



## Oneonta Epic XC

130 East St., Oneonta, NY

May 19, 2019

Race #4



**Race Day Sunday 5/19/2019 First Start Time: 9:30 AM**  
**Pre-Ride Saturday 5/18/2019 3:00pm - 5:00pm**



### RACE COURSE DESCRIPTION:

The race starts in the sports practice fields of OHS winding through a grassy area before riders will ride across small bridge on their way to the single-track. Riders will make a right turn onto a single track trail winding their way through the Tamarack and Red Pine forest overlooking the start/finish area. Riders will come to the course split a few hundred yards into the single-track. MS will continue to the right for a steep short climb and then back into the main course. HS riders go to the left and take on the second section of singletrack for about a mile. Tricky stream crossing, log ramp overs and flowing trails await you through the pines. Riders then will take a sharp right onto the double track climb (longest climb of the course) as they start to descend back down across the bridge it will be a soft right back onto single track to a mostly rooty-rocky descent. The MS course comes back here. The loose rocky single track will make each rider slow down to stay in control! Once at the bottom, riders take a S-turn left continuing on single-track and traverse over to the Wilber Park area. Enjoy the fast, smooth, flat sections of the village park for about 1 mile. You will pass through the tennis courts and swimming pool areas before heading back into the woods. A short paved climb up to more single-track, a troll bridge and short steep climb to the left before descending to the "Berm" trail and back to the finish in the field.

**PRE-RIDE:** Saturday afternoon 3-5 PM **Please Note Riders must have a number plate on the bike if on the course at any time and are not allowed to be on the course before the time listed.**

Sunday morning 7-9 AM We recommend all riders pre-ride the course.

Please pass course workers & marshalls with great care.

### Location/Adress:

[Oneonta High School](#)

### DIRECTIONS FROM S/E New York :

[Google Maps](#)

### DIRECTIONS FROM N/E New York:

[Google Map](#)

### DIRECTIONS FROM N/W New York:

[Google Maps](#)

### ACCOMMODATIONS:

[Camping Near The Race Venue](#)

[Hotels](#)

Calling All Volunteers

**VOLUNTEER Sign-Up Coming Soon**

Category	Start Time	Laps	Approx. Distance
<b>WAVE 1</b>			
Freshman Boys/Girls	9:30am	TBD	TBA
Middle School Boys/Girls	9:40am	TBD	TBA
<b>WAVE 2</b>			
Varsity Boys	11:30am	TBD	TBA
JV Boys	11:33am	TBD	TBA
Sophomore Boys	11:36 am	TBD	TBA
Varsity Girls	11:39am	TBD	TBA
JV Girls	11:42am	TBD	TBA
Sophomore Girls	11:45am	TBD	TBA

*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](mailto: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.**

**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*
	\$30 MS	\$10*
Race Fee (per-race)	\$30ALL	\$10*

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

**NICA New York Cycling League  
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