

CCHS Mountain Bike Team Race Manual 2022

Contents

This document is intended to orient racers and parents to Race Day and the race season in general. As always, information can always be found at www.cchsmtb.com and team communications. Refer to them often. 2

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SCHEDULE

CCHS is in the Utah League, Region 3. The first three races are Region Races, the fourth race is the region championship and the last race is the State Championship. Please read the full league flyers that will be hyperlinked below

Region 3 2022 Races

(click on each venue for link to full league flyer)

1. August 27 - [Eagle Mountain](#)
2. September 10 - [Cedar City](#)
3. September 24 - [Soldier Hollow](#)
4. October 8 – [Richfield – Region Race](#)
5. October 21-22 - [St. George State Championship – two-day event](#)

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. Additional details are added to these flyers as the race gets closer.

RACE DAY EXPECTATIONS OF TEAM MEMBERS

It is very 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. **RACE DAY IS A TEAM EVENT** student-athletes should plan to spend the day with the team beyond your own race schedule. Watch and cheer on your teammates and all racers.
2. **SPORTSMANSHIP:** Riders and parents are expected to display an excellent sporting attitude and should treat other riders, coaches, spectators, and officials with respect. Kind supportive behavior is expected of all League Athletes. Any disagreements, potential conflicts, or protests should be brought to the head coach or another available coach. Do not argue or confront league officials, other teams, or other racers.
3. **BE “TEAM” ORIENTED:** The Chargers have established a standard for Team Culture at races. Everyone is expected to show team spirit, comradery, and passion for the sport. We won’t tolerate unsportsmanlike behavior.
4. **KNOW YOUR “WHERE” & “WHEN”:** 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 15-20 minutes before your designated start time. Call-ups start right at 15 minutes before your race start.
5. **RESPECT:** CCHS coaches are volunteers and aren’t reimbursed for their time and effort. We’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.
6. **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.
7. **TEAM KITS:** The league and team require you to wear your full team kit - jersey and short. Riders CAN wear baggy team or other black or navy shorts while racing but we prefer that you wear team shorts. The jersey must be the team jersey to be eligible to race. If on the podium wear your team jersey.

8. **LEAVE NO TRACE:** Please be mindful of not littering and picking up after yourself at the venue. There is no trash fairy. If we all do a little, it makes a big difference.

TRAVEL

Parents & Student Athletes are responsible for their own travel and for 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. All riders, families and friends are welcome in the Pitzone. All are expected to show pride and respect. This means:

1. Keep all your equipment and personal belonging collected in your duffle bag or backpack and placed out of the way one of the provided shelves, under your bike, or beneath your chair. Do not take up a chair or walkway space for your bag.
2. Please label all of your equipment with a Sharpie or Tag. Silver sharpies work for black items. We'll have sharpies at the tables. Mark everything. Keep your items put away in your gear bag.
3. Keep your bike stored on one of the A-Frame bike storage stands.
4. Clean-up after yourself especially after eating. Families please give priority for seats to the racers
5. Be helpful to teammates that are preparing for or coming back from races.
6. The team will provide food for all riders including water and snacks and lunch to keep you fueled before and after races.
7. Please arrive at the Pitzone having eaten a full and healthy breakfast. For Race 4 and State we will be providing breakfast and lunch for the team.

RACE EQUIPMENT – check this list off to make sure you are ready

- | | | |
|------------------------------|--------------------------------------|---|
| 1. Bike | 7. Eye Protection | 12. CO2 Inflator or mini-pump |
| 2. Helmet | 8. Hydration Pack or Bottles/desired | 13. Additional Kit if overnight and pre-riding before |
| 3. Bike Shoes | Nutrition | |
| 4. Socks | 9. Multi-Tool w/Chain tool | |
| 5. Team Kit (Jersey & Short) | 10. Tube (even if tubeless) | |
| 6. Bike Gloves | 11. (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. Be prepared for hot or 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 is vital. 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 amped up 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. 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. Watch for sealant leaks as they can be a sign of damage. 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 every 6 weeks.
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. Signs your brakes and/or pads need attention include gritty scraping sounds 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.
11. **ON-SITE MECHANICS** - We will have team mechanics present for MINOR adjustments and emergencies on race day. Major repairs will be charged for parts and labor.

IMPORTANT RACE & VENUE 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 most important rules. The full rules can be found at the NICA website - [Utah League 2022 Rules and Guidelines](#).

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 official 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 individual and team penalty. This includes parents.
3. **WEARING A HELMET IS STRICTLY ENFORCED**: Under no circumstance should anyone 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, coffee, creatine, guarana root and taurine at NICA league races and activities for all athletes. **Caffeinated products are banned BEFORE and DURING league races. Consuming caffeine before or during races will result in disqualification.**
5. **PASSING**: When overtaking a rider on the racecourse, the passing rider must do so safely and 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. A neutral support station near the finish line can be used without penalty. If other outside assistance is required during a race a five minute penalty will be assessed to the rider’s time. This is well worth it if you don’t have the needed items to do the repair yourself. If you switch to another wheel or complete bike during the race a 10 minute penalty is assessed.
7. **STAY ON COURSE** – leaving the course or cutting the course is not allowed and will result in disqualification.
8. **FEED ZONE**: Riders can only receive food or drink in the feed zone. Only individuals assigned by the Team will be allowed to enter the Feed Zone. You must have a lanyard from a coach to be in the feed zone. CCHS is limited to only 5 designated feeders in the zone. Please work with them for any special requests you may have. Any feeding outside the zone will result in penalty. Do not spray or splash riders with water.
9. **HEADPHONES** – Riders are not allowed to race or ride with headphones or portable musical devices at any time at a race venue. Any use of headphones while riding will result in penalty.

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, pasta and lean meats.
 - 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.

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. For two lap races, you should have plenty of water in a single bottle that you carry with you and don’t need to slow down for the feedzone. For very hot day, for 3 laps or longer, drink sports drink with calories and sodium/electrolytes.
- d. The feed zone will have water bottles available for hand-up.

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. **RACING CATEGORY:** Your racing category is assigned by the league based on past racing results, or may have been modified based on petitions submitted by the coach. Your racing category for the first race can be found here – [2022 Utah League Category Placement Table -Region 3](#). This is different from the ride group you are assigned in team practices.
2. **CALL-UPS** – At each race you will be called in to the starting chute based on your call up number. These numbers are published a few days before each race and will be available at the team check-in table. The current CPT (link above) will be close but is subject to change. You must have your call up number written on your arm to be called up.
3. **RACE PLATE:** When you check in at our team Pitzone, 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 each 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.

4. **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.
5. **WARM-UP**: This is the time you need to begin warm-ups. Warm-ups are approximately 20 minutes long. Following your warm plan on leaving immediately for staging.
6. **STAGING**: This is the time you are to arrive at the appropriate staging area. Arrive at staging 15-20 minutes before your wave. If you miss your call up/staging group your spot will not be held. You must arrive at staging with your category placement written on your arm. Only student-athletes are allowed in the staging area. All parents, coaches and spectators are to remain clear of the staging area..
7. **START**: This is the time your race starts.
8. **PRE-RIDING** - Pre-riding the racecourse will provide valuable insight, race strategy and knowledge. Pre-riding is generally open the weekend before, early in the week of the race and after 3 on the Friday before the race, allowing course setup. Pre-riding can become very crowded on the Friday evening before the race. Pre-riding before this timeframe is better when possible. Carefully follow the rules from the race day flyer regarding when you can pre-ride. Pre riding the course during course setup is not allowed and within 45 minutes of dusk are not allowed. Pre-riding is for registered students and coaches only.

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 30 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. Carry your own items to take care of mechanical issues during the race.
4. **REGISTRATION TENT** This is where you can purchase replacement race plates and jersey numbers.
5. **TIMING TENT / RESULTS** - Results will be available online during the races through my.raceresult.com. Active links for each race will be posted on the [Utah League – Race Page](#) at the bottom under "Results." If you feel mistakes have been made please address your concerns with a Coach who will then take it up with the officials. Any protests must be made by an official coach.
6. **FEED ZONE** The Feed Zone is located on the race course just after the finish line 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 Feed Zone. Parents are not allowed into the Feed Zone unless assigned by the Team.

7. **COACH ZONE** *The coach zone is located at the end of the exit chute of the race course and is designated for coaches only. No parents are allowed in the coach zone unless indicated by a league official in the event of an emergency.*
8. **MEDICAL ZONE** A Medical Zone will be provided in case of an emergency, injury or any basic first-aid needs.
9. **FOOD & DRNK AT THE VENUE:** Other than the food and drink provided by the team to riders and any pre-ordered meals for families, do not expect food and drink to be available at the venue to be offered for sale by the league or other vendors. If vendors are available, it will be added to the race flyer.

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. Please plan to volunteer for the team and league throughout the season.

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, as well as lunch for after the race. Please arrive at the Pitzone having eaten. We anticipate that we will be serving snacks and cold cereal to keep you fueled for the mornings of races 1-3. For race 4 and for the state championship we will be serving breakfast for all riders.

Food (Families) For 2022, we will offer food for pre-order for family members at races. Details will be sent out 1-2 weeks prior to each race.

REGION AND STATE CHAMPIONSHIPS

Region Races – All athletes who meet team requirements and who are cleared by the head coach are allowed to race at the three region races.

Championship – All athletes who meet team qualification and who are cleared by the head coach are allowed to race at region championship race. Podiums for individual and team region championship will be held.

State Championship – State championships are open to racers who qualify. Criteria for qualification can be found here – [State Championship Qualification](#).

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