

# RACEFLYER

NICA RACE: MT. STROMLO

22-February, 2025

## VENUE DESCRIPTION

University of Canberra Stromlo Forest Park (UC Stromlo) is Australia's premier multi-use recreational sporting facility situated in the heart of the Molonglo Valley in the nation's capital, Canberra. Set on 1200 hectares and only 15 minutes from the city centre. Boasting a purpose-built event pavilion and over 50km of mountain bike trails suitable for riders of all abilities. Adjacent to the main carpark is a café/bar and bike hire for all of your pre and post race needs.

UNIVERSITY OF CANBERRA

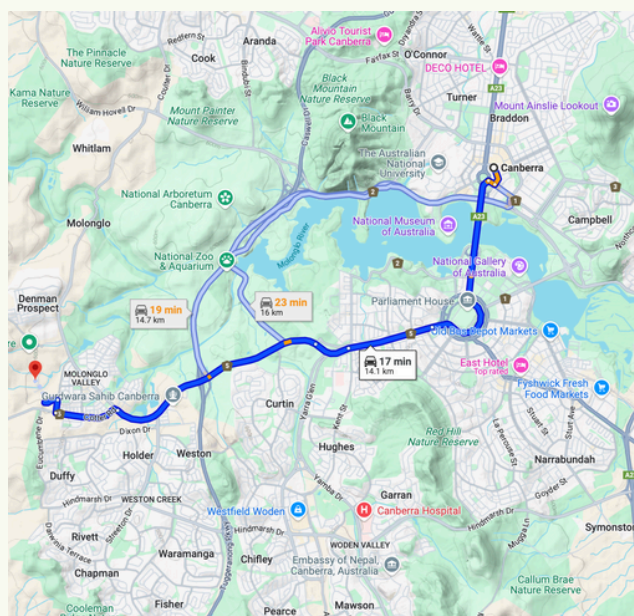
**STROMLO**  
FOREST PARK  
CANBERRA AUSTRALIA

## WAIVER

All participants must sign a waiver: Click [HERE](#) to download waiver.

## ADDRESS AND DIRECTIONS

[Stromlo Forest Park](#)



## GENERAL INFORMATION

- This is a public venue and all trails will be open to the general public during the event.
- Attendees must park in designated car parks and pay associated parking fees.
- Attendees must remove all personal rubbish.
- Toilets are located at the crit track on the lower level.
- Dogs must be on least at all times.
- Medical services will be onsite. In an emergency dial 000 and immediately inform an event crew member.

## WHAT IS A NICA RACE?

NICA's inclusive racing format offers participants the opportunity to experience and learn discipline, success, failure, and graceful defeat. Racing in a NICA environment helps student-athletes learn empathy, humility, flexibility, and resiliency. NICA student-athletes learn that it takes a village to build a successful racer, as well as to put on a race.

This NICA race at Stromlo is an exhibition event showcasing what a NICA event looks and feels like for the potential future launch of NICA-AUS. Students are encouraged to participate, but not take things too serious and ask plenty of questions of the friendly US based NICA staff members who will be in attendance.

NICA's core values promote Fun, Inclusivity, Equity, Respect, & Community and this race will highlight all those values. We encourage you to sign up, race with your friends and learn more about NICA.

Races are an individual (not a relay) multi-lap cross country (XC) format with mass starts based on grade level and gender separated categories. Results are based on finishing order within each category with high quality medals awarded within each category. Maximum race duration time limits are enforced, but regardless of whether you finish 1 or 3 laps, all racers are scored based on their individual efforts.

## WEEKEND SCHEDULE

### FRIDAY

- 9:00 AM** Volunteer shifts begin
- 12:00 PM** Check-In Opens
- 1:00 PM** Course Recon/Pre-Ride Opens (Must be registered and have a number plate on bike)
- 7:00 PM** Course Recon/Pre-Ride Closes
- 7:00 PM** Check-in closes
- 7:15 PM** Rider Briefing Option 1 of 2 (2nd option Saturday morning at 8:30AM)

### SATURDAY

- 7:00 AM** Check-in opens
- 7:30 AM** Course Recon/Pre-Ride Opens (Must be registered and have a number plate on bike)
- 8:30 AM** Rider Briefing Option 2 of 2 (1st option Friday evening at 7:15 PM)
- 8:30 AM** Course Recon/Pre-ride closes (No riders will be allowed on the course after 8:30 AM)
- 9:00 AM** Racing begins (See detailed start schedule for category start times)
- 11:15 AM** Check-in closes
- 1:30PM** Racing concludes after last riders finish
- 2:30 PM** Awards Ceremony

## COURSE RECON DETAILS

All racers should plan to recon/pre-ride the course during the designated recon hours:

**Friday afternoon: 1:00 PM to 7:00 PM**

**Saturday morning: 7:30 AM to 8:30 AM**

- ALL RIDERS MUST BE ACCOMPANIED BY AN ADULT WHILE RIDING COURSE RECON
- Riders must adhere to any course restrictions
- Ride with respect and control your speed in congested areas.
- Number plates must be on bike to be on course
- ALL RIDERS MUST HAVE SIGNED A WAIVER TO BE ON COURSE AT ANY TIME
- There will be a crew led recon/pre-ride at 2:00PM and 6:00PM on Friday for any riders who do not have an adult to accompany them on course.

## REMEMBER:



We encourage you to leave your dogs at home. If you choose to bring them, they must be under control and on a leash no longer than 2m.



Remove all rubbish and place in closest bin, or take home with you.



Be kind to one another. Treat others the way you'd like to be treated.



## DETAILED START SCHEDULE

WAVE 1: YEAR 6 & UNDER BOYS					
CATEGORY	STAGING TIME	START TIME	LAP COUNT	EARLY FINISH FINAL LAP CUTOFF TIME**	ESTIMATED RACE DURATION
Youngsters Boys and Girls	8:35 AM	8:45 AM	Youngsters Short Loop	N/A	10-45 Minutes

WAVE 2: YEAR 6 & UNDER GIRLS					
CATEGORY	STAGING TIME	START TIME	LAP COUNT	EARLY FINISH FINAL LAP CUTOFF TIME**	ESTIMATED RACE DURATION
Year 6 & Under Boys	8:50 AM	9:00 AM	1 Short Loop	N/A	10-45 Minutes
Year 6 & Under Girls	8:50 AM	9:02 AM	1 Short Loop	N/A	10-45 Minutes

WAVE 3: JUNIOR, INTERMEDIATE AND SENIOR GIRLS					
CATEGORY	STAGING TIME	START TIME	LAP COUNT	EARLY FINISH FINAL LAP CUTOFF TIME**	ESTIMATED RACE DURATION
SENIOR GIRLS (Years 11 & 12)*	9:15 AM	9:35 AM	2 Long Loop	Must start final lap within 45mins @ 10:20	65-90 Minutes
INTERMEDIATE GIRLS (Years 9 & 10)*	9:15 AM	9:35 AM	1 Long Loop	N/A	65-90 Minutes
JUNIOR GIRLS (Years 7 & 8)*	9:15 AM	9:35 AM	1 Long Loop	N/A	30-60 Minutes

WAVE 4: JUNIOR, INTERMEDIATE AND SENIOR BOYS					
CATEGORY	STAGING TIME	START TIME	LAP COUNT	EARLY FINISH FINAL LAP CUTOFF TIME**	ESTIMATED RACE DURATION
SENIOR BOYS (Years 11 & 12)*	11:30 AM	11:45 AM	3 Long Loops	Must start final lap within 65 mins @ 12:50	75-100 Minutes
INTERMEDIATE BOYS (Years 9 & 10)*	11:30 AM	11:50 AM	2 Long Loop	Must start final lap within 45mins @ 12:30	65-90 Minutes
JUNIOR BOYS (Years 7 & 8)*	11:30 AM	11:55 AM	1 Long Loop	N/A	30-60 Minutes

\* A category start group will be combined with the next group above for any groups(s) with fewer than 5 racers but will be still be staged and scored according the riders respective category.

\*\* In order to stay within NICA race duration guidelines, racers will have their race finished early if they do not start their final lap in the allotted times indicated above. Racers will still be scored and given a finishing place in the order that they completed their final lap in.

## AWARDS

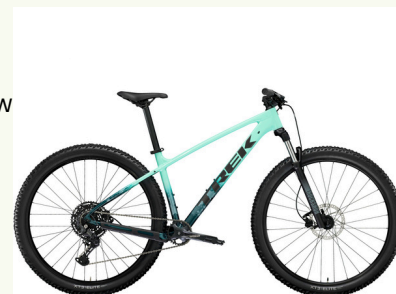
Medals will be given according to finishing order to the top 5 racers in all categories.



## TREK BIKE GIVEAWAY

TREK will be providing 3 bikes (Marlin 6) from the loaner bike fleet (very lightly used) to giveaway at this event. Random winners will be pulled from each of the following groups:

- NICA Try-It-Out participants, # of entries into the draw based on results from the timed segments at each session.
- All female racers at Stomlo race.
- All male racers at Stomlo race.



\*Sizes based on availability from existing loaner bike fleet.



## GENERAL NICA RACE RULES

- Student-athletes and all adults must wear approved helmets at all times while on the bike.
- Student-athletes must practice safe riding techniques and be in control of their bicycles at all times.
- Student-athletes are expected to display an excellent sporting attitude during all NICA events and should treat all other students, coaches, spectators, and officials with respect
- Littering is not permitted at any NICA event. Student-athletes caught littering at any time are subject to race time penalties and/or suspension from all NICA activities.
- Student-athletes are not allowed to race with headphones or other portable musical devices.
- Student-athletes will register and race according to their current grade level in school.
- Student-athletes must compete using mountain bikes only (no drop bar bikes allowed).
- Bicycles must have fully operational front and rear brakes. Brakes must be adjusted to provide sufficient stopping power.
- For safety reasons, handlebar end plugs and stem caps are required.
- Student-athletes must repair their own flat tires and mechanical problems and carry their own tools, tubes, etc. If mechanical support, tools or parts are provided anywhere on the course other than the designated Trek Neutral Support Zone, or by any person other than the Trek Neutral Support Mechanic, a 5-minute penalty will be assessed.
- In the case of a broken bicycle, or a dropped chain, or other mishap, students must clear the way and not block the trail for other riders.
- Student-athletes must complete the entire race on the same bicycle upon which the race was begun. A 10-minute penalty applies for switching bicycles in a race.
- Student-athletes must not progress on the racecourse unaccompanied by a bike.
- Student-athletes must wear appropriate footwear. Footwear must be fully enclosed and fastened with either straps, buckles, or laces
- Student-athletes must affix an official NICA number plate to their bikes at races. The number plate should be attached with at least three fasteners and must be on the bike at all times before and after competing, including the pre-ride, and should also remain on the bike at any time the student is riding at the event. Numbers shall be visible from the front and number plates shall not be folded, cut, bent or otherwise manipulated in any way.
- In the event a rider goes off course, whether intentionally, inadvertently, or to switch or repair a bike, he or she is not permitted to gain advantage from leaving the course and must make best efforts to re-enter the course at the same location he or she went off-course.
  - Racers must not deviate from the edge of the trails (as defined either by ribbons or an obvious change in surface or foliage characteristics) by more than 3 feet.
- All racers must walk their bikes in crowded areas such as the pit zone or spectator areas.
- When overtaking a rider on the racecourse, the passing rider should 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 side.
  - Passing in a manner that compromises the safety of other riders will not be tolerated.
- Racers riding bicycles have the right of way over racers pushing bicycles
- Lapped racers must yield to racers overtaking them
- In the event two racers are vying for position, the leading racer does not have to yield to the challenging racer. However, a racer may not bodily interfere with the intent to impede another racer's progress.
- Lapped racers and racers outside the time limit may be pulled from the race at the finish line. Racers that are pulled out of the race must not continue and will be placed according to their position at the time they are pulled
- All bottles or other items must be both handed off to riders and dropped by riders in the designated feed zone. Any bottle intentionally dropped outside of these designated zones will be considered littering and riders will be subject to time penalties.
- Petition forms (found at the registration tent) are to be presented to the race director to raise rule violations and scoring issues within 15 minutes of results being posted and within the designated "protest period". The race director will handle any protests arising at the event.

Race officials must decide and rule upon protests and rule violations despite often having little direct, firsthand information available regarding the underlying incident. This is inherent to the sport of mountain biking due to the fact that most of the racing takes place on the racecourse out of the sight of race officials. Nevertheless, every effort is made to reach the fairest and most informed decisions possible under the circumstances for each and every protest that is submitted. Student-athletes and their families and coaches are expected to understand these limitations and the challenges inherent to resolving disputes of this nature, and the difficult decisions race officials are required to make. It is further expected of students, family members, and coaches that they be willing to accept what they may consider to be an unfair result. Unfair results are part of every sport no matter the efforts to avoid them and accepting them when they go the other way is considered a sign of good sportsmanship and a strong character trait.

Accordingly, threatening or bullying officials, other riders, spectators, or anyone involved with the event regarding protests may result in restrictions imposed on a student-athlete's participation in future NICA programs.





### VENUE LAYOUT MAP



### VENUE NOTES

#### Pit Zone / Village Green Area

- Teams and individuals may use the Pit Zone area to set up tents, etc. There is no additional charge to set up tents.
- Pit Zone is a DISMOUNT ZONE and no bike riding is allowed.
- Anyone setting up a tent should bring appropriate spikes or sufficient weight to secure tents during high winds.
- No BBQs, cooking devices or other open flames allowed in the Pit Zone

#### Finish Chute / Course

- Spectators should remain off the course and only cross in designated crossing zones.
- Results will be posted at the registration tent located in the Pit Zone. Any protests to the results should be submitted to the registration manager and not the timing crew.
- Racers will be asked to exit the course at the designated exit chute and not ride backwards on course at any time.

#### General Venue Notes

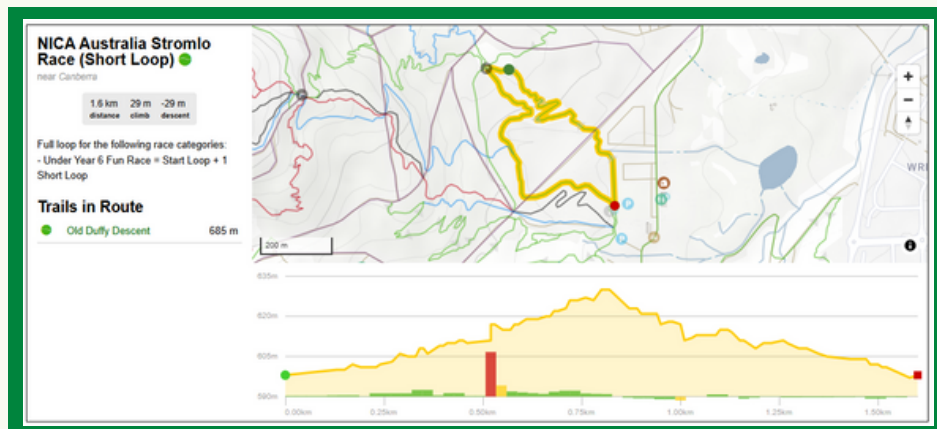
- Helmets must be worn at any time riders are on their bikes.
- Toilets are located at the crit track (see map above for exact location)
- Attendees are responsible for paying parking fees.
- Food/refreshments can be found at the Handlebar, located adjacent to the Pit Zone.



# NICA RACE FLYER

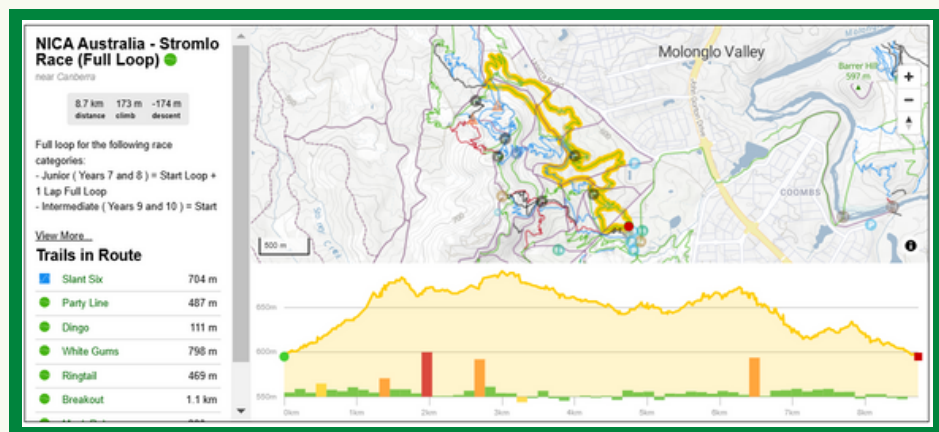
**NICA RACE: MT. STROMLO**

22-February, 2025



## SHORT LOOP

- Year 6 and under racers will complete the short loop after finishing the start loop.
  - 1.5km
  - 29m ascent
  - All beginner (green) single track trails.
  - TRAILFORKS link [HERE](#)



## FULL LOOP

- Junior, Intermediate and Senior racers will complete the full loop after finishing the start loop (see wave schedule for lap counts).
  - 8.7km
  - 173m ascent
  - Beginner (green) and Intermediate (blue) singletrack.
  - Interspersed fire roads for passing
  - TRAILFORKS link [HERE](#)

**CONTACT INFORMATION:** Eddie Freyer : [eddie@nicaausmtb.org.au](mailto:eddie@nicaausmtb.org.au)  
Mark Eedle : [mark\\_eedle@trekbikes.com](mailto:mark_eedle@trekbikes.com)

**Please note! Information in the Race Flyer is subject to change. Please check the [NICA-AUS website](#) just prior to race weekend to ensure you have the most current information available for the upcoming event.**