



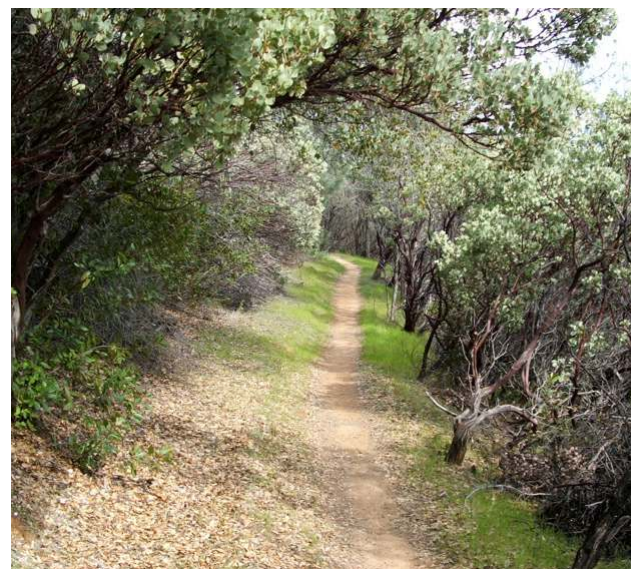
Race # 1



Swasey Shred

March 7th - North Conference
March 8th - South Conference

Swasey Recreation Area, just outside of the town of Redding, CA, is a beautiful, regional park with multiple loop options for mountain bikers of all abilities. The area is making a recovery from the Carr Fire, but the trails that we will be riding and racing are in incredible shape. The Park boasts flowy singletrack, rocky descents, and a few purpose built fun lines. We look forward to hosting our first race at this venue, which is brand new to us. Big thanks to the Redding Composite team for their work in helping us secure this race venue.



Race Schedule [2020 Rulebook](#)

Please arrive no earlier than 15 minutes before your wave starts

Category	Start Time	Laps	Distance
Frosh D1 Blue	8:00	2	10
Frosh D1 Gold	8:03	2	10
Frosh D2 Blue	8:06	2	10
Frosh D2 Gold	8:09	2	10
JV Girls	9:45	2	10
Soph Girls	9:48	2	10
Frosh Girls	9:51	2	10
Soph D1 Blue	11:30	2	10
Soph D1 Gold	11:33	2	10
Soph D2 Blue	11:36	2	10
Soph D2 Gold	11:39	2	10
JV D1 Blue	1:10	3	15
JV D1 Gold	1:13	3	15
JV D2 Blue	1:16	3	15
JV D2 Gold	1:19	3	15
Varsity Boys	3:10	4	20
Varsity Girls	3:13	3	15

IMPORTANT DETAILS - PLEASE READ

New for 2020! Boys' categories (other than varsity) are split into two heats- a "blue" group and a "gold" group (the NorCal colors). Groups/heats will be split by sorting riders based on total points scored in the previous season, and alternating riders between each group; new riders and frosh riders will be assigned to groups randomly. The blue and gold rosters will be posted the week before Race #1, after registration has closed and been processed. Scoring and overall placement will be tracked for each group in the same way it was for the original race category. Lastly, all the group leaders from each of the conferences will have the opportunity to compete against each other at the NorCal League Championship race. *PLEASE NOTE, not all categories will necessarily be split into blue and gold heats! Check our website www.norcalmtb.org the week before the first race, for the final lineup.



Pre-Ride

North Conference

(racing Saturday): The course will be open for the North Conference teams to pre-ride between 2 - 5:30 pm on Friday and again between Sunrise and 7:45 am on Saturday morning.

South Conference

(racing Sunday): The course will be open for South Conference teams to pre-ride between 4:30 - 6 pm Saturday, and again between Sunrise - 7:45 am on Sunday morning.

*Please note that **we close the course exactly at 7:45 am each morning**, so if you plan to pre-ride on your race day, please give yourselves plenty of time. **Pre-riding is only open to registered student-athletes and NICA coaches. All athletes must have a number plate affixed to their handlebars in order to pre-ride!***

Coaches' Meeting at 7am

Location: Meet at the NorCal registration/volunteer tent.

Coaches, this is where you'll get info about the race day, such as risk management, race conditions, and anything else of importance to mention. Sometimes we have to make changes due to weather or other circumstances, so it's important you're at the meeting to keep your team and riders informed!

Registration

THERE IS LIMITED ON-SITE REGISTRATION

BE SURE TO REGISTER BY

MIDNIGHT ON FEBRUARY 28, 2020.

On-site registration will **ONLY** be available from 2-5:30pm on Friday and 6-8 am on Saturday and Sunday. There is a \$10 late fee for registering on the race weekend. You can access the [Plt Zone here](#).

Race Plates

Coaches will pick up their team's number plates at the registration tent. Each athlete is assigned an given a number plate for the season. You will be using the same race plate (your race number) for your bike for the whole season. If you lose it, you can get another one for \$20 at the registration tent at the race. **Coaches can pick up their team's race plates from 2-5:30pm on Friday, or 6 am-1 pm Saturday or Sunday.**

Call Ups

Call ups for Sophomore, JV and Varsity categories will be posted on the race page next week (after registration closes). We do not do call ups for freshman for Race #1, but do for all subsequent races. Call ups can be found [here](#).

There are no same day category petitions!

*Please contact the NorCal League with any questions regarding payment and forms to complete your registration:
jen@norcalmtb.org.*



CORRECT

Be sure your race plate is displayed prominently on your handle bars so that it is easy to read when crossing the finish line.

INCORRECT



RACE OVERVIEW

Course: - 5 miles with 586 ft elevation gain

Course (white line) below





Volunteer

We're always looking for a few extra hands at our races! Want to help set up the course on Friday afternoon, or lend some assistance with the feed zone, course marshaling, or scoring on race day? We'd love to have your help and it's a great opportunity to see a few different sides of how our races operate.

[SIGN UP HERE.](#)

Important Details



Camping will be available nearby, more details coming soon..



Directions to Swasey Recreation Area in Redding, CA can be found by going [here](#).



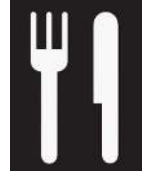
Weather is supposed to be sunny with some clouds with highs around 60's and lows of 42. Be sure to check on your own as it gets closer to race.



Mike's Bikes will be onsite Saturday and Sunday providing neutral support.



We will have a food truck on-site, Rosa with Tear It Up Catering.



Sheraton Redding Hotel - offering a \$155 rate, contact Debi 530-319-3453.

Oxford Suites Redding – (10) two double suites at \$120 and (5) king studio suites at \$112 (see attached “Nor Cal Race 2020” flyer for details) Reservations can be made by calling the hotel directly at (530)221-0100 and mentioning Nor Cal Race 2020

La Quinta – offering 15% off, book by February 1st, 2020. Call hotel directly to book. Karen Evans 530-221-8200

Quality Inn - \$85 per night any room type excluding suites. Full breakfast, safe hotel, outstanding service. Contact Paul, 530-221-6530

3 home rentals available with 3 and 4 bedrooms, all centrally located and 2 with great views, fireplaces and swimming pools, discount to \$219-269/night with a 5 night minimum. Contact Heather Tremblay 530-524-0644 launchgrace@gmail.com

Fairfield Inn & Suites – coming soon

Best Western Plus Hilltop Inn - \$119.99 includes full hot breakfast; best for team captains to call to group together; book through Rosie Argent 530-722-2280

Americana - 15% off when booking directly, continental breakfast included, contact Michael, americanamodernhotel@gmail.com or 530-722-4950



PIT ZONE
MAP
COMING
SOON



WHAT'S COMING UP

Adventure Rides

At Granite Bay and Exhequer on race days.

All adventure rides must be led by a coach and all riders must have a number plate on their bikes to participate.

What an adventure ride looks like

- 4-6 mile ride

- 4-6 stations that are pre-set throughout the adventure course
 - Each station has a fun activity to complete
- Rides are lead by coaches and several will be lead by Hailey, our program production assistant
 - Ride ends at starting point and the stoke is shared

Camps

IF YOU REGISTER FOR BOTH CAMPS BY JANUARY 31, 2020 YOU CAN SAVE \$350

PRICE INCREASE FEBRUARY 1, 2020 FOR EACH CAMP TO \$1200

Mendocino Development Camp - June 29 - July 3, 2020

Sierra Buttes Trail Stewardship Camp - July 12-18, 2020

Race Theme's

Race #2 - ALOHA - Extra points for upcycled, recycled, borrowed, or second hand aloha attire and pit decorations.

Race #4 - VINTAGE NEON - Get creative! Same as above, upcycled, recycled, borrowed, or second hand attire and pit decorations is encouraged.

Race #5 - TALENT SHOW - more details to come with a sign up sheet.