

Cycling - Mountain Bike



Register online at CornhuskerStateGames.com

The CSG Mountain Bike Race is proud to be a part of the 2019 Pycowpath Series!



GENERAL INFORMATION

Sponsored by:

DATE: Saturday, July 20, 2019

RACE DAY SCHEDULE

Check In Opens – 6:30 a.m.

Junior 12 & Under Class – 7:30 a.m.

Cat 3 (Beginner)/Marathon Classes – 8 a.m.

Cat 2 (Sport)/Cat 1 (Expert) Classes - 10 a.m.

Marathon Race Time: 4 hours, 8am-12pm.



NOTE: Racers must check in at least 30 minutes prior to scheduled start time.

SITE: Branched Oak State Recreation Area, Area 7 (12000 W Branched Oak Rd, Raymond, NE 68428)

SPECIAL NOTICE: State park permits are needed to enter Branched Oak State Recreation Area. One-day permits can be purchased at the park entrance.

COMPETITION FORMAT: The mountain bike course includes some rolling hills with a combination of dirt and grass surfaces. Distances listed are subject to change. Mountain bike XC races are scored according to category (Expert Cat 1, Intermediate Cat 2, Beginner Cat 3, Junior) and class (age). We determine race distance for each venue estimating the number of laps that can be completed in the following time frames: 35 minutes for Junior / Cat 3 / First Timers; 70 minutes for Cat 2; 105+ minutes for Cat 1 / Pro. The number of laps, or course length, will vary between courses but will take into consideration time frames listed above. In other words expect to race about the same time at each course, with consideration to trail conditions.

EVENTS

CATEGORIES & AGE CLASSES

Age groups will be combined as necessary to insure reasonable field sizes.

CAT 1: Advanced riders with elite fitness and honed bike handling skills.

Men 19-29, 30-39, 40-49, 50+

Women Open (all ages)

CAT 2: Experienced riders who can ride for over an hour and manage most obstacles.

Men 19-29, 30-39, 40-49, 50+

Women Open (all ages)

CAT 3: Beginner riders with little or no racing experience.

Men 19-29, 30-39, 40-49, 50+

Women Open (all ages)

JUNIORS: Race duration will vary by age and venue.

Boys 10-12, 13-15, 16-18

Girls 10-12, 13-15, 16-18

KIDS: Race distance will vary by venue where allowed.

Boys and Girls Under 10

MARATHON: Marathon races are scored by the number of completed laps within a 4 hour time frame.

Men 39 & Under, 40+

Women Open (all ages)

A racer cannot start a new lap after the 4 hour mark. Laps started before the 4 hour mark but finished after the 4 hour mark count!

All Marathon participants race together.

Event Name	Event Code	Event Name	Event Code
<u>Male Juniors</u>		<u>Male CAT 1</u>	
10-12 Years (1 lap, 4 mi.)	1	19-29 Years (4 laps, 16 mi.)	9
13-15 Years (1 lap, 4 mi.)	2	30-39 Years (4 laps, 16 mi.)	10
16-18 Years (1 lap, 4 mi.)	3	40-49 Years (4 laps, 16 mi.)	11
		50 & Over (4 laps, 16 mi.)	12
<u>Female Juniors</u>		<u>Women CAT 1</u>	
10-12 Years (1 lap, 4 mi.)	4	19 & Over (4 laps, 16 mi.)	13
13-15 Years (1 lap, 4 mi.)	5		
16-18 Years (1 lap, 4 mi.)	6		
<u>Male Kids</u>		<u>Male CAT 2</u>	
10 & Under (2 laps, shorter course)	7	19-29 Years (2 laps, 8 mi.)	14
		30-39 Years (2 laps, 8 mi.)	15
<u>Female Kids</u>		40-49 Years (2 laps, 8 mi.)	16
10 & Under (2 laps, shorter course)	8	50 & Over (2 laps, 8 mi.)	17
<u>Male Marathon</u>		<u>Women CAT 2</u>	
39 & Under	24	19 & Over (2 laps, 8 mi.)	18
40 & Over	25		
<u>Women Marathon</u>		<u>Male CAT 3</u>	
All Ages	26	19-29 Years (1 lap, 4 mi.)	19
		30-39 Years (1 lap, 4 mi.)	20
		40-49 Years (1 lap, 4 mi.)	21
		50 & Over (1 lap, 4 mi.)	22
		<u>Women CAT 3</u>	
		19 & Over (1 lap, 4 mi.)	23

RULES:

All USAC rules apply.

Events are subject to weather! In case of inclement weather, updates will be made to our home page and on facebook.

Helmets must be worn at all times while on a bike at the Cornhusker State Games Mountain Bike Race.

No earbuds or headphones may be worn during any event for the safety of other participants. No loud radios on your person. Listen for other riders, be aware of your surroundings, enjoy nature.

You are expected to be self supported! During the race: You may access a personal cache of water and tools (pump, tube, etc) place only in the designated "feed zone", but you may not receive assistance from others, nor access materials & equipment outside the feed zone area. Feed zones will be determined by officials.

Promoter reserves the right to disqualify any competitor accessing abnormal outside assistance, at promoters judgement and discretion. Prepare and support yourself!

Promoter reserves the right to adjust start times and mileage.

Promoter reserves the right to cancel / combine events and prize lists as necessary.

Events held in Nebraska State Parks require a park permit. Day passes and annuals passes are available at those locations or the Parks office in your area.

Helmets and shirts are required to participate in the events.

If someone is approaching you from behind on the trail, and they ask to pass you, let them as soon as you are able. Thanks for being courteous!

If you need to pass someone: announce your presence as soon as possible, repeatedly if necessary to make the racer in front aware of your presence. Overtake the racer only when it is safe for both of you! Communicate!

Please practice Leave No Trace and do not drop your trash onto the trail.

DNFs (did not finish) must be reported to the timing & scoring staff. No refunds.

Chips need to be returned immediately after you cross the finish line. Failure to return chips results in a \$100 charge to your credit card.

Cursing or poor conduct is prohibited and may result in disciplinary action. This is a family-friendly atmosphere.

Cutting a course is dumb. This is for fun. Don't cut the course or you'll be disqualified on the spot, in front of everyone. Stay on singletrack!

AWARDS

MEDALS: Custom Cornhusker State Games gold, silver and bronze medals will be awarded to the top three finishers in each division.

JOIN US AT SPORTFEST AND OPENING CEREMONIES ON JULY 19!

Make plans to join us on Friday, July 19 at Lincoln East High and Seacrest Field for SportFest and the Opening Ceremonies!

SPORTFEST | 4:30 – 7 P.M. | LINCOLN EAST HIGH SCHOOL

SportFest is the pre-Opening Ceremonies party for Athletes and their families and includes a free meal for anyone with a Super Pass. Meal is provided by Arby's, Pepsi, Frito-Lay and Hiland Dairy.

OPENING CEREMONIES | 8 P.M. | SEACREST FIELD

Program includes: Parade of Athletes, Skydivers (Lincoln Sport Parachute Club), Introductions, Presentation of Colors (Nebraska National Guard), National Anthem, Oath of Athletes, Mascot Showcase/Shirt Cannons, Featured Entertainment, Torch Lighting Ceremony (Mystery Torchlighter), Fireworks, Photos/Autographs and more.

ATHLETE PACKETS & TEAM BOXES

Choose the Shipping Option and get a Free Arby's Sandwich!

Save time, avoid hassles and receive your CSG gear more than a week before the Opening Ceremonies by shipping your athlete packet (\$10) or team box (\$15). Athlete packets contain the athlete shirt and Super Pass. Athlete packets will begin to ship in June. The packet shipping option will only be available for those registered by the final entry deadline. If you don't choose the shipping option, you will need to pick up your athlete packet or team box.

REGISTRATION FEES & DEADLINES

For pricing and dates, please check the Mountain Bike web page.

MULTI-EVENT DISCOUNT NOTE: If registering for multiple events, all entries must occur in the same transaction to receive the multi-event discount.

MULTI-EVENT CYCLING DISCOUNT: All Mountain Bike participants who register for Gravel Grinder and/or Tour will receive a \$7 discount per additional event by entering coupon code **CYCLE** at checkout. All registrations must take place on the same transaction to receive the discount.

ENTRY FEE INCLUDES: Competition in the 2019 Cornhusker State Games; White cotton athlete shirt (micro-fiber or soft cotton lightweight tri-blend upgrade available); Pass for free admission to SportFest, the Opening Ceremonies, and all competition venues; Sponsor gifts and coupons.

PAPER ENTRY FORMS: Paper entry forms will be accepted with a \$5 processing fee. Registering online at CornhuskerStateGames.com saves time, money and trees.

FURTHER INFORMATION

Sport Specific Questions: Contact Mountain Bike Director Kris Sonderup at 402-430-4566 or kris@cycleworksusa.com.

Online Registration/Website Questions: Contact the Cornhusker State Games office at 402-471-2544 or info@nebraskasportscouncil.com.