family Ride hosted by Ashland Bike Project - Team Wild

9:00 PM Lap counts are emailed out to coaches

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

Sunday

7:00 AM Registration Opens
7:30 AM *Pre-Ride Open to All Teams/ Riders
8:30 AM Pre-Ride Closed
8:30 AM Head Coaches Meeting (**Meet at the Finish Line Arch**)
9:00 AM Staging - Wave 1 (Middle School Boys and Middle School Open)
9:15 AM Racing Begins (MS Boys and Open)
11:00 AM Staging - Wave 2 (Middle and High School Girls)
11:15 AM Racing Begins (Middle and High School Girls)
11:30 AM Registration Closes
12:15 PM Staging - Wave 3 (High School Boys and High School Open)
12:30 PM Racing Begins
2:30 PM Racing Concludes
2:45 PM Pit Zone and Infield Breakdown Begins
3:30 PM Awards Ceremony



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

Pit Zone Information and NICA Rules

- NO RIDING YOUR BIKE IN THE PIT ZONE. This will be STRICTLY enforced and could result in a team penalty!
- Athletes ONLY in the staging area. Parents and coaches should head to the race start fan zone
- Garbage expectations: Easy... pack in/pack out!
- No smoking or alcohol in the Pit Zone
- No grills or open flames in the Pit Zone. Please use designated areas only
- No gas generators in the Pit Zone (or in the camping area!)
- No inappropriate language allowed - PERIOD!
- Dog expectations: On a leash and under control at all times. Owners are responsible for waste removal.
- Conflicts and/or disputes should not be dealt with in the 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

Pre-Ride

Pre-Ride Hours

Coaches Only (Saturday 12:30 PM –1:30 PM)

Saturday Afternoon (2:30 PM–5:00 PM)

Sunday Morning (7:30 AM–8:30 AM)

All racers should pre-ride the course

RIDERS MUST ADHERE TO ALL COURSE RESTRICTIONS

NICA GRiT Activities are at 4PM on Saturday. See GRiT Activities section for details.

TO BE ON COURSE: ALL riders (student athletes, registered coaches and race staff) must be fully practice ready in the NICA Pit Zone and have their number plates affixed to their bike



NO UNREGISTERED PARENTS/SIBLINGS ALLOWED ON COURSE

GRiT Activity!

Meet at 4pm at the OMBL GRiT Tent!

GRiT Activities are open to all student athletes, friends, and family.

ACTIVITY: DONUT FISHING

VOLUNTEERS: If you are interested in helping out at the GRiT Activity please email our GRiT Coordinator Allison Kiefer at allison@ohiomtb.org

Friends and Family Ride

Friends and Family Ride Hours

All Friends, Family, Siblings, etc are welcome! (Saturday 5:30PM -7:00PM)

The Friends and Family Ride is a one lap ride around the OMBL race loop. NOTE: race plates are not required to be on the course and this is a non-NICA event)

Stay Up-to-Date

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.

SEE YOU AT THE RACES! : -)

Please follow the Ohio Interscholastic Cycling League on Facebook and/or Instagram for the latest race information or updates in case of inclement weather



Wave Start Times

All athletes will start at 20s intervals. The start time for each athlete will be updated on Thursday, August 8th. In the case of large fields, riders may be sent off 2 at a time. Student athletes should report to staging 15 minutes prior to their grade start time.

Official start times will be updated with call-up times after event registration closes.

Wave 1: Middle School Boys and Open

CATEGORY (NUMBER SERIES)	START TIME	ESTIMATED DURATION	RACE PLATE COLOR
Middle School A Boys (4000's)	9:15 AM	40 - 50 minutes	Dark Blue
Middle School B (5000's)	9:15 AM	30 - 40 minutes	Red
Middle School C (6000's)	9:15 AM	25 - 35 minutes	Black
Middle School Open (7000's)	9:15 AM	30 - 40 minutes	Yellow

Wave 2: High School and Middle School Girls

CATEGORY (NUMBER SERIES)	START TIME	ESTIMATED DURATION	RACE PLATE COLOR
Varsity Girls (0 - 10's)	11:15 AM	50 - 70 minutes	Orange
JV Girls (100's)	11:15 AM	45 - 60 minutes	Green
Middle School A Girls (1000's)	11:15 AM	40 - 50 minutes	Dark Blue
Middle School B Girls (2000's)	11:15 AM	30 - 40 minutes	Red

Wave 3: High School Boys and Open



CATEGORY (NUMBER SERIES)	START TIME	ESTIMATED DURATION	RACE PLATE COLOR
Varsity Boys (50-100's)	12:30 PM	50-70 minutes	Orange
JV1 Boys (800's)	12:30 PM	45-60 minutes	Green
JV2 Boys (500's)	12:30 PM	45-60 minutes	Pink
JV3 Boys (200's)	12:30 PM	45-60 minutes	Light Blue
Open (7500's)	12:30 PM	45 - 60 minutes	Yellow

Staging

Plan on being at the staging area 15-20 minutes prior to each athlete's grade start time.

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 \$15.00**

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.



Handbook: Ohio Policies and Rules

Ohio Specific Scoring:

With the open category we will operate under a scoring procedure similar to that of the existing rule.

For Division 2 teams, 4 scores are summed to form the team score. The highest score from Girls and Boys categories will be pulled out to form the base score. The next highest scores, regardless of category, will then be added to form the total team score. The team scoring is illustrated below with G representing the Girl's score, B representing the Boy's score and H representing the next highest score.

[GB]HH

[] : indicate the base score

For Division 1 teams, 8 scores are summed to form the team score. The two highest scores from Girls and Boys categories will be pulled out to form the base score. The next highest scores, regardless of category, will then be added to form the total team score. The team scoring is illustrated below with G representing the Girl's score, B representing the Boy's score and H representing the next highest score.

[GGBB]HHHH

[]: Indicates base score

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



Open Category Information

The open category is an all inclusive category for student athletes that is independent of gender. For example, we have Girls 6th grade, Boys 6th grade, and Middle School Open.

Who is the open category for? Anybody who wants to participate in that category (Note: the category is for NICA student athletes only)

Why race in the open category?

- Siblings that want to race together
- Siblings that don't want to race together
- The student athlete does not identify as male or female
- The open category fields are typically smaller, some student athletes might prefer the smaller fields to the larger ones.
- A student athlete wants to be more competitive in the field

To register for the Open Category please have the head coach or team director email Jen@ohiomtb.org and cc Registration@ohiomtb.org with the student athlete name and category they are petitioning into (Middle School or High School Open.)

If you have any questions regarding the open category please contact jen@ohiomtb.org.

Coaches Meeting

A mandatory head coaches meeting will be held on Sunday, 8/11/24 at 8:30 AM at the finish line arch. Each team MUST have 1 representative present at the meeting.



Contact Information

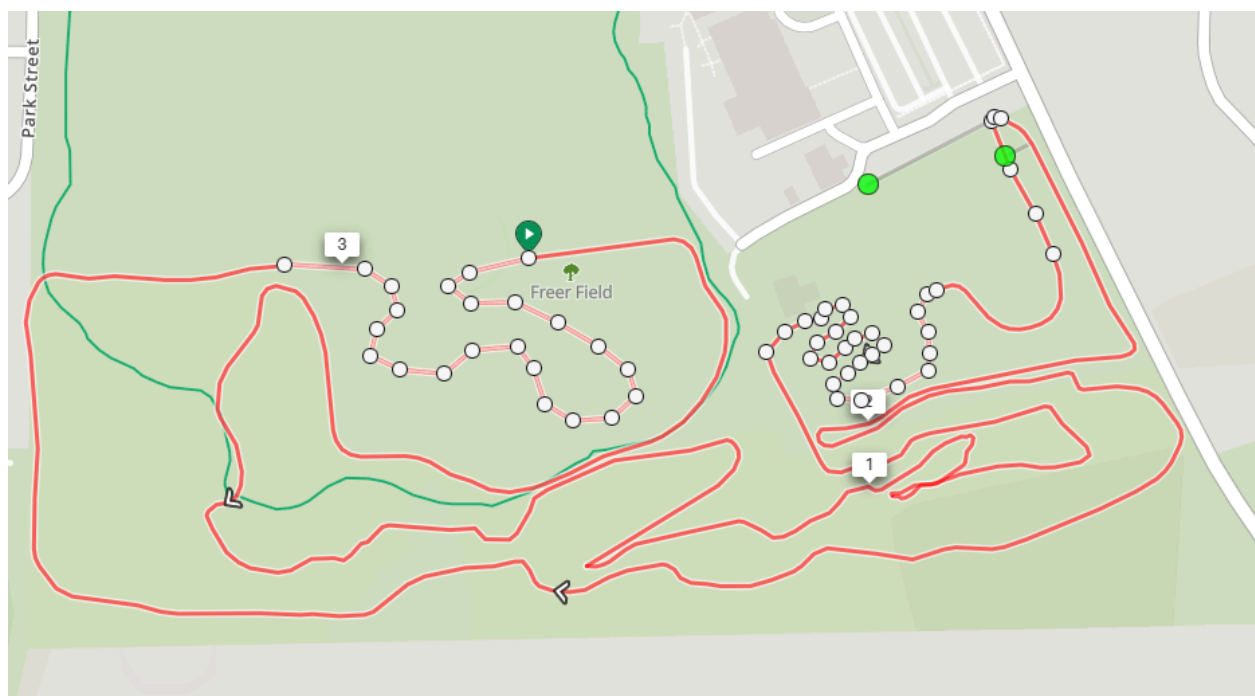
General League Questions: **Jen Malik:** info@ohiomtb.org
Race/Venue Specific Questions: **Ralph Ruppe:** ralph@ohiomtb.org
Rule Specific Questions: **Doug Fisher:** info@ohiomtb.org
Registration Specific Questions: **Julia Wu:** volunteercoordinator@ohiomtb.org
GRiT Program Specific Questions: **Allison Kiefer:** allison@ohiomtb.org

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



Course/Venue Maps

Race Course





- The start and finish are denoted with green dots. As a note the start chute will only be used on the first lap.
- For riders with multiple laps, please use the multi-lap bypass
- Please park in the parking lots located near the Pitzone



NICA CORE VALUES



League and National Sponsors

In addition to the NICA National sponsors, we would like to give a special thanks to the **Central Ohio Trek Stores, Central Ohio Mountain Biking Organization, Cleveland Area Mountain Bike Association, Marque Cycling and Podiumwear.**

Please support these awesome humans and give all our league sponsors a special “*thanks!*”



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 Ohio 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.