



NICA

Hueston Woods Hoedown

September 7th - September 8th, 2024

Venue Description

Hueston Woods

Hueston Woods Mountain Bike trails in College Corner, OH will play host to our second of 4 mass start events! We have two different courses for middle and high school student athletes (3.2 miles versus 6.5 miles) and are excited to watch them shred! The



fast, flowy course begins with a short climb through the grass before they head into the woods. The course features a lot of flowy turns with some punchy climbs and a handful of roots tossed in. Pit Zone and Race HQ will be located at the front of the park by the start chute.

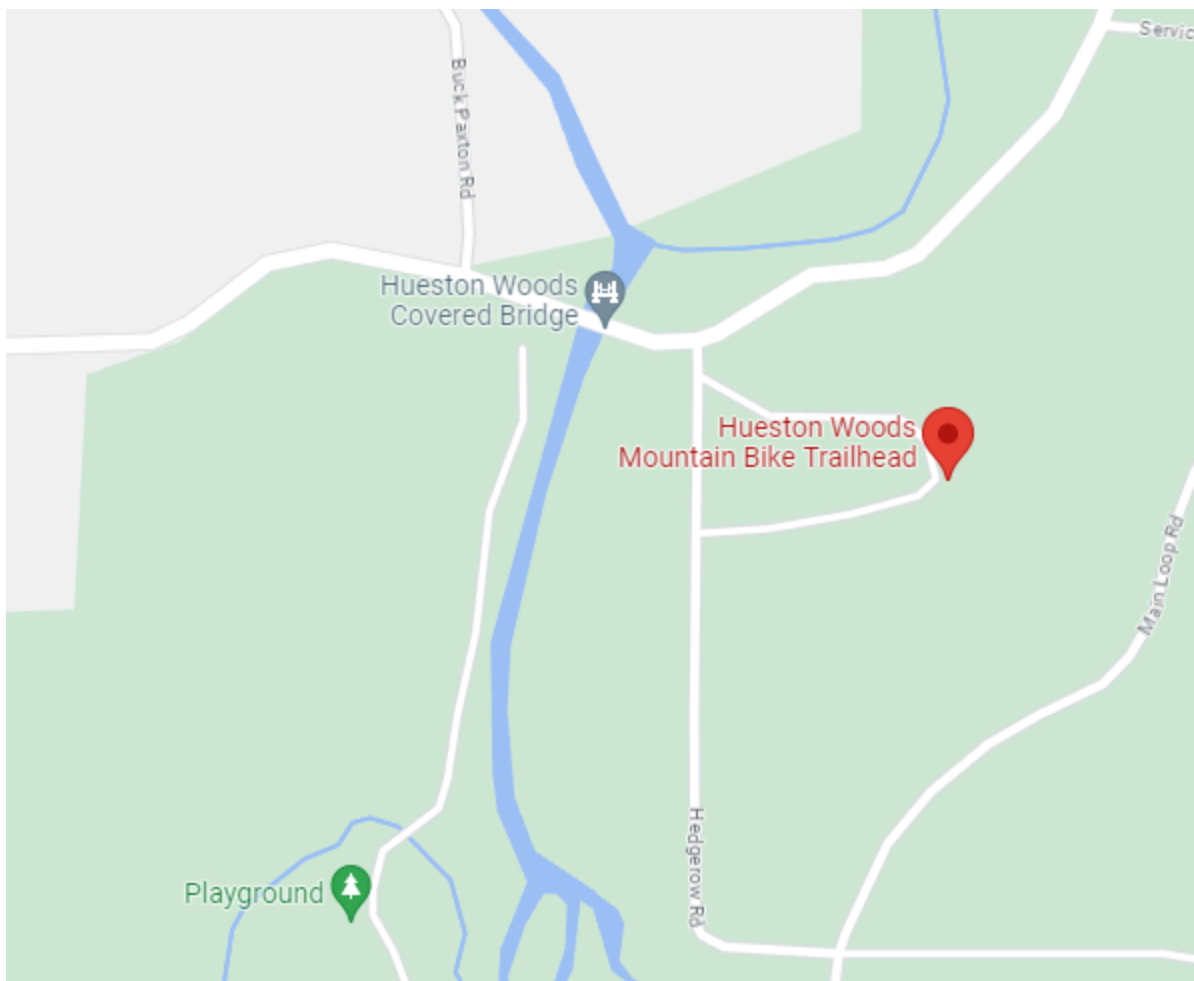


NICA

Address and Directions

Hueston Woods Mountain Bike Trailhead
College Corner, OH 45003

[Link to Google Maps](#)

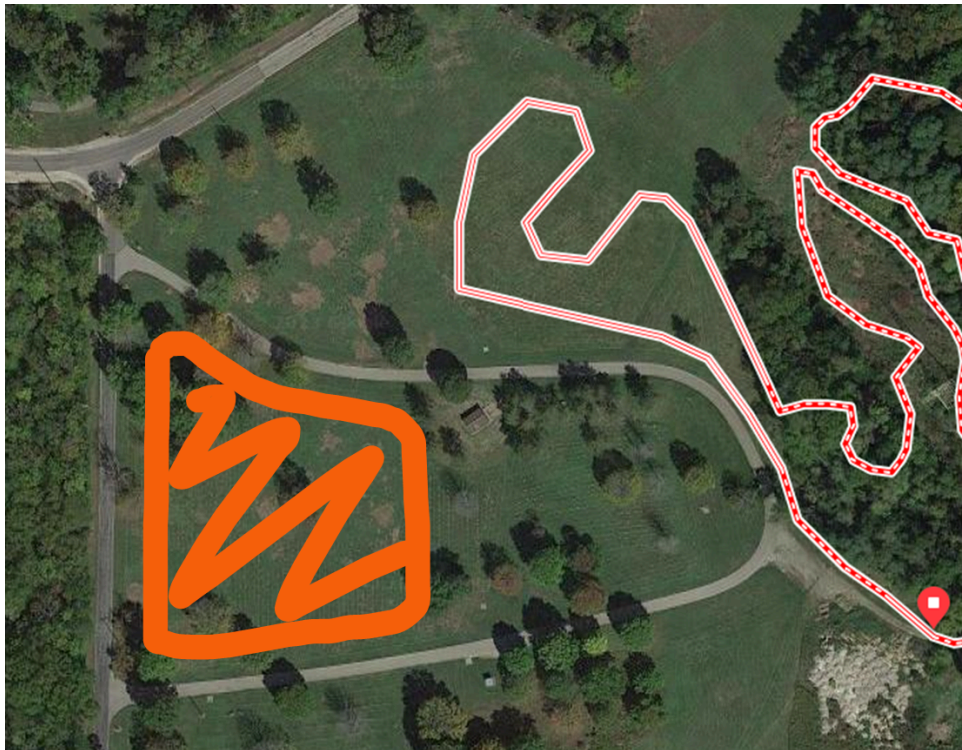




NICA

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 with parking
- 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



Parking is indicated by the orange shaded area. Additional parking can be found in the lot before the covered bridge.



Registration

Online registration closes on 9/03/2024 (Tuesday) at 11:59 PM

- 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 volunteer positions are NOW 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 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 spot! For more information, contact our Volunteer Coordinator Julia Wu at VolunteerCoordinator@ohiomtb.org

Event Weekend Schedule



Saturday

9:00 AM	Volunteer Shifts Begin (check-in at the Volunteer Tent)
11:30 AM	Pit Zone Access Open
12:00 PM	Registration Opens
12:30 PM	*Coaches Pre-Ride (meet at the Finish Line Arch)
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 Miami Valley Mountain Bike Association

****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
8:00 AM	Volunteer Shifts Begin (check-in at the Volunteer Tent)
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)
10:15 AM	Staging - Wave 2 (Middle and High School Girls)
10:30 AM	Racing Begins (MS and HS Girls)
11:30 AM	Registration Closes
11:50 PM	Staging - Wave 3 (High School Boys and High School Open)
12:05 PM	Racing Begins (HS Boys and Open)
1:15 PM	Racing Concludes
1:20 PM	Pit Zone and Infield Breakdown Begins
3:00 PM	Awards Ceremony** (** may be earlier depending on finish and tear down times)

****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!



NICA

- 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 -1:30PM)

GRiT Pre-Ride (Saturday 1:30 PM - 2:30 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!



Scavenger Hunt!

A list of 50 items will be provided (e.g., somebody in overalls, somebody in a cow shirt, etc.) each with their own associated score. Teams consist of 2 - 4 student athletes and must have riders from more than one NICA team. Take a picture of each item on the list you find and we will tally up the scores at the end of the grit activity!

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

- [Ohio Mountain Bike League Facebook](#)
- Instagram: @OhioMTBLeague

Wave Start Times and Early Finish

This is a mass start event. Student athletes should report to staging 15 minutes prior to their grade start time.



Early finish times are designed to ensure that riders are racing within the specified race duration. For example, if a rider has a maximum of 2 laps in a 45 minute race but takes 40 minutes to complete one lap, their race will end on lap 1 and they will still be placed and scored. To aid in this we have developed the Go-No Go board so that riders and coaches know that it is their last lap.

This year we have added a 10 minute buffer in an attempt to allow more riders to finish the maximum number of laps! For example, if a rider has a 40 minute race duration and a maximum of two laps, as long as they finish their first lap in 25 minutes (40 minute race duration +10 minute buffer)/ 2 laps) they would be able to continue on to a second one.

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)	9:17 AM	30 - 40 minutes	Red
Middle School C (6000's)	9:19 AM	25 - 35 minutes	Black

Wave 2: High School and Middle School Girls

CATEGORY (NUMBER SERIES)	START TIME	ESTIMATED DURATION	RACE PLATE COLOR
Varsity Girls (0 - 10's)	10:30 AM	50 - 70 minutes	Orange
JV Girls (100's)	10:30 AM	45 - 60 minutes	Green
Middle School A Girls (1000's)	10:32 AM	40 - 50 minutes	Dark Blue
Middle School B Girls (2000's)	10:34 AM	30 - 40 minutes	Red



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Wave 3: High School Boys and Open

CATEGORY (NUMBER SERIES)	START TIME	ESTIMATED DURATION	RACE PLATE COLOR
Varsity Boys (50-100's)	12:05 PM	50-70 minutes	Orange
JV1 Boys (800's)	12:07 PM	45-60 minutes	Green
JV2 Boys (500's)	12:09 PM	45-60 minutes	Pink
JV3 Boys (200's)	12:11 PM	45-60 minutes	Light Blue
Open (7500's)	12:13 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.

The NICA National Handbook can be found [here](#).



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, 09/08/24 at 8:30 AM** at the finish line arch. Each team **MUST** have 1 representative present at the meeting.

Contact Information



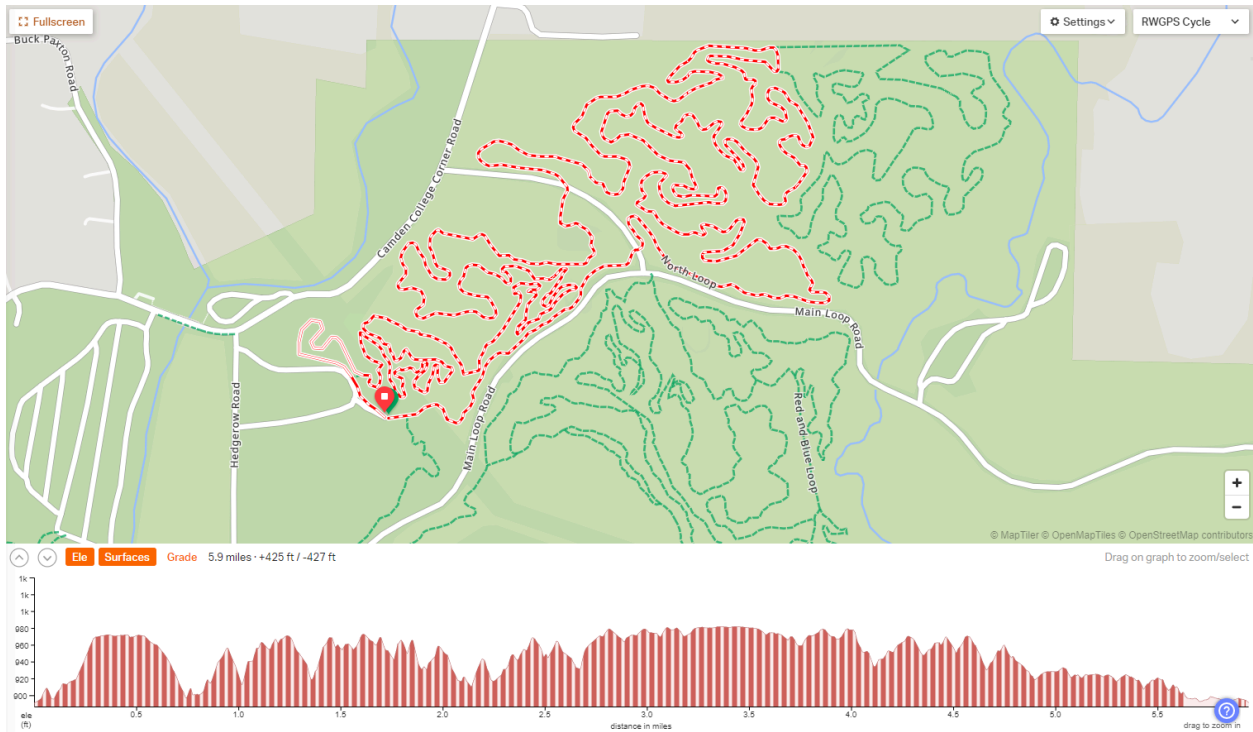
General League Questions: **Jen Malik:** info@ohiomtb.org
Race/Venue Specific Questions: **Ralph Ruppe:** ralph@ohiomtb.org
Rule Specific Questions: **Doug Fisher:** info@ohiomtb.org
Registration Specific Questions: **Julia Wu:** Volunteercoordinator@ohiomtb.org

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 - High School (6.5 mi)

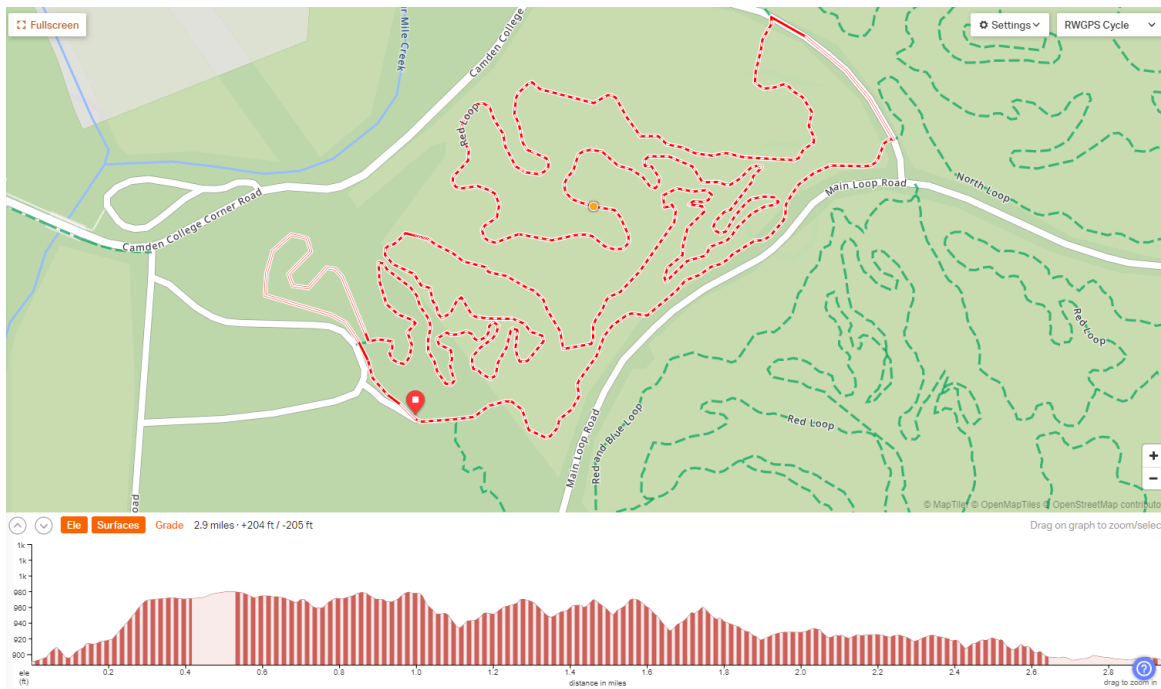


[GPX File HERE!](#)

NOTE: The mileage listed in the RideWithGPS file is short due to route smoothing.



Race Course - Middle School (3.2 mi)



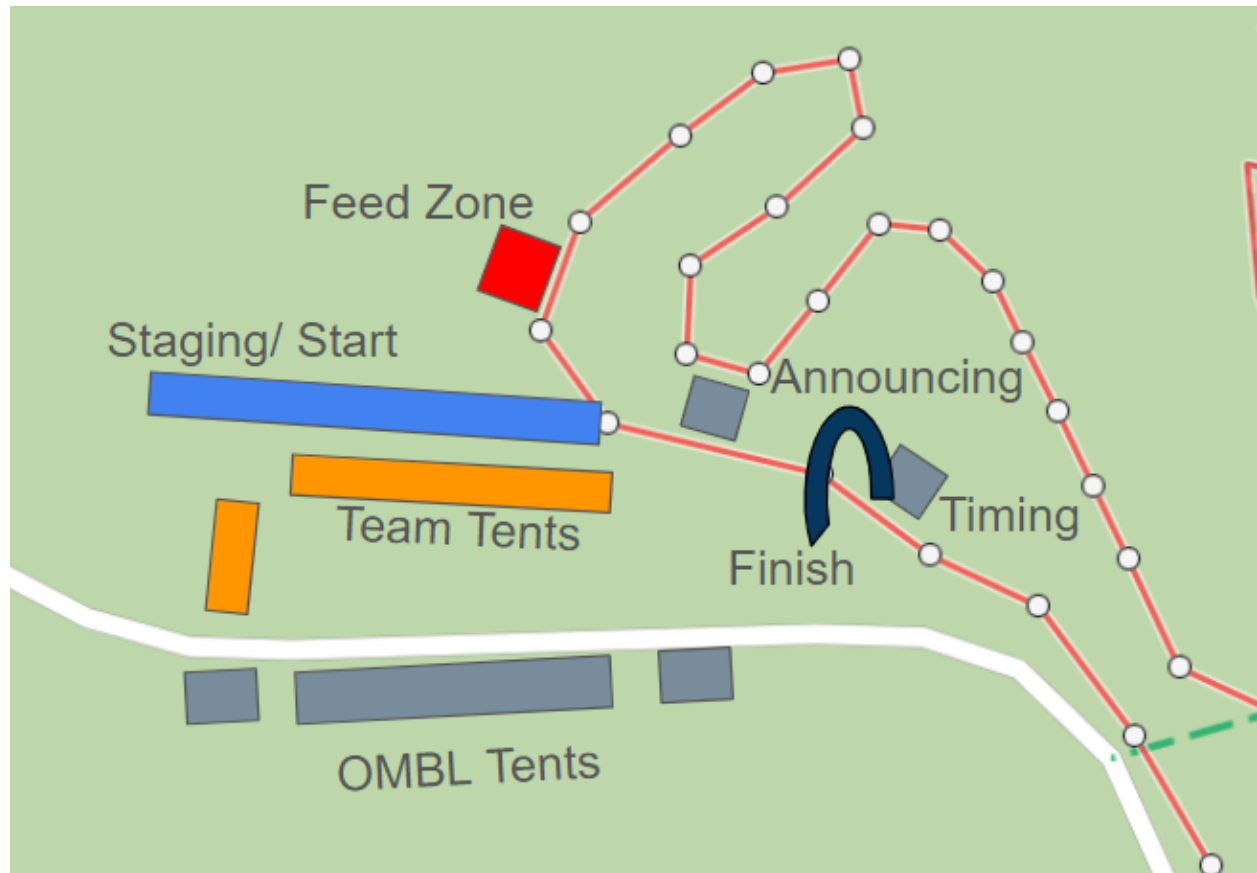
[GPX File HERE!](#)

NOTE: The mileage listed in the RideWithGPS file is short due to route smoothing.



NICA

Hueston Woods Infield Set-Up





NICA

NICA CORE VALUES



League and National Sponsors

Besides the sponsors listed below, 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.