



**Cathedral Pines**  
116 Yaphank Middle Island Rd,  
Middle Island, N  
East End XC  
April 14th 2019



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**Race Day Sunday April 14th First Start Time: 9:30 AM**  
**Pre-Ride Saturday April 13th 3:00pm - 5:00pm**

**RACE DESCRIPTION:**

The race starts out across the grassy field heading toward the course entrance. Fast single track with a few small up hill sections for the first 1 mile will get the heart pumping. As riders come up to the Boundary Line trail the race gets fast and twisty! The flowing single track continues with a tons of hairpin turns, riders will have to power up out of each turn to keep the flow. Be ready to keep a good pace riders because this race is a non tech, flow course! The Middle School Course strts the same as the High School course. As riders reach the single track just after Boundry Line the course will turn left into spoky forst for a grassy finish.



**PRE-RIDE:** Course is open for pre-ride **Saturday afternoon (3:00 PM-5:00PM) NO RIDERS OR COACHES WILL BE ALLOWED ONTO THE COURSE BEFORE THIS TIME** & Sunday morning (7:00 AM-9:00 AM). We recommend all riders pre-ride the course. *Please pass course workers with great care.*

**DIRECTIONS FROM THE NORTH :**

[Best Directions Westchester NY](#)  
[Best Directions Norther NY](#)  
[Best Directions North/West NY](#)

**ACCOMODATIONS:**

**Camping:**

[Cathedral Pines Camping](#)

NICA NY WILL BE CAMPING

**Hotels:**[Hotels Yaphank NY](#)

**OTHER IMPORTANT NOTES**

**Coaches Meeting Starts 9:00am Sharp PLEASE BE ON TIME**

- 1. Race #1 Volunteer [Volunteer Spot](#)**
- 2. Team Pit Zone tents can be set up Saturday and left overnight. NICA NY does not assume responsibility for any damage or theft of Team Pit Zone items left overnight.**
- 3.Pack In Pack Out: All Garbage must be brought to an available dumpster or taken off the property after the race is over.**
- 4. BBQ's are welcome. All Fires must be extinguished before leaving your team**
- PIT ZONE. NO COALS CAN BE DUMPED OUT IN THE OPEN FIELD OR ON ROAD WHILE HOT**
- 5. We Like Dogs. BUT!!! Please pick up after them and keep Old Yellow on a leash for us!! Thank**

# First Start Time 9:30

Category	Start Time	Laps	Distance
<b>WAVE 1</b>			
Freshman Boys	9:30am	2	11.2
Freshman Girls	9:34am	2	11.2
MS 8th Grade Boys	9:40am	2	7.6
MS 7th Grade Boys	9:43am	2	7.6
MS 6th Grade Boys	9:46am	2	7.6
MS Girls	9:49am	2	7.6
<b>WAVE 2</b>			
Varsity Boys	11:30am	4	22.8
JV Boys	11:33am	3	17.1
Varsity Girls	11:36am	3	17.1
JV Girls	11:39am	3	17.1
Sophomore Boys	11:42am	3	17.1
Sophomore Girls	11:45am	3	17.1

*Note: Course Milage my change due to wet weather or down trees. Please note, any changes to the millage of the course will be no more or no less than a 1/4 mile difference. Final lap count decision per category will be finalized and confirmed at the start of each race. We hope you will stay after the race for the award ceremony.  
Please have your riders at the start line 5 minutes before each start time*

## **REGISTRATION INFO**

**Please register in advance in the NICA Pit Zone - "Race Ready" status should indicate YES**

Contact Registration Services ([registration@nationalmtb.org](mailto:registration@nationalmtb.org)) with questions or problems.

**Race day registration is possible on site up to 1 hr prior to first start tim,  
but ties up volunteer resources and will cost you more.**

*\$10 New York League registration + \$10 race fee*

**Coaches will distribute race numbers. Keep for season. Race Plate replacement fee, if lost - \$10.00**

**Every rider must check in on race day at Registration tent.**

### **2019 Race Pricing**

	Cost	Late Fee At Race
League Registration Fee	\$65 HS	\$10*
	\$35 MS	\$10*
Race Fee (per-race)	\$35 ALL	\$10*

***\*late fee goes into effect at midnight on Wednesday before the race***

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