

CCHS Mountain Bike Team Race Manual 2018

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SCHEDULE

CCHS is in the Utah League, Central Region this year. The first 4 races are Region Races, and the last race is the State Championship

Central Region 2018 Races (click on race for link to full league flyer)

1. 8/18/18 [Soldier Hollow, Midway \(HS & JD\)](#)
2. 9/1/18 [Snowbasin Resort \(HS & JD\)](#)
3. 9/15/18 [Vernal \(HS & JD\)](#)
4. 9/29/18 [High Star, Kamas \(HS only\)](#)
5. 10/13/18 Rain Out - Eagle Mountain - Weather Make up race if needed
6. **10/19-20/18 HS State Championships St. George - all HS racers in both regions**

Races 1 - 3	Time
PIT ZONE SETUP	6:30AM
REGISTRATION & COURSE OPENS	7:30AM
All Racers arrive at CCHS Pit Zone	9:00AM
Team Meeting – All CCHS Racers	9:30AM
FIRST WAVE - Start	10:05AM
LAST WAVE - Start	4:05PM
Venue and Pit Zone CLEAN UP	5:30PM
PODIUMS	6:30PM

Races 4 – High Star Kamas	Time
PIT ZONE SETUP	7:00AM
REGISTRATION & COURSE OPENS	8:00AM
All Racers arrive at CCHS Pit Zone	8:00AM
Team Meeting – All CCHS Racers	8:30AM
FIRST WAVE	9:00AM
LAST WAVE	3:00PM
Venue and Pit Zone CLEAN UP	4:45PM
PODIUMS	5:30PM

State Championship Race – St. George (Oct 19-20)	Time (not yet posted)
PIT ZONE SETUP	6:30AM
REGISTRATION & COURSE OPENS	7:00AM
Arrive at CCHS Pit Zone	7:15AM
Team Meeting – All CCHS Racers	7:45AM
FIRST WAVE	8:15AM
LAST WAVE	4:15PM
Venue and Pit Zone CLEAN UP	5:15PM
End of Season Banquet/Podiums	7:00PM

UTAH LEAGUE RACE FLYERS

The League provides a unique “Race Flyer” for each of the (5) races on their website, www.utahmtb.org, and linked above which you will need to review prior to each race. The Race Flyers include information on the venue, the schedule, and other important league information:

EXPECTATIONS OF TEAM MEMBERS

As the number of Student-Athletes within the League and our Team continue to increase it becomes more important for each Student-Athlete and their parents to know, understand and meet the expectations of the Team, the Coaches, and the League. Please help us ensure a positive experience for everyone:

1. **POSTIVE SPORTING ATTITUDE:** Parents, coaches, and student-athletes are expected to display an excellent sporting attitude during all League events and should treat other riders, coaches, spectators and officials with respect. Fair play and respectful, kind supportive behavior is expected of all League Athletes.
2. **BE “TEAM” ORIENTED:** The Chargers have established a standard for Team Culture at the races. All athletes are expected to show team spirit, comradery and passion for the sport. If you’re not preparing, participating or recovering from a race you should be out cheering. We won’t tolerate any unsportsmanlike behavior.
3. **KNOW YOUR “WHERE” & “WHEN”:** With the size of our team it is not possible for the Coaching Staff and Volunteers to ensure you’re where you need to be. You are responsible to know where and when you need to be ready for your race. You need to arrive at the race start for staging 15 minutes before your designated start time.
4. **RESPECT:** All of the CCHS coaches are volunteers and aren’t reimbursed for their time and effort. They’re all here for your benefit and the love of the sport and team. In return we expect your respect, attention, and a dedicated and determined team effort.
5. **PITCH-IN:** You are expected to pitch in and pull your weight. Help with the effort that it takes to run the team. Plan on participating with setting up and taking down at each of the races.
6. **TEAM KITS:** The league and team require you to wear your full team kit, jersey and short. If on the podium wear your team jersey for individual or team podiums.

TRAVEL

Parents & Student Athletes are responsible for their own travel and lodging for the distant events.

TEAM PIT ZONE

Our Team Pit Zone is our home away from home. We take great pride in our Pit Zone. Teammates, families and friends are welcome and expected to show pride and respect. This means:

1. Keep all of your equipment and personal belonging collected in your duffle bag or backpack and placed out of the way to not take up a chair space or be within the walking paths. Put it with your bike in the racks or along the outer edge of the pitzone.
2. Please mark or label all of your equipment with a Sharpie and/or Tag. Everything.
3. Keep your bike stored on one of the A-Frame bike storage stands.
4. Clean-up after yourself especially after eating.
5. Be mindful of teammates that are preparing for or coming back from races.
6. The team will provide food for all riders including water and snacks to keep you fueled before races, as well as lunch for after the race. Please arrive at the Pitzone having eaten a full and healthy breakfast for races 1, 2, 4, and 5. For race 3 – Vernal we will be providing breakfast for the team.

RACE EQUIPMENT

- | | | |
|------------------------------|------------------------------|---|
| 1. Bike | 6. Eye Protection | 11. CO2 Inflator or mini-pump |
| 2. Helmet | 7. Hydration Pack or Bottles | 12. Additional Kit if overnight and pre-riding before |
| 3. Bike Shoes | 8. Multi-Tool w/Chain tool | |
| 4. Team Kit (Jersey & Short) | 9. Tube (even if tubeless) | |
| 5. Bike Gloves | 10. (2) Tire Levers | |

OTHER EQUIPMENT (PRE & POST RACE)

There will be plenty of down time before and after the individual races. It's recommended you bring the following items for an enjoyable and comfortable experience supporting your teammates. Please also be prepared for colder temperatures and inclement weather including rain and/or snow we will often encounter as we travel to high elevations and begin to ride later in the year. Items to bring:

- | | | |
|---------------------------|---------------------------|--------------------------------------|
| 1. Comfortable Clothing | 5. Hat | 9. Base Layer: worn under the jersey |
| 2. Comfortable Shoes | 6. Sunglasses | 10. Knee & Arm Warmers |
| 3. Medications | 7. Sunscreen | |
| 4. Cooler w/food & drinks | 8. Rain/Cold Weather Gear | |

PRE-RACE BIKE MAINTENANCE

Proper Pre-Race maintenance may not only ensure you finish the race but also ensures you finish in as high of a place as possible. To ensure your bike is "Race Ready" we recommend you complete the items listed below. If you need help with any of these items you need to plan in advance to get the service work done. **Please do not leave the maintenance of your bike until the day of the race. It only adds chaos to an already crazy day.**

1. **CLEAN BIKE:** It will perform better, gives you a chance to inspect for wear and damage, and you can't really properly tune a bike when it's not clean.
2. **CLEAN & LUBE CHAIN.** Really clean the chain. A proper cleaning & lube does wonders for a drivetrain. Once the chain is clean and dry, apply a coat of your favorite chain lube. We don't want any broken chains.
3. **SUSPENSION:** Check the suspension, both front and rear, operate it through its travel for anything strange. Check that front and rear shocks are maintaining proper air pressures.
4. **TIRES:** Inspect the tires, especially the sidewall area, for cracks or abrasions. This can be the first sign of a sidewall tear, or a potential failure point. Inspect the tread for damage and to ensure you have the proper traction necessary to ride to your full potential. If necessary, replace the tire. Check the sealant and stems.
5. **TIRE PRESSURE:** Ensure your tires are inflated to the correct pressure **and** that they maintain and hold the correct pressure. If you're running tubeless tires check your sealant and replenish if necessary.
6. **BOLTS:** Ensure all of your bolts are tightened properly. Water bottle cage, pedals, stem, seat post clamp, seat binder, headset, etc.
7. **WHEELS:** Spin the wheels to ensure they're straight and true. Give your spokes a nice pluck to double check each spoke is properly tensioned and isn't broken.
8. **BRAKES:** Inspect your brakes, including the brake pads. There are several signs your brakes and/or pads need attention and maintenance. The most common are a gritty scraping sound, or too much play in the levers.
9. **CLEATS:** If you're riding clipless, worn cleats can release unexpectedly. If they are overly worn, replace with a fresh pair. Also take the time to ensure the cleat bolts are properly tightened. It's recommended to always use a thread locker (blue) when installing your cleats.
10. **TUNE-UP:** Last but not least, if your bike isn't shifting smoothly you more than likely need a tune-up. If a tune-up is necessary, schedule it with the bike shop well in advance of the races as well as between Team practices. At the very least ensure the shop can get it back before you leave for the race.

IMPORTANT RACING RULES

It is your responsibility to know and understand the rules associated with racing. Please take the time to read through the rules. Listed below are several of the more important rules. The full rules can be found at the NICA website [Here](#).

1. **POSITIVE SPORTING ATTITUDE:** NICA student-athletes are expected to display an excellent sporting attitude during all NICA league events and should treat all other student-athletes, coaches, spectators, and officials with respect. Fair play and respectful, kind, supportive behavior is expected of all NICA student-athletes. Profanity of any situation is not acceptable.
2. **WALK YOUR BIKE IN THE PITZONE AND THROUGH CROWDED AREAS:** Riding your bike in the Pit Zone will result in penalty.
3. **WEARING A HELMET IS STRICTLY ENFORCED:** Under no circumstance should a student be on their bicycle without a helmet fastened to their head, even when riding a short distance. Riding your bike without a helmet will result in a penalty.
4. **BANNED SUBSTANCES:** NICA student-athletes are subject to all U.S. Anti-Doping Agency rules. NICA prohibits the use of Tobacco, Alcohol and Drugs. NICA prohibits the consumption of caffeine, including caffeinated sports products, soda, and coffee at NICA league races and activities including practices. Creatine, Guarana Root and Taurine are also substances banned from consumption at NICA league races and activities including practices.
5. **PASSING:** When overtaking a rider on the racecourse, the passing rider is encouraged to do so respectfully and must: pass only when safe to do so and without rider contact; call out "on your left" or "on your right" or use other similar language to indicate whether the pass will be on the other rider's left or right. Passing in a manner that compromises the safety of other riders is not allowed. Bike pushers must yield to racers riding their bike. Lapped riders must yield to overtaking racers. Leader owns the trail but cannot block.
6. **OUTSIDE ASSISTANCE:** Flat tires and mechanical problems should be repaired by the racer, with their own equipment. If outside assistance is required during a race a five minute penalty will be assessed to the Rider's time. If you need to switch to another bike during the race a 30 minute penalty is assessed.
7. **FEED ZONE:** Only individuals assigned by the Team will be allowed to enter the Feed Zone. Please do NOT enter the Feed Zone to hand off only to your Student-Athlete. CCHS is limited to only 5 designated feeders in the zone. Please work with them for any special requests you may have.

NUTRITION / RACE FUELING

1. **WEEK OF THE RACE:** Eat and hydrate as you normally do. Eat before rides, preferable at least 60-90 minutes before a workout. Hydrate during rides and often.
2. **DAY BEFORE THE RACE:** Eat and hydrate as you normally do up until dinner time. For Dinner:
 - a. Eat a meal high in carbohydrates and healthy proteins. Good sources are potatoes, rice and pasta.
 - b. If you expect the temperature to be over 75F for your race, also include a good amount of sodium or electrolytes. Eat early enough so you can get to bed early.
3. **MORNING OF THE RACE:**
 - a. The ultimate fueling goal is to arrive at the start line energized, having eaten well before your starting time and allowing your meal to digest for at least 2 hours. How you fuel up until the race start will depend on which wave you are racing.
 - b. Everyone should eat a good breakfast before arriving at the race site. Once at the race site our team Pit Zone will have food for you throughout the rest of the day. Continue to hydrate and consume carbohydrates before and after your race.
 - c. Eat a good meal 2 hours prior to your race start. A "good" meal is something familiar to you; something you know will digest easily and leave you feeling good. It should have plenty of carbohydrates, the rocket fuel of racing. Hydrate.
 - d.

4. **DURING THE RACE:**

- a. All of the NICA races are in lap format, and everyone will do 2, 3 or 4 laps depending on your race category. Including the warm up, everyone will ride for at least an hour and most will ride more than an hour. This is long enough that some additional calories can help sustain your energy late in the race.
- b. It takes practice to figure out what the best race fuel is, and everyone is different. Keep notes, experiment in practice, and in time you will know what is best for you.
- c. The simplest race fueling plan is to drink water, or to drink sports drink with calories and sodium/electrolytes. This is especially important for events with warmer temperatures.

5. **AFTER RACE**

- a. Once your stomach has settled and the race excitement has lowered, it's time to think about recovery. Be sure to give your body what it craves before heading out to cheer the team! This part is simple. Just eat a good meal that includes a healthy portion of carbohydrates, protein, and plenty of fluids.
- b. You can jump start your recovery with commercial recovery products. These contain what athletes need post-race. Drink this before eating if you choose, then eat a normal meal as soon as you are ready.
- c. Every time you race it's an opportunity to learn and fine-tune what your magic mix is. With time and practice you'll have it dialed.

RACE DAY – KNOW YOUR SCHEDULE

It is your responsibility to know when and where you are supposed to be in association with your Race Start. To assist you the Team will post a Race Roster in the Pitzone at each of the races that will provide the following times that are critical for each rider to understand and follow:

1. **RACE PLATE:** A Utah League race plate and jersey number will be issued at the first race. You will use the same race plate and jersey number for all (5) races. We will be collecting race plates & jersey numbers after the race and will hand them out again at the next race. If you lose your race plate and/or jersey number it can be replaced on the day of the race for \$10.00. Attach race plates securely and visibly on both sides and bottom. After attaching, step back 20' from the bike/rider and see if you can see the race plate. If you can't see the race plate number, neither can the timing crew.
2. **READY TO RIDE (RTR):** This is the time that you need to begin to get "Ready to Ride" which includes being fully dressed in the Team Kit, Helmet, Shoes as well as having all of your bike, race equipment, hydration and nutrition ready. You have 20 minutes to complete this task.
3. **WARM-UP:** This is the time you need to begin warm-ups. Warm ups are approximately 15-20 minutes long. Following your warm plan on leaving immediately for staging.
4. **STAGING:** This is the time you are to arrive at the appropriate staging area. Head toward staging 15 minutes before your wave, but avoid being too early.
5. **START:** This is the time your race actually starts.

PRE-RIDING

We encourage you to participate with the Team pre-ride on the scheduled dates and times prior to the race. If you can't attend the team ride, the courses are open at other times as listed in the league race flyer for each race. Pre-riding the race course will provide valuable insight, race strategy and an opportunity to loosen up your legs prior to the race the following day. Ride pace will be very moderate for the first lap of a pre-ride, and then repeated laps can be at a race level pace.

EVENT ZONES

With the large crowds and excitement surround race day it's important to know the "Event Zones" the League provides to assist Student-Athletes and spectators:

1. **NO DOGS**: No dogs are allowed at the races due to injuries to both student athletes and dogs in previous years. For the safety of the racers and the pets, please leave them home.
2. **PARKING** Due to the large numbers of cars and the often limited parking space the League has designated parking areas at each of the Race Venues. Parking location and information is provided by the League on each of the Race Flyer. Please be polite and cooperative with the volunteer parking attendants. We encourage you to arrive 10-15 minutes early to accommodate for the time needed to get to the race venue.
3. **NEUTRAL SUPPORT** Neutral Support offers Student-Athletes mechanical assistance with their bike prior to, and if needed, during the race. There is no time penalty for neutral support during the race.
4. **REGISTRATION TENT** The Registration Tent is where you will register for the races if you failed to register online. It is also where you can purchase replacement race plates and jersey numbers.
5. **TIMING TENT** The League will be providing real time race results on two monitors at the Timing Tent located near the finish line. If you feel mistakes have been made please address your concerns with a Coach who will then take it up with the officials.
6. **FEED ZONE** The Feed Zone is located on the race course and is the only source of support the Team can provide to Racers during the race including water, food and clothing hand offs. Only individuals assigned by the Team are allowed in the Pit Zone. Parents are not allowed into the Feed Zone unless assigned by the Team.
7. **MEDICAL ZONE** A Medical Zone will be provided in case of an emergency, injury or any basic first-aid needs.
8. **FOOD & DRINK AT THE VENUE**: To prevent spectators and Student-Athletes from having to leave the venue midday one or more food trucks or local site food vendors will be available to purchase food, drinks and snacks. More information for each venue will be available in the League Race Flyer for each race.

PARENT, FAMILY & FRIENDS

Race Day Schedule - Parents please plan on making travel arrangement that will allow your Student-Athlete(s) to participate for the entire race day on Saturday. We also encourage you to stay and support your Racer as well as the entire team.

Pit Zone - We welcome friends and family to our races and into our Team Pit Zone. There is no admission cost for the races and you can watch the races from anywhere on the course. Please be mindful that we are setup in our pitzone primarily to support the Racers so any opportunity you see to help a racer, please do so. We also encourage you to pitch in and lend a helping hand with this great big team.

Food (Racers) - The team will provide food for all riders including water and snacks to keep them fueled before races, as well as lunch for after the race. Due to our later start time for some races, please arrive at the Pitzone having eaten a full and healthy breakfast for races 1, 2, and 3. For race 4 & 5 we will be providing breakfast for the team.

Food (Families) – We are planning to provide food for families at the races this year. In order to make this work we need a few things from you. Please respond to the email request regarding who will be eating. The food is included for each rider plus two family members. Please pay through the link for additional family members.