



Norwich's Upper Ravine
279 County Road 46, Norwich NY
ESCAPE THE KEEP XC
22-23 May 2021



Saturday May 22, 2021
Middle School Race Day & Pre Ride

Sunday May 23, 2021
High School Race Day & Pre Ride

RACE COURSE DESCRIPTION:

Start Line: Grassy field 150 yard loop

Type Of Terrain: Mix of quick climbs, flowy descents, a few flat sections, both technical and non-technical

Trail Description: 60% Single Track, 40% Double Track

Elevation: Approximately 335ft per lap

Finish Line: Grassy field

The course will start out with a loop around the grassy infield where it leads out onto a short section of the Upper Ravine seasonal road, banking a right turn up into the County's trail network. Riders hit a short double track section where they quickly turn left onto the Little Quarry trail that'll lead them to a right hand turn onto the lower portion of Pizza the Hut single track. The riders will climb Pizza-the-Hut to the intersection with the upper portion of Dark Helmet, a tight flowy section of single track climbing to the top portion of the course. At the top, riders will turn right to reverse the Way Up double track down to a left onto the Cut-Off trail and then a quick right onto the lower section Spoonman single track – descending down onto the flowy Witches Brew single track, with a quick circle around the Lonely Oak. From the big old oak, more single track downhill flow to the top of Poison Ivy. Here the riders will bank a hard left onto a descent via more double track down to the Steve's Stones loop – a mix of double/single track with one heck of a climb back up to Bunker Hill. Riders will bear left onto Bunker Hill, some technical single track that'll lead over to the upper section of Poison Ivy – the best flowing single track on the hillside – descending down Ivy, back onto the lowest section of Bunker Hill leading out of the woods, with a hard left back onto the Upper Ravine seasonal road with 150 yards back to the Go-Go-Go start / finish line. It's a 3.35 mile race course with everything, around 335 feet of elevation that'll prove to be one heck of a course for all abilities.

We highly recommend riding up to the top of the trail network (the old quarry) while here to the city overlook. The trail network is in MTB Project here:

<https://www.mtbproject.com/trail/7054092/cit-entrance>

PRE-RIDE

Middle School: Saturday morning from
10:30am to 12:30pm
Please leave from the Start/Finish chute.

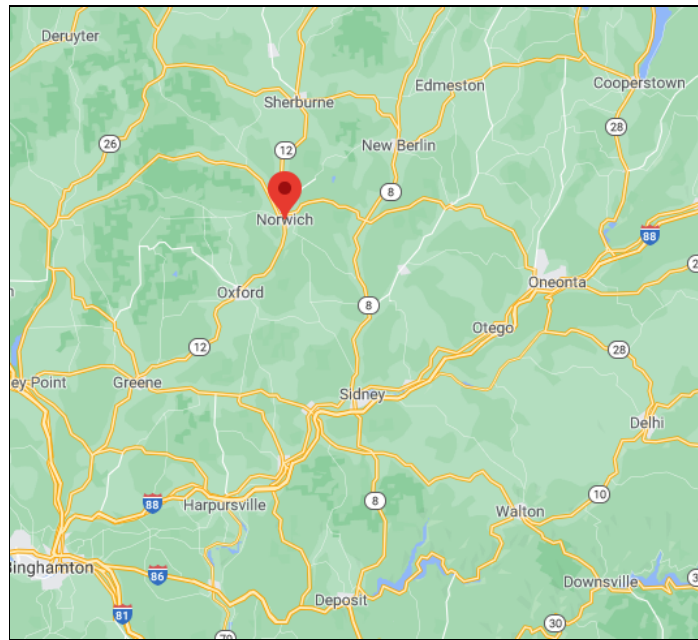
High School: Sunday morning from
7:30am to 9:30am
Please leave from the Start/Finish chute.

**Please do not ride the course before
we open the course on race weekend.
SATURDAY OR SUNDAY-
All Riders & Coaches Must Have Their
NICA NY Race Plate On The Bike When
Riding The Course.**

We recommend all riders pre-ride the
course.

Please pass course workers with great care

DIRECTIONS



From the Catskills/City:

<https://goo.gl/maps/3DD92Le9jSuMb1dv8>

From Albany/Oneonta area:

<https://goo.gl/maps/Zxvt54XH4vJpeR3b7>

From Syracuse area:

<https://goo.gl/maps/1hr5n2wBAvmLeh3N8>

From Utica area:

<https://goo.gl/maps/bLKrVZ45anJAD9ix6>

ACCOMODATIONS

Hotels:

Super 8 (Norwich) by Windham - <https://www.reservations.com/hotel/super-8-norwich>

Red Roof Inn (Norwich) - <https://www.reservations.com/hotel/howard-johnson-hotel-norwich>

Fred's Inn (Norwich) - <http://fredsinn.com/lodging.html>

Super 8 (Sidney) by Windham - <https://www.reservations.com/hotel/super-8-motel-sidney>

Sherwood Hotel (Greene) - <https://www.thesherwoodhotel.com/booking>

Colgate Inn (Hamilton) - <https://www.innatcolgate.com/>

Camping:

Chenango County Fairgrounds in Norwich (4 miles from venue) - Contact Rob Baker; Airstreamnut@gmail.com or cell (607) 244 2520. More details to come but a nice little spot to relax and close to downtown.

Tall Pines Campground - <https://tallpinescampgroundny.com/>

Bowman Lake State Park (9 miles from venue) - <https://parks.ny.gov/parks/76/>

B&D Pool (RVs / Camping trailers (closest to venue)) - <http://www.bdpoolspa.com/rvpark.html>



Saturday - Middle School

First Start Time 1:00 pm

Category	Start Time	Race Time	Lap Distance
Saturday MS			
Boys 8th	1:00	45min	3.2 each lap
Boys 7th	1:55	45min	3.2 each lap
Boys 6th	2:55	45min	3.2 each lap
Girls 8th	3:55	45min	3.2 each lap
Girls 7th	4:00	45min	3.2 each lap
Girls 6th	4:05	45min	3.2 each lap

Note: Lap mileage may change due to course conditions at the time of the race. Best efforts will be made to minimize any changes to the mileage of the course. Final lap count decisions by category will be finalized and confirmed at the start of each race. Please have your riders at the Corral Box staging area 10 minutes before each start time.

OTHER IMPORTANT NOTES

- ☐ Coaches Meeting- 12:30 at the First Aid Tent
- ☐ Riders should be in their Corral Box 10 minutes before each race. Boxes will be numbered 1-6
- ☐ Call Ups Will called at race 3. Top 10 riders in category series will be called to the start line. All other riders will be called to the line by corral number.
- ☐ Award Ceremonies will be held after each category race is over.
- ☐ **Race Day Volunteers NEEDED!! Please sign up at the NICA NY Volunteer Spot! We need & appreciate your help! Can We do it! YES WE CAN!!!**
- ☐ Pack In Pack Out: All garbage must be brought to an available trash receptacle or taken off the property after every race weekend is over.
- ☐ BBQs are welcome. All fires must be extinguished before leaving your team Pit Zone.
- ☐ Jason Needs A Burger! Medium, no cheese please!
- ☐ NO COALS CAN BE DUMPED IN THE OPEN FIELD OR ON ROAD WHILE HOT.
- ☐ We like dogs...BUT please pick up after them and keep Old Yellow on a leash for us!!



Sunday - High School

First Start Time 10:00 AM

Category	Start Time	Race Time	Lap Distance
Sunday HS			
Boys Freshman	10:15	60min	3.2 each lap
Boys Sophomore	11:15	60min	3.2 each lap
Boys Varsity	12:15	75min	3.2 each lap
Boys JV	12:30	60min	3.2 each lap
Girls Freshman/Sophomore	1:10	60min	3.2 each lap
Girls Varsity	1:00	75min	3.2 each lap
Girls JV	1:05	60min	3.2 each lap

Note: Lap mileage may change due to course conditions at the time of the race. Best efforts will be made to minimize any changes to the mileage of the course. Final lap count decisions by category will be finalized and confirmed at the start of each race. Please have your riders at the Corral Box staging area 10 minutes before each start time.

OTHER IMPORTANT NOTES

- ☐ **Coaches Meeting- 9:45am at the First Aid Tent**
- ☐ **Riders should be in their Corral Box 10 minutes before each race. Boxes will be numbered 1-6**
- ☐ **Call Ups Will called at race 3. Top 10 riders in category series will be called to the start line. All other riders will be called to the line by corral number.**
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- ☐ **Thanks**



2021 REGISTRATION

!!!!!! NO DAY OF REGISTRATION !!!!

**Registration will close Wednesday May 19th at midnight
NO DAY OF REGISTRATION FOR RACE OR SEASON**

Due to the pandemic we will not be able to register Riders & Volunteers on Saturday or Sunday on race weekends. You MUST register in advance in the NICA Pit Zone and the Volunteer Spot Site (see link above).

“Race Ready” status should indicate “YES”

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

Coaches will distribute Race Plates to riders at Race One.

All riders keep the same Race Plate for the season.

Race Plate replacement fee, if lost is \$10.00

Every rider must check in on race day at the Registration Tent.

Please Pre-Register For Races

NO DAY OF REGISTRATION

Race Fee: \$30.00 per race



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