

2013 Salem Hills • Race #1

Inver Grove Heights

MN High School Mountain Bike Racing Series



National
Interscholastic
Cycling
Association

Minnesota High School Cycling League, 15972 Hyland Pointe Ct., Apple Valley, MN 55124 • www.minnesotamtb.org

Sunday, Sept. 8th, Salem Hills, Inver Grove Heights, MN

RACE DESCRIPTION

This mostly single track course, also known as Harmon Park, carves through grassy meadows and winds around wet lands through dense forests. This is a mostly flat course which will start near the Elementary School and wind around ball fields before dipping into the single track. Course distance is about 4 miles. Please Note – the paved parking lot adjacent to the water tower that we used last year will be closed. All parking should take place near the Elementary School and the roads nearby.

PRE-RIDE

Only racers who have registered and have race numbers displayed can pre-ride Saturday afternoon (1:00PM–4:00 PM) and Sunday morning (8:00 AM–9:30 AM). We recommend all riders pre-ride the course. Please pass course workers with great care.

DIRECTIONS

From the Mall of America, take I-494 East to the Robert Street Exit #67. Turn right onto South Robert Trail/MN-3 South (from St. Paul, follow South Robert Trail/MN-3 South to Upper 55th Street East). Turn onto Upper 55th Street East and continue to intersection of Babcock Trail. Turn right and continue on Babcock Trail. Turn right at the entrance to the Salem Hills elementary school. [5899 Babcock Trail, Inver Grove Heights, MN 55077-2112](#)

PARKING

Parking will be available at the Salem Hills elementary school parking lot. Overflow parking will be available behind the elementary school. Please follow volunteer directions for parking. It's an easy walk back from the parking area to the Pit Zone for the Start/Finish and spectator viewing of the course. No Parking on Asher Avenue, please.

RACE DAY SUPPORT: Provided by Random Bikes

Mechanics from Random Bikes will be on hand Sunday using Park Tool products to provide last minute adjustments and repairs for our racers in the Neutral Support Area.

FOOD SERVICE

A concession stand will be available on site.

VOLUNTEERING AT OUR EVENTS

Volunteers make our events possible. If you'd like to volunteer for the Salem Hills event, or any of our other races, please go to www.minnesotamtb.org site. Log onto the Volunteer section for a listing of volunteer positions.

OTHER IMPORTANT NOTES

- Spectator viewing will be available at different sites. Look for a Spectator Map at registration.
- 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 whenever possible.

2013 RACING FEES

| | Cost | Late Fee At Race | Total day Of Race` |
|-------------------------|------|------------------|--------------------|
| League Registration Fee | \$50 | \$10* | \$60 |
| Race Fee (per-race) | \$40 | \$10* | \$50 |

*Late fee goes into effect after online registration closes at 10:00pm, Thurs. Sept. 5th, 2013.

RACE CATEGORIES AND WAVE START ORDER/TIMES

| CATEGORY | START TIME | LAPS | APPROX. DISTANCE |
|---------------------------|------------|------|------------------|
| GIRLS | | | |
| Wave 1 - Varsity Girls | 10:00 AM | 4 | 16 Miles |
| Wave 2 - JV Girls | 10:03 AM | 3 | 12 Miles |
| Wave 3 – Frosh/Soph Girls | 10:06 AM | 2 | 8 Miles |
| BOYS | | | |
| Wave 1 – Varsity Boys | Noon | 5 | 20 Miles |
| Wave 2 – JV Boys | 12:03 PM | 4 | 16 Miles |
| Wave 3 – Soph Boys | 12:06 PM | 3 | 12 Miles |
| Wave 4 – Frosh Boys | 12:09 PM | 2 | 8 Miles |

Note: final lap count decision per category will be finalized and confirmed at the start of each race. We hope you will stay after the race for the award ceremony. Length of race may be changed due to weather conditions.

CHIP TIMING

All racers will receive a permanent number plate with chip timing tape on the back side. Racers will need to use this plate for all 5 races, so please remove this number plate before mounting the bike on a roof rack to prevent loss. Replacement number plates will be available at the Registration Tent for \$25.

REGISTRATION INFO

The Minnesota High School Cycling League recommends avoiding long lines and taking advantage of early on-site registration via the Pit Zone. Checks should be make payable to MN League. Riders registering “day of” at the race venue must register at least one hour before race starts. On-site race registration will be open 1-4 PM Saturday during the pre-ride and 8-10 AM Sunday. Questions about race registration should be directed to Registration Director Amber Schult amber@minnesotamtb.org

In order to race, you need to meet Race Ready status. Here’s the Race Ready Checklist:

- Pit Zone information entered
- League Fee and Race Fee paid
- Release forms mailed or faxed in (once per season)

ON-SITE REGISTRATION AND LEAGUE FEE PAYMENT

On-site registration will result in a late fee of \$10 for MN League Registration and \$10 for Race Registration. All racers must register at least one hour prior to their start time. To make race day more enjoyable, register in advance online!

PETITIONS FOR CATEGORY PLACEMENT

Those petitioning for exceptions to category placement must do so by Thursday September 5th by 5pm. No Race Day petitions will be accepted. Petitions must be emailed to MN League Director Gary Sjoquist at gary@minnesotamtb.org. Racers can only race in Varsity categories via the petition process.

All riders need to be invited to register in the Pit Zone online. Contact your Team Director to be invited. Independent riders contact Registration Director Amber via email at amber@minnesotamtb.org.

MISSING FORMS:

Still need to submit your participation waiver? As of Mon. Sept 2, waivers cannot be sent by mail.

However, there is still time to avoid a late fee! Submit participation waivers before 10:00pm Thurs. Sept. 5, 2013 by the following two methods:

1. Fax signed waiver to: 510-779-5597

or

2. E-mail a PDF scan of signed waiver to: registration@nationalmtb.org

If unable to complete before 10:00pm Thurs. Sept. 5, waivers will be available at the registration tent. Waivers with parental signature can be submitted on race day with a \$10 late fee. Thank you.

COURSE DETAILS

Race #1 • Salem Hills - Inver Grove Heights September 8th, 2013

Location:

Salem Elementary School, 5899 Babcock Trail, Inver Grove Heights, MN 55077-2112

Lap Count:

BOYS: Freshman - 2 Laps • Sophomore - 3 Laps • Junior Varsity - 4 Laps • Varsity - 5 laps

GIRLS: Frosh/Soph - 2 Laps • Junior Varsity - 3 Laps • Varsity - 4 laps

Contacts:

MN League Director:

Gary Sjoquist

gary@minnesotamtb.org

Communications Director:

Libby Shea Hurley

libby@minnesotamtb.org

Operations Director:

Josh Kleve

joshua@minnesotamtb.org

Registration Director:

Amber Schult

amber@minnesotamtb.org

First Aid/Safety Director:

Martha Flynn

martha@minnesotamtb.org

Coaching Coordinator:

Bruce Martens

bruce@minnesotamtb.org

Volunteer Coordinator:

Valerie Olstheiser

valerie@minnesotamtb.org

Director of Scoring and Timing:

Roger Strobel

mnrps@live.com

Sponsorship Director:

Mark Hartney

mark@minnesotamtb.org

Chief Referee:

Mark McCubbin

markm@minnesotamtb.org



@minnesotamtb | Be sure to like and follow us for race updates!

SALEM HILLS • RACE #1 • SEPTEMBER 8th, 2013



Location:

Salem Elementary School
5899 Babcock Trail,
Inver Grove Heights,
MN 55077-2112

Lap Count:

BOYS:

Freshman - 2 Laps

Sophomore - 3 Laps

Junior Varsity - 4 Laps

Varsity - 5 laps

GIRLS:

Frosh/Soph - 2 Laps

Junior Varsity - 3 Laps

Varsity - 4 laps

Contacts:

MN League Director:

Communications Director:

Operations Director:

Registration Director:

First Aid/Safety Director:

Coaching Coordinator:

Volunteer Coordinator:

Director of Scoring & Timing:

Sponsorship Director:

Chief Referee:

Gary Sjoquist

Libby Shea Hurley

Josh Kleve

Amber Schult

Martha Flynn

Bruce Martens

Valerie Olstheiser

Roger Strobel

Mark Hartney

Mark McCubbin

gary@minnesotamt.org

libby@minnesotamt.org

joshua@minnesotamt.org

amber@minnesotamt.org

martha@minnesotamt.org

bruce@minnesotamt.org

valerie@minnesotamt.org

mnrs@live.com

mark@minnesotamt.org

markm@minnesotamt.org



@minnesotamt

Be sure to like and follow us for race updates!

