



Cathedral Pines County Park
116 Yaphank Middle Island Rd
Middle Island, NY
Twisted XC
April 17-18, 2021



Saturday April 17th, 2021
Middle School Race Day & Pre-Ride

Sunday April 18th, 2021
High School Race Day & Pre-Ride

RACE COURSE DESCRIPTION:

Start Line: Flat grassy field

Type Of Terrain: Mostly flat, fast, flowing, non-technical

Trail Description: 70% singletrack, 30% doubletrack

Elevation: Approximately 100ft per lap

Finish Line: Flat grassy field

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.

NO RIDERS OR COACHES WILL BE ALLOWED ON THE
COURSE BEFORE THESE TIMES
SATURDAY OR SUNDAY

We recommend all riders pre-ride the course.
Please pass course workers with great care!

DIRECTIONS:

[Northern NY](#)

[North West NY](#)

[Southern NY](#)

ACCOMODATIONS:

Hotels:

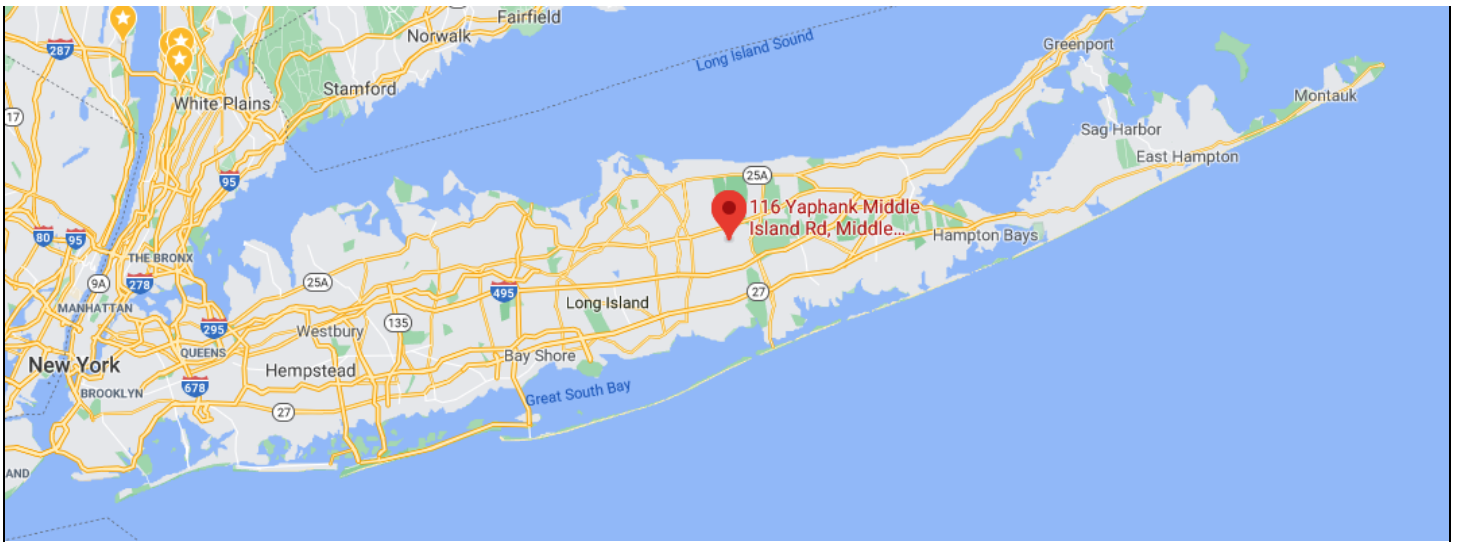
[Marriott](#)

[Hampton Inn](#)

[Holiday Inn](#)

Camping:

[Please Call Ahead To Reserve](#)



Saturday - Middle School

First Start Time 1:00 pm

Category	Start Time	Race Time	Lap Distance
Saturday MS			
Boys 8th	1:00	45min	3.5 each lap
Boys 7th	1:55	45min	3.5 each lap
Boys 6th	2:55	45min	3.5 each lap
Girls 8th	3:55	45min	3.5 each lap
Girls 7th	4:00	45min	3.5 each lap
Girls 6th	4:05	45min	3.5 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
- ☐ 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!!
- ☐ Thanks



Sunday - High School

First Start Time 10:00 AM

Category	Start Time	Race Time	Lap Distance
Sunday HS			
Boys Freshman	10:15	60min	3.5 each lap
Boys Sophomore	11:15	60min	3.5 each lap
Boys Varsity	12:15	75min	3.5 each lap
Boys JV	12:30	60min	3.5 each lap
Girls Varsity	1:00	75min	3.5 each lap
Girls JV	1:05	60min	3.5 each lap
Girls Freshman/Sophomore	1:10	60min	3.5 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**
- ☐ **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!!**
- ☐ **Thanks**



2021 REGISTRATION

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

**Registration will close Tuesday APRIL 13th at midnight before RACE ONE
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



jason@newyorkmtb.org Phone: 914.500.7821