



## Brighton High MTB Team Race Information

### Student Athlete and Parent Race Day Expectations:

Below is a summary of our expectations of you as a team member and student athlete and a look into what race days look like and how they operate.

- Arrive at the pit-zone with AMPLE time (2 hours) before your start. Start times are listed on the race fliers and we have them with us at every practice. (All fliers are available at [www.utahmtb.com/racing](http://www.utahmtb.com/racing))
- Park where you are directed by league volunteers.
- Check in with us at our Pit Zone. The Pit Zone is our home base on race days. We have tents set up, a work stand, tools, chairs, tables, food, drinks (no caffeine allowed), etc. **Please remember that the food and drinks are for our athletes and volunteer coaches only.** And PLEASE clean up after yourself!!
- Team coaches will make sure you know where and when you are racing. They will also take you and your race group to warm up prior to the line-up. You must be completely ready to race, with number plates attached and in the pit zone area 1 hour prior to start time.
- The Pit Zone area is very congested and **walking your bike** through this area is **mandatory**. Once you are outside of this area and on your bike, **HELMETS are ALWAYS required**, and must be buckled. Any family members on bikes must also comply with this rule. Failure to comply could result in time penalties for our team or for yourself!!!!
- Race numbers and plates are located in the team trailer, in a pocket labeled with your name. You must pick up and return your race plate and number each race. A coach can help you attach these numbers in the proper place on your jersey and bike. (The exact location they should be placed on the jersey is determined the day of the race.)
- Team Jerseys are required to race, shorts are preferred.
- You must have a tube, inflation device, tool and **WATER** on your person or bike during a race.
- **Respectful and encouraging behavior is expected by our team and by the league at races. High School riders are encouraged to stay the whole day to watch your teammates race, cheer them on and offer encouragement and congratulations to everyone. Plan on staying and participating for the full day. Support from your teammates can make an enormous difference, and cheering everyone on at the awards ceremony is a great experience and one of the best parts of the day.**

### Parent Volunteers for Team & League

Parents are expected to volunteer for the Brighton team at least twice and for NICA at least once during the races. The races are a lot of work so we really need everyone's help. The



SignUp links and NICA volunteer links are located in the TeamSnap notes of the calendar appointment for each race.

NICA's expectation is that every parent will volunteer for the League at least ONCE per student per season. Sign up early to get the best positions. Sign up at the last minute if you don't know your schedule. They always have jobs you can do at the last minute.

## What does a typical race day look like?

NICA race courses are required to meet specific guidelines in distance, elevation gain and other factors.

- Race courses are typically 5-6 miles per lap, with 400-700 feet of elevation gain per lap.
- Devo team will race 1 lap except the advanced group races 1.5 laps. HS single lap riders race one lap (5-6 miles), Varsity Boys race 4 laps (20-24 miles), Varsity Girls and JVA Boys race 3 laps (15-18 miles), all other HS groups race 2 laps (10-12 miles).
- Race courses are well marked and consist of double and single track trails.
- **Feed zones** are located in specific areas and are the only place where you can take water from us. Parents cannot hand off food/beverages/clothing at any point on the race course. You cannot fix a mechanical issue in the feed zone. Only authorized coaches with tags are allowed in the feed zone, parents are not permitted to help with this unless assigned by coaches.
- If you have a mechanical (flat tire, chain comes off etc.) Move off of the race course. You are required to fix it yourself with no penalty. If you need assistance, ask for help, but you will receive a time penalty.

### How does the race start?

- Each category starts at a designated time. If you raced the prior season, you may have a "call up". Race officials will call your name during line-up and place you near the front of the group. If you miss the call up, you will be in the back. Some freshmen athletes will be given a call up as well.
- Starts can be very hectic, crowded and fast. We will practice race starts to make sure you know how to handle them.
- Once the officials start a category, the next category will be called to start staging.
- It is VERY important that you pay attention and know when you are staging.

### How does the race finish?

- On your last lap, course marshals will direct you to the finish line. **Once you cross the line, do a cheer/dance/yell/shout/breathe/laugh/cry/hug and be happy!!** Then clear out of the finish area to keep it open for other athletes. Volunteers will be moving you out of the way.



## **Before Race Day**

Racing is a challenging and rewarding part of being a team member on the Brighton High MTB Team. Every student athlete has a different reason for racing, and different goals in mind for themselves as an individual athlete and team member. What is your reason? What are your personal goals? What do you hope to get out of these experiences? Nerves are normal for any racer, just remember you are strong and capable and your coaches, teammates and parents are there to support you! You have practiced and trained for these events and you can succeed!!

Only athletes and registered level 1, level 2 and level 3 coaches can pre-ride the race course during the designated pre-ride times. We will have the race plates required to pre-ride available at the pre-ride

**Make sure you take care of your bike prior to race day!!** We can't be performing big fixes on race days. Come with a clean bike, tire pressure is adjusted, chain lubed and any needed maintenance or repairs completed prior to that day.

**Pre-race nutrition is vital to your performance on race day.** Make sure you get a good meal the night before that consists of healthy carbs, protein and fats (spaghetti). The day of the race, eat a meal a few hours before (oatmeal, whole grain pancakes). Then use liquids/small carb snacks/gels/bloks in those few hours before race time. Make sure you are drinking water in the days before and up to your race so you are properly hydrated. Find and consume what works for you for energy during the race. We provide drinks and easy foods like Clif Bloks for you and are happy to hand you some at the feed zone if you want them. Just let us know and we will be ready with them.

## **Photography**

Please take pictures of your riders and other riders and post the files in TeamSnap. The athletes love to look at these and we like to use photos for various reasons as a team.

## **WHAT IFS???**

- What if you crash and get injured?
- What if you get a flat tire?
- What if you need to walk your bike?
- What if you get lapped by the leaders and they need to pass?
- What if I need to pass someone?
- What if you don't think you can finish the race?
- What if you don't know when you are starting?
- What if you feel like you are bonking?



**Questions and Comments?**