

IRONHOURSE ROUND-UP

UP-TO-DATE 2016 EVENT INFORMATION FROM THE NEVADA INTERSCHOLASTIC CYCLING LEAGUE



Race Description

The second race of the Nevada League takes us to Hidden Valley Regional Park. Known by locals as the go-to mountain bike trails regardless of weather or time of year, Hidden Valley provides a sharp contrast from the tree line trails of the Tahoe XC nordic center. Bring plenty of water and sunscreen. Caution here to stay on the trail as embedded rocks lie just to the side hidden amongst the ground cover. The High school course is 4.4 miles in length with 407' of climbing per lap. The shorter Middle school course is 2.75 miles, 203' per lap. Complete course route, elevation profile, including a GPX file can be found on the Nevada League website.

Pre-Ride

All racers can pre-ride and inspect Friday afternoon (2:00PM-5:00PM) and Saturday morning (8:00AM-9:00AM). We recommend all riders pre-ride the course. Please pass course workers with great care.

Infield PitZone Info and Rules

- Infield PitZone will have your team's area pre-marked and is open to vehicles for unloading/loading only.
- No open fires or generators allowed.
- No dogs off leash.
- Please be considerate of our venue and use the trash receptacles where provided. Pack out what you pack in.
- No smoking.
- No inappropriate language.
- Conflicts and/or disputes with any race official or volunteer shall not be addressed in the PitZone.
- Any violation of the above rules may result in a team penalty and/or expulsion from the PitZone and Infield area.

Race Day Support

Mechanics will be on hand Saturday to provide last minute adjustments and repairs for our racers in the neutral support area.

Volunteering at Our Events

Volunteers make our events possible. If you'd like to volunteer for Nevada League events, or any of our other races, please visit the Nevada League website at Nevadamb.org and go to the Volunteer section for a listing of volunteer positions.



LOCATION

Hidden Valley Regional Park
4740 Parkway Drive, Reno, NV 89502

DIRECTIONS

FROM I-80

- Head southwest on S McCarran Blvd
- Keep right to continue on NV-659/S McCarran Blvd - 1.9 mi
- Turn left onto Pembroke Dr - 1.9 mi
- Turn right onto Parkway Dr

FROM US 395

- Drive along Longley Ln and NV-659/S McCarran Blvd - 4.3 mi
- Follow Pembroke Dr to Parkway Dr - 2.5 mi

PARKING

Parking will be located at Hidden Valley Regional Park. When entering the venue, you will be greeted by our parking volunteer. They will direct you into the parking lot and make sure that everyone gets parked according to the staging lay out.

**Online Registration Closes
Wednesday 12pm Midnight
September 7th.**

RACE 2 | HIDDEN VALLEY REGIONAL PARK | SEPTEMBER 10, 2016

2016 RACING FEES

	HIGH SCHOOL	MIDDLE SCHOOL	LATE FEE AT RACE
League Registration Fee	\$60	\$50	\$10*
Race Fee (per race)	\$35	\$25	\$10*

*Late fee goes into effect at midnight on Sunday the week before a race

RACE CATEGORIES AND WAVE START TIMES

WAVE 1 (HIGH SCHOOL GIRLS)		START TIME	LAPS TOTAL	MILEAGE
Varsity Girls	1-49	9:30am	3	12.75 miles
JV Girls	100	9:34am	3	12.75 miles
Sophomore Girls	400s	9:38am	3	12.75 miles
Freshman Girls	700s	9:42am	3	12.75 miles
WAVE 2 (MS BOYS & GIRLS)		START TIME	TOTAL LAPS	MILEAGE
MS Boys Advanced	1000,2000	11:30pm	3	8.25 miles*
MS Boys	1000,2000	11:32pm	2	5.5 miles*
MS Girls	3000,4000	11:34pm	2	5.5 miles*
WAVE 3 (HIGH SCHOOL BOYS)		START TIME	LAPS TOTAL	MILEAGE
Varsity Boys	50-99	12:30pm	4	17 miles
JV Boys	300s	12:32pm	4	17 miles
Sophomore Boys	500s	12:34pm	3	12.75 miles
Freshman Boys	800s	12:46pm	3	12.75 miles

- Final lap count, distance and finish early time decisions per category will be finalized and confirmed at the start of each race.
- All categories stage 15 minutes prior to start time. Race start times subject to change.

* Middle school course is slightly different/shorter than the high school course.

Event Timing

All racers will receive a permanent number plate at their first event. Racers will need to use this plate for all 4 races, so please remove this number plate before mounting the bike on a roof rack to prevent loss. Replacement number plates will be available at the registration tent for \$25.

In order to participate, you need to meet **"Race Ready"** status.

HERE'S THE RACE READY CHECKLIST:

- Pit Zone information entered
- League Fee and Race Fee paid
- Release forms completed electronically in the Pit Zone (once per season)

Registration & League Payment

The Nevada Interscholastic Cycling League recommends avoiding long lines and taking advantage of early online registration. Riders registering "day of" at the race venue must register at least one hour before race starts. On-site race registration will be open 8:00am-11:30am on Sunday. Questions about race registration should be directed to registration@Nevadamtb.org.

On-site registration will result in a late fee of \$10 for Nevada League registration and a \$10 late fee for race registration. All racers must register at least one hour prior to their start time. To make race day more enjoyable, register in advance online using the Pit Zone.

Petitions for Category Placement

Those petitioning for exceptions to category placement must do so by Sunday, September 4th at midnight. No race day petitions will be accepted. Petitions must be emailed to Nevada League Director Doug Bedient at doug@Nevadamtb.org.

Other Important Notes

- Spectator viewing will be available at different locations
- No dogs off leash
- Please be considerate of our venue and use the trash receptacles whenever possible. Pack out what you pack in
- Series awards after events about 3:30 for individual and teams

Lodging

While We do not have any Camping or Lodging pre-arranged at this venue, there are many motel, hotel options available in the Reno/Sparks area.

Food

We will have a local food truck service available at the venue on Sunday for your dining pleasure.

Event Contacts

Race Director

Doug Bedient
doug@Nevadamtb.org

Coach Director

Jim Kelley
jim@Nevadamtb.org

Volunteer Coordinator

Lois Bedient
volunteer@Nevadamtb.org

Registration Questions?

registration@Nevadamtb.org

Nevada Interscholastic Cycling League Weather Policy

Our primary consideration is the safety of racers, race support staff, race visitors, and potential damage to the race course site.

Any decisions regarding canceling, postponing, or altering race start times, lap lengths, number of laps, etc. will be made jointly by the Nevada League director, the land manager, and the Nevada League chief referee.

Please review our complete weather policy at - <http://www.nevadamtb.org/event/weather-policy/>

