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2016 Race #5

Sunday, October 16, 2016 White Tail Ridge, River Falls, WI

The Whitetail Ridge course is best described as a long climb to the top of the ridge followed by flowing single track and then an action packed descent back down.

CRITICAL DEADLINE:

TUES. OCTOBER 11, 2016
Pit Zone closes at Midnight for Race #5 online registrations. Race Day Registration will be available with a late fee.

FOR RACE UPDATES:

Be sure to like us on [Facebook](#) and follow us on [Twitter](#)

Now broadcasting the race on FM Radio. Channel will be posted at the venue.

COACHES MEETING: 8AM

QUESTIONS:

Contact MN League Director - Josh Kleve about the MN League or Race #5 at joshua@minnesotamtb.org

RACE DESCRIPTION: The course at White Tail Ridge is as textbook an old school XC course and offers our rider the classic conundrum of sustained mid length climbs to really fill the legs with lactate and rooted, rocky, and twisty single track to navigate with jelly legs and hypoxic tunnel vision. The challenge here is self management. Measured effort on the climbs is the key so you can maintain tempo over choppy and swooping single track. This course favors those that race within themselves.

TRAIL ADDRESS: Whitetail Ridge Corporate Park 434-674 Highland Dr., River Falls, WI 54022

Take 94E from the twin cities into Wisconsin, then take exit 3 for Hwy 35 South. Take the Main Street Exit. Turn Right onto Paulson Road. Follow Paulson Road along the highway and take a left onto Highland Dr. Look for the race course on the left hand side of the road.

PARKING: Parking is not allowed on the field, but is available on the streets. Be sure to follow the direction of the parking volunteers, and view designated parking on the new interactive map tool 'MYATLASCMS'.

TEAM CHECK-IN: Teams must check in at registration BEFORE occupying a Pit Zone. Starting at 7:00AM, reserve your tent spaces and review your team list. Be sure to alert registration of any racers who are not attending White Tail Ridge.

VOLUNTEER: If you'd like to volunteer for the event, scan this QR code or go to <http://www.minnesotamtb.org/volunteer> for a listing of positions and to sign up!



RACE DAY SUPPORT: Mechanics from Penn Cycle and Michael's Cycles will be on hand Sunday to provide last minute adjustments and repairs.

CHIP TIMING: All registered racers receive a permanent number with a pre-installed chip on the back side. Racers will use this plate for all 5 races. Replacement number plates are available at Registration for \$35.

RACE MAP



WEB SITE



RACERS: In order to race, you need to meet **Race Ready** status: Pit Zone information entered, MN League/Race Fees paid, and participation waivers submitted (once per season)

Registration

ONLINE REGISTRATION closes Midnight, Tues. Oct. 11, 2016. All riders need to be invited to register in the Pit Zone online. Contact your Team Director or Head Coach to be invited. Independent riders contact Josh Kleve at joshua@minnesotamtb.org

NOTES:

A concession stand will be available at the race.

No gasoline generators inside the team pit area, please, and no open fires.

No dogs off leash, please.

Please be considerate of our venue and use the trash receptacles.

ON-SITE REGISTRATION will be open on Pre-Ride Sat and Sun! All racers must register at least one hour prior to their start time. We will accept Cash, Credit Cards or Checks. Please make checks payable to MN League. Waivers with parental signature can be submitted on race day with a \$10 late fee. No Category Change petitions will be accepted at race day. Questions about race registration, contact Josh Kleve at joshua@minnesotamtb.org

Pit Zone Tent/Registration will be open to accept late registrations and waivers on Race Weekend. Sat. 1:00pm - 4:00PM and Sun. 7:00am – 1:00pm. Racer registration must be completed 1 hour prior to category start time.

2016 Racing Fees	Cost	Late Fee at Race	Total Day of Race
MN League Registration Fee	\$50	Add \$10	\$60
MN League Race #1 Fee	\$40	Add \$10	\$50

Pre-Ride

Only racers who have REGISTERED AND HAVE RACE NUMBERS DISPLAYED ON THEIR BIKE can pre-ride before the race. **We recommend all riders pre-ride the course.** Please pass course workers with great care.

Pre-Ride: Saturday	Pre-Ride: Sunday
Pre-Ride Opens 2:00PM (No Riders allowed on Course after 4:15PM)	Pre-Ride Opens 7:30AM (No Riders allowed on Course after 7:45AM)
Pre-Ride Ends 5:00PM	Pre-Ride Ends 8:15AM

Race Categories and Wave Start Order/Times

REGISTRATION: On-site registration will close 1 hour prior to race start.

STAGING: Staging begins Exactly 15 Minutes before the start of each Race.

NOTES: Final lap count decision per category will be finalized and confirmed at the start of each race. Length of race may be changed due to weather conditions.

Category: MIDDLE SCHOOL	Start Time	Laps	Approx Miles	Category: HIGH SCHOOL	Start Time	Laps	Approx Miles
Wave 1 – 8 th Grade Boys D1	8:30 AM	1	4.3	Wave 1 Soph Boys – D1	10:00 AM	3	12.9
Wave 2– 8 th Grade Boys D2	8:35 AM	1	4.3	Wave 2 Soph Boys – D2	10:03 AM	3	12.9
Wave 3 – 8 th Grade Girls	8:40 AM	1	4.3	Wave 3 Fresh Boys – D1	10:06 AM	2	8.6
Wave 4 – 7 th Grade Boys D1	8:45 AM	1	4.3	Wave 4 Fresh Boys – D2	10:09 AM	2	8.6
Wave 5 – 7 th Grade Boys D2	8:50 AM	1	4.3	Wave 1 Varsity Girls	12:00 PM	4	17.2
Wave 6 – 7 th Grade Girls	8:55 AM	1	4.3	Wave 2 JV Girls	12:03 PM	3	12.9
				Wave 3 Soph Girls	12:06 PM	2	8.6
				Wave 4 Fresh Girls	12:09 PM	2	8.6
				Wave 1 Varsity Boys	2:00 PM	5	21.5
				Wave 2 JV Boys D1	2:03 PM	4	17.2
				Wave 3 JV Boys D2	2:06 PM	4	17.2

Post Race

4:00 Racing Ends/Tear Down

4:30 Awards Ceremony – We hope you can stay for this!