



NICA

ARKFELD ACRES

“Acre Shaker”

SEPTEMBER 11-12, 2021

COVID-19 Precautions

Please see [Nebraska NICA Community COVID-19 Expectations](#)

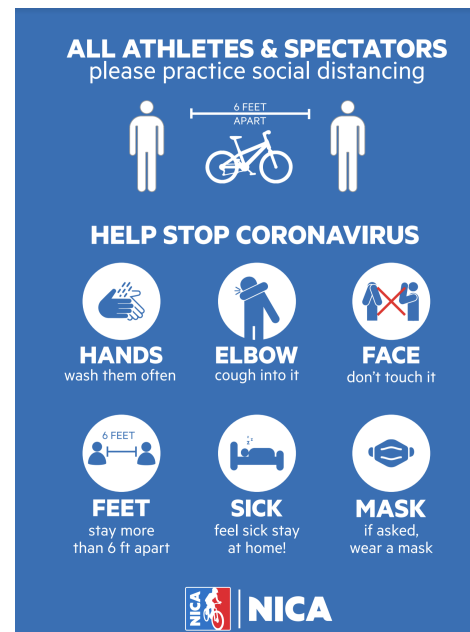
Health Department Guidance

The Nebraska League will be following to the best of our ability the guidance of the following health departments:

- [Center for Disease Control \(CDC\)](#)
- [Nebraska Department of Health](#)
- [Douglas County Department of Health](#)

Stay Home

Please stay home, if you have tested positive or been exposed to COVID-19 in the past 10 days (or 7 days if you have a negative test after waiting 5+ days from the positive test or exposure). If you have any COVID-19 symptoms, please stay home.



Post-Event COVID-19 Follow-up and Contact Tracing

Should you or any other attendee find you may have been contagious with COVID-19 during a NICA league event, please contact Matt Neel, Nebraska Race Director, matt@nebraskamtb.org. Matt will reach-out to each Team's Designated Reporter to ensure all event attendees are given pertinent information while keeping any self-reported health information confidential.



NICA

Venue Description

ARKFELD ACRES will host race #1 of the Nebraska Interscholastic Cycling League 2021 season. With an uphill start, riders will race for the hole shot as the course dives onto the single track at the top of the hill. Then it's a roller coaster riding on purpose built trails through the beautiful tree-lined farm land at Arkfeld Acres. Plenty of passing opportunities open up on this course as racers alternate between tree-lined singletrack trail and open areas all while giving spectators plenty of chances to cheer on their favorite racers.

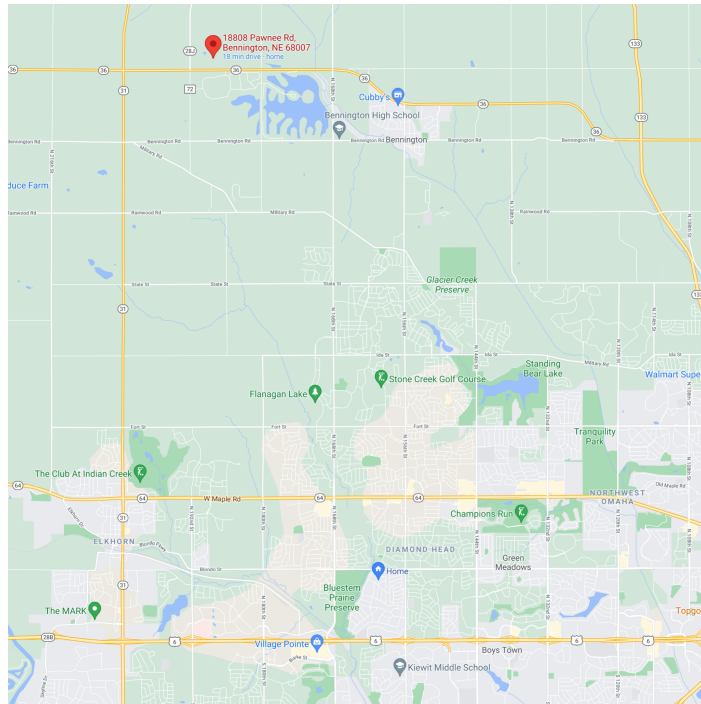


Areas off-limits to event attendees

During the event weekend, **both houses and the No Coast Bike Park are off-limits to ALL event attendees**, including NICA student-athletes and coaches, in an effort to reduce our impact to the property and/or injuries.

Address and Directions

Arkfeld Acres
18808 Pawnee Road, Bennington, NE 68007
www.arkfeldacres.com
[Google Directions](#)



Parking

Parking Information

- Vehicles must park in the designated parking areas
- All vehicles must abide by the instructions of parking volunteers and/or league staff. Any violators risk imposition of penalties against their respective team
- Handicap parking is available. Parking volunteers will direct you
- Vehicles must use the designated loading/unloading zone and immediately move to designated parking areas after unloading at the Pit Zone area

Registration

RACE REGISTRATION

Nebraska Season Registration and “practice-ready” in the NICA Pit Zone is required to participate. If you have registered for the season, you are automatically signed-up for each race.



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- We encourage registering and paying for the whole season via the Pit Zone ASAP, however, will also accept race-day season registrations.
- DO NOT LOSE YOUR RACE PLATE! Students will receive a race plate for the race series to be used for all races, so please take care of them. Race plates have chips on the back and require care to avoid damage. There is a **\$10 fee** to replace race plates if lost, or forgotten. Replacement plates are at registration.

LEAGUE REGISTRATION

To register in the Nebraska League, contact your Team Director or contact Kari Ramsey, Associate League Director at kari@nebraskamtb.org.

	MIDDLE SCHOOL*	HIGH SCHOOL*
League Registration (annual)	\$295	\$295
Race Entry Fee (per race)	included	included

** Scholarships and financial assistance are available, for more information email Kari Ramsey, Associate League Director, kari@nebraskamtb.org*

Volunteering at our Events

[CLICK HERE TO VOLUNTEER!](#)

Race day would not be possible without the incredible work of our volunteers! It takes a “village” to put on quality youth mountain bike races.

Saturday and Sunday positions are available

We know some positions can look complex and possibly overwhelming for first-time volunteers. Rest assured ALL of our volunteer positions are fun and require no previous experience and our Core Race Staff are with you every step of the way. You will feel confident and well prepared for your task.

Volunteer job training videos are available [HERE](#)



[Sign Up Here](#) for one (or two) that sound interesting to you, and look forward to the fun!
For more information contact our Volunteer Coordinator, **Kevin Reicks** at kevin@nebraskamt.org.

Event Weekend Schedule

Saturday

9:00 AM	Volunteer Shifts Begin
12:00 PM	Pit Zone Access Open
12:00 PM	Registration Opens
12:30 PM	Coaches Meeting at Start/Finish Arch
1:00 PM	Coaches Only Pre-Ride
2:00 PM	*Pre-Ride Open to all riders
4:00 PM	*NICA GRiT Ride - meet at the NICA GRiT Tent at 3:50pm
5:00 PM	Pre-Ride Closed - (No riders allowed on course after pre-ride is closed)
5:00 PM	Registration Closes

*Everyone on course must have a race plate (student, coach, league staff) affixed to their bikes.

Sunday

6:45 AM	Volunteer Shifts Begin
7:00 AM	Registration Opens
7:30 AM	*Pre-Ride Open to all riders
8:30 AM	Pre-Ride Closed
8:30 AM	Head Coaches Meeting at Start/Finish Arch
9:15 AM	Staging - Wave 1 MS Boys
9:30 AM	Racing Begins
10:15 AM	Staging - Wave 2 Girls
10:30 AM	Girls Wave 2 Racing Begins
11:30 AM	Registration Closes
12:15 PM	Staging - Wave 3 HS Boys
12:30 PM	HS Boys Wave 3 Begins
2:00 PM	Racing Concludes
2:15 PM	Pit Zone Break Down Begins
3:30 PM	Awards Ceremony

*Everyone on course must have a race plate (student, coach, league staff) affixed to their bikes.



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Pit Zone Information and NICA Rules

- Pit Zone is open for loading/unloading
 - Saturday: 11:00am-5:00pm
 - There will be no riding on course prior to the pre-ride opening
 - Sunday: 7:00am-8:00am and after the infield is taken down
- NO BIKE RIDING ALLOWED IN THE PIT ZONE
- Garbage expectations - pack in/pack out
- No Smoking or alcohol are allowed in the Pit Zone
- Grilling is allowed in the PitZone
- No Gas Generators in the PitZone
- No inappropriate language allowed
- Dogs must be on leash and under control at all times
- No parking in the Pit Zone - 1 vehicle per team will be allowed to drive/drop in Pit Zone
- Athletes only in the staging area - Parents and Coaches should head to the race start spectating fan zone
- Teams must remove all garbage from Pit Zone and camping areas whether or not a dumpster is on site
- Conflicts and/or disputes should not be dealt with in the team Pit Zone area
- Any violation of the above rules may result in a team penalty and/or expulsion from the Pit Zone and infield area

Pre-Ride

Pre-Ride Hours

Coaches Only (Saturday 1:00PM -2:00PM)

Saturday afternoon (2:00 PM–5:00 PM)

Sunday morning (7:30 AM–8:30 AM)

All riders should pre-ride the course

RIDERS MUST ADHERE TO ANY COURSE RESTRICTIONS.

All Student-Athletes associated with a team must be accompanied on pre-ride by a Registered Coach. Independent Riders must check in with Registration before pre-riding.

NICA GRiT Ride is from 4-5pm Saturday. Meet at the NICA GRiT Tent at 3:50pm



TO BE ON COURSE: ALL RIDERS (STUDENTS & REGISTERED COACHES) must be fully practice ready in the Pit Zone and have their number plates affixed to their bike

NO UNREGISTERED PARENTS/SIBLINGS ALLOWED ON COURSE

Stay up-to-date

Information in this race flyer is subject to change. Please check back just prior to the race weekend to make sure you have the most current information available.

SEE YOU AT THE RACES!!!

For more information, contact Matt Neel, Race Director at matt@nebraskamtb.org or your Nebraska Team Director. Follow us on Facebook @nebraskamtb or Instagram @nebraskamtb

Wave Start Times

STAGING will begin 15 minutes before each wave.

NOTE: Final lap count decision per category will be finalized and confirmed at the start of each race in addition to any lap cut-off times. Staging for all races begins 15 minutes prior to the wave start.

Wave 1: Middle School Boys

CATEGORY (NUMBER SERIES)	START TIME	LAP COUNT	EARNED LAP CUT-OFF TIME	ESTIMATED DURATION	RACE PLATE COLOR
8th Grade Boys (6000's)	9:30 AM	2	9:56 AM	25-45 minutes	Red/White
7th Grade Boys (5000's)	9:32 AM	2	9:58 AM	25-45 minutes	Blue/Black
6th Grade Boys (4000's)	9:34 AM	2	10:00 AM	25-45 minutes	Yellow/Black



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Wave 2: Girls

CATEGORY (NUMBER SERIES)	START TIME	LAP COUNT	EARNED LAP CUT-OFF TIME	ESTIMATED DURATION	RACE PLATE COLOR
Varsity Girls (1-49)	10:30 AM	5	11:42 AM	60-100 minutes	Red/White
JV Girls (100's)	10:32 AM	4	11:48 AM	45-90 minutes	Blue/Black
Sophomore Girls (400's)	10:34 AM	3	11:28 AM	45-90 minutes	Yellow/Black
Freshman Girls (700's)	10:36 AM	3	11:30 AM	45-90 minutes	Green/White
8th Grade Girls (3000's)	10:38 AM	2	11:04 AM	25-45 minutes	Purple/ White
7th Grade Girls (2000's)	10:40 AM	2	11:06 AM	25-45 minutes	Orange
6th Grade Girls (1000's)	10:42 AM	2	11:08 AM	25-45 minutes	Pink

Wave 3: High School Boys

CATEGORY (NUMBER SERIES)	START TIME	LAP COUNT	EARNED LAP CUT-OFF TIME	ESTIMATED DURATION	RACE PLATE COLOR
Varsity Boys (50-99)	12:30 PM	5	1:42 PM	90-120 minutes	Red/White
JV Boys (200's)	12:32 PM	4	1:48 PM	60-100 minutes	Blue/Black
Sophomore Boys (500's)	12:34 PM	3	1:28 PM	45-90 minutes	Yellow/Black
Freshman Boys (800's)	12:36 PM	3	1:30 PM	45-90 minutes	Green/White

Staging

STAGING will begin 15 minutes before each wave.



Chip Timing

All riders will receive a permanent number plate with chip timing transponder on the backside. Riders will use the same plate for the entire race series, so please remove this number plate before mounting the bike for transport to prevent loss. **Replacement number plates will be available at the registration tent for \$10.**

Petitions for Category Placement

Key Petition Considerations

- All petitions must be submitted by each Student-Athlete's Coach with the exception of independent riders
- NICA Category Placement is described in section [6.1B of the NICA Handbook](#).
 - MS Athletes may only petition within MS Categories and HS Athletes may only petition within HS Categories. This is aligned with the NICA Handbook, Nebraska State Law and Nebraska School Activities Association
- Great tips on considerations via [NICA Coaches News #7 July](#)
- Click [HERE](#) for the Petition Form

Deadlines for petition for exemption to category placement:

- To receive personalized plate- **July 31st (Saturday) by Midnight**
- Final opportunity for petitions (will not receive personalized plate)- **September 1st (Wednesday) by Midnight**

Refund/Weather Policy

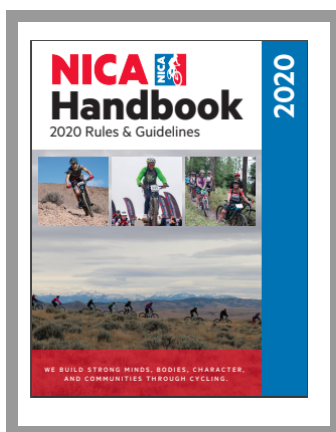
Below are the guidelines for how the league will conduct races in the event of challenging weather. Our primary considerations are the safety of riders, support staff and spectators, and potential damage to the venue and trails. Any decisions regarding canceling, postponing or altering race start times, lap lengths, number of laps, etc. will be made jointly by league staff and the land manager. Often this decision cannot be made until the morning of the race due to the unpredictable and rapidly changing nature of severe weather. The league will make every attempt to notify the racing population as



soon as possible via email, social media and website updates. Please review our full weather policy at: [NEBRASKA LEAGUE REFUND & WEATHER POLICY](#)

Handbook: Nebraska Interscholastic Cycling League Policies and Rules

All participants are required to read, understand and abide by all league policies, rules and protocols while attending any league event.



Nebraska Interscholastic Cycling League NICA Race Duration Guidelines

Riders will complete laps with the following Race Duration Guidelines for each category:

- <45 mins for Middle School
- 45-90 mins for Frosh/Soph boys and girls & and JV girls
- 60-100 mins for JV boys and Varsity girls
- 90-120 mins for Varsity boys

Student-athletes may be asked to withdraw at the finish line after cut off time limits have been reached.

Race officials reserve the right to determine these time limits at any time.

Time limits may be imposed for reasons that include, among others: safety, heat, cold, rain, and muddy conditions.



Course closures may be announced at any time.

Racers who do not make the time limit cut-off will still be scored and ranked.

Due to weather or course closures, these duration guidelines may be changed at League Discretion.

Coaches Meeting

A mandatory head coaches meeting will be held **Sunday, September 12, 2021 at 8:30 a.m. at the Start/Finish Arch**. Each team must have 1 representative present at the meeting.

Camping and Lodging

Less than 30 minutes away from Arkfeld Acres, camping is available nearby at Two Rivers State Recreation Area. Visit their [WEBSITE](#) for reservation information.

Hotel accommodations are available nearby at the [Holiday Inn Express & Suites West Omaha](#), 19040 Evans St, Elkhorn, NE 68022 (402) 916-1800.

Food Service



Relish Lunch & Catering will be on site with food for sale at the race on Sunday! Relish offers food made from scratch using local ingredients and it is AMAZING.

Contact Information

General League Questions: Kari Ramsey, Nebraska Director of Communications,
kari@nebraskamtb.org

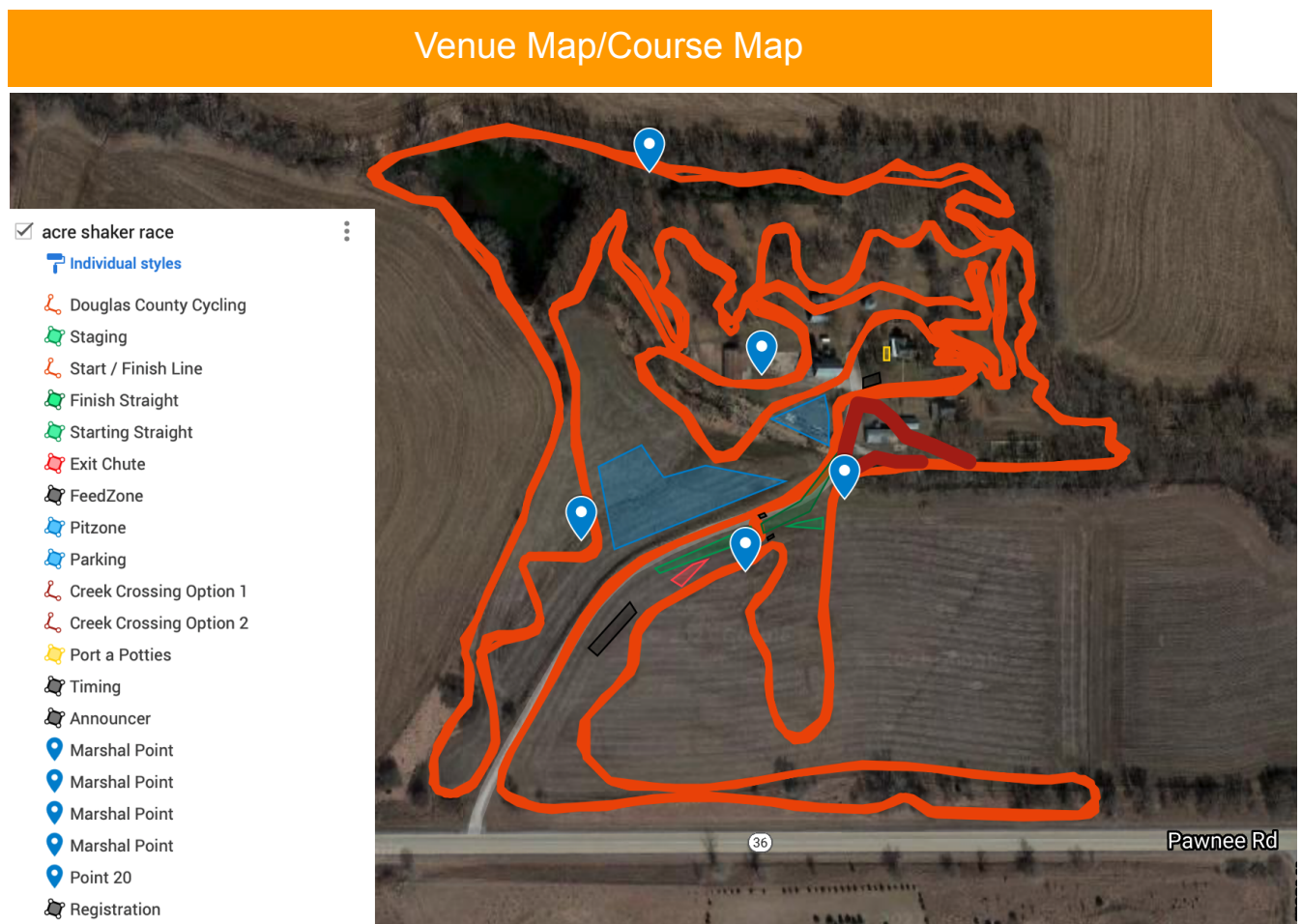
Race/Venue Specific Questions: Matt Neel, Nebraska Race Director,
matt@nebraskamtb.org



Registration Specific Questions: Julia Lawrence, National Registration & Administration Manager, julia@nationalmtb.org

Volunteer Questions: Kevin Reicks, Nebraska Volunteer Coordinator, kevin@nebraskamtb.org

Please note that most staff arrive onsite Thursday or Friday of each race weekend and may not have sufficient cell/data coverage to respond to calls/emails. Please plan accordingly.





NICA

NICA CORE VALUES



League and National Sponsors



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NICA NATIONAL FOUNDATION PARTNERS

NICA Safety Reporting and Insurance Coverage

Safety Reporting

Incident reports are mandatory whenever a student-athlete or coach is injured during a NICA activity. These incident reports are submitted by each Team's Designated Reporter or an



independent rider's parent. For more information on Safety Reporting reporting please see our [brochure here](#).

Insurance Coverage

NICA Insurance coverage is for registered student-athletes and registered coaches injured while participating in the sanctioned pre-ride and race events.

For more information on NICA Insurance Coverage, please see our [FAQ here](#).

The Nebraska Interscholastic Cycling League is a Project League of the National Interscholastic Cycling Association, a 501(c)(3) non-profit youth development organization, guided by the core values of fun, inclusivity, equity, respect and community. The league promotes interscholastic mountain bike racing, provides training and education to new teams and coaches, and offers a comprehensive infrastructure to grow youth cycling in a professional, safe and engaging manner.