



GURNEY LANE
118 Gurney Lane - Queensbury, NY
Adirondack XC,
May 20th th, 2018
Race #4



Race Day Sunday May 20th First Start Time: 9:30 AM
Pre-Ride Saturday May 19th 3:00pm - 5:00pm
Gurney Lane - Queensbury NY

RACE DESCRIPTION:

MS Course:

Start with exciting lap around the field is your start. As riders exit the field, there is a brief section of singletrack before racing down a nice doubletrack descent. At the top of the next climb, riders will turn onto a short, twisty section of singletrack. Keep the speed up on the next descent as it feeds into a doubletrack climb where you will have a great opportunity to move up in position. You will make a hard right onto "Race Course"...keep the pressure on the pedals, pump the rollers, and the trail will live up to its name. After climbing the new machine-built bench cut, you will be taking a left onto "Salsa" where you will be able to work on your flow. As you pop out of "Salsa," the spectators will be cheering you on as you head back up a slightly uphill double track section before continuing on "Surf." Find some speed on the descent before turning left and riding up another beautifully sculpted machine-built climb. Can you pump the rollers uphill to maintain your speed? A quick left at the top will take you down "Rogue." Make sure you feather the brakes prior to hitting the sharp right turn or you may ride up and over the berm. "Rogue" dumps you out onto some more double track, but don't lose your focus because this section is BUMPY and you will be rewarded for picking the correct line. Check your brakes again as you make a left at the "T" intersection and pop out into the parking lot to complete the lap.

HS Course:

Follow the MS Course as mentioned above, except turn right at the last "T" intersection. Another quick right will confirm that this is the end of the machine-built trails and time for some more technical, traditional singletrack riding. Will you be able to deal with the steep switchback turns of "Deal With It?" Continue right, up "Rogue" and try to catch your breath before hitting the fun, twisty, turns of "Erratic." Use caution on the last, downhill section as it is a little loose and you will be making a hairpin right to descend the other side of "Rogue." Turn right and cross the bridge over the stream to head up the rocky, technical climb that is "Excalibur." Turn left at the top to begin your fast, flowy descent down "Twitter" and "Homepage." This is a great place to catch your breath before popping out into the parking lot, and continuing another lap.

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 :

Take I-87S to exit 20. Turn right on County Route 23 (Gurney Lane). Turn right on Carol Thomas Lane and park in the large parking area.

DIRECTIONS FROM THE SOUTH:

Take I-87N to exit 20. Turn right on US-9 South. Turn right on County Route 23 (Gurney Lane) and cross the over the Northway. Turn right on Carol Thomas Lane and park in the large parking area.



ACCOMMODATIONS:

Camping:

[Lake George Campsites](#), 1053 Route 9, Queensbury, NY, 518-798-6218 (confirmed availability)

[Moreau Lake State Park Campground](#), 605 Old Saratoga Road, Gansevoort, NY 518-793-0511 (confirmed availability)

[Luzerne State Campground](#), 892 Lake Avenue, Luzerne, NY 518-623-1200 (confirmed availability)

Hotels:

[Clarion Inn & Suites](#), 1454, US-9, Lake George, NY, 518-793-3196

[Six Flags Great Escape Lodge](#), 89 Six Flags Drive, Queensbury, NY, 518-824-6000

[Country Inn & Suites](#), 1130 US-9, Queensbury, NY, 518-745-0180

[Econo Lodge](#), 1449 US-9, Lake George, NY, 518-792-3000

[Sleep Inn & Suites](#), 906 US-9, Queensbury, NY 518-955-3000

[Comfort Suites](#), 1533 State Route 9, Lake George, NY 518-761-0001

Many more in Queensbury and Saratoga area

VOLUNTEER [Volunteer Spot](#)

OTHER IMPORTANT NOTES

1. Race #5 Volunteer Teams: HRRT R-Cubed, Spa-City, Otsego Composite, Fayetteville Manlius, Qby

A volunteer link will be available two weeks before the first race. We are currently up dating the link and volunteer jobs list

2. Parking is free. Please park in the large parking lot on Carol Thomas Lane rather than in the park. Parking in Gurney Lane will be reserved for team cars only.

3. 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.

3a. NO OVER NIGHT PARKING OR CAMPING IS ALLOWED IN TH PARK

4. [Trail Map](#)

5. [MS Course](#)

6. [HS Course](#)

Category	Start Time	Laps	Approx. Distance
WAVE 1			
Freshman Boys	9:30am	2	10
Freshman Girls	9:34am	2	10
MS 8th Grade Boys	9:40am	3	10.5
MS 7th Grade Boys	9:43am	3	10.5
MS 6th Grade Boys	9:46am	3	10.5
MS Girls	9:49am	3	10.5
WAVE 2			
Varsity Boys	11:30am	3	15
Varsity Girls	11:33am	3	15
JV Boys	11:36am	3	15
JV Girls	11:39am	3	15
Sophomore Boys	11:42am	3	15
Sophomore Girls	11:45am	3	15
		Please Know Lap Mileage Can Change Do To Trail Conditions	Please Know Lap Mileage Can Change Do To Trail Conditions

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.

2018 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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