



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
WAVE 1			
Freshman Boys/Girls	9:30am	TBD	TBA
Middle School Boys/Girls	9:40am	TBD	TBA
WAVE 2			
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) 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***

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