



Cathedral Pines
116 Yaphank Middle Island Rd,
Middle Island, N
Pinewood XC
May 7th 2017



Race Day Sunday May 7th First Start Time: 9:30 AM
Pre-Ride Saturday May 6th 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!

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](#)

ACCOMODATIONS:

Camping:

[Cathedral Pines Camping](#)

NICA NY WILL BE CAMPING

Hotels:

SpringHill Suite 2 Sawgrass Dr, Bellport, NY 11713

Fairfield Inn 2695 NY-112, Medford, NY 11763

OTHER IMPORTANT NOTES

1. Race #3 Volunteer Teams: Cazenovia-Long Island Hurricanes-NYC-Cranks-Queensbury Spartans

[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.

Category	Start Time	Laps	Approx. Distance
WAVE 1			
Freshman Boys	9:30am	2	11.4
Freshman Girls	9:34am	2	11.4
MS 8th Grade Boys	9:40am	3	8.7
MS 7th Grade Boys	9:43am	3	8.7
MS 6th Grade Boys	9:46am	3	8.7
MS Girls	9:49am	3	8.7
WAVE 2			
Varsity Boys	11:30am	4	22.8
JV Boys	11:33am	3	17.1
Sophomore Boys	11:36am	3	17.1
Varsity Girls	11:39am	4	22.8

JV Girls	11:42am	3	17.1
Sophomore Girls	11:45am	3	17.1

Note: 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.

REGISTRATION INFO

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

Contact Registration Services (registration@nationalmtb.org) with questions or problems.

Race day registration is possible on site up to 1 hr prior, 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.

2017 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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