

 	<b>2012 Salem Hills Inver Grove Heights MN High School Mountain Bike Racing Series Race #1</b>	Minnesota High School Cycling League 15972 Hyland Pointe Ct. Apple Valley, MN 55124 <a href="http://www.minnesotamtb.org">www.minnesotamtb.org</a>
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## Sunday, Sept. 9th, Salem Hills, Inver Grove Heights, MN

*updated*

**RACE DESCRIPTION:** This mostly single-track course, also known as Harmon Park, carves through grassy meadows and winds around wetlands through dense forests. This is mostly a flat course with a paved uphill start before swooping around a water tower and dropping into singletrack. Course distance is four miles. **Course map is available at <http://www.minnesotamtb.org/wp-content/uploads/salemmap2.pdf>.**

**PRE-RIDE:** Only racers who have registered and have race numbers displayed can pre-ride Saturday afternoon (1:00 PM–5:00 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 55<sup>th</sup> 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.

### **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. [Parking Map](#)

### **RACE DAY SUPPORT Provided by Valley Bike and Ski**

Mechanics from Valley Bike and Ski 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 e-mail [amber@minnesotamtb.org](mailto:amber@minnesotamtb.org) or go to [www.minnesotamtb.org](http://www.minnesotamtb.org) and hit the Volunteer tab for a listing of 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.

### **2012 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 Midnight, Monday Sept. 3th

## RACE CATEGORIES AND WAVE START ORDER/TIMES

Category	Start Time	Laps	Approx. Distance
<b>GIRLS</b>			
Wave 1 - Varsity Girls	10:00 AM	4	16 Miles
Wave 2 - JV Girls	10:05 AM	3	12 Miles
Wave 3 – Frosh/Soph Girls	10:10 AM	2	8 Miles
<b>BOYS</b>			
Wave 1 – Varsity Boys	Noon	5	20 Miles
Wave 2 – JV Boys	12:05 PM	4	16 Miles
Wave 3 – Soph Boys	12:10 PM	3	12 Miles
Wave 4 – Frosh Boys	12:15 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.*

### 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 made 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 1-5 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](mailto: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)

### PETITIONS FOR CATEGORY PLACEMENT

*Those petitioning for exceptions to category placement must do so by Monday, Sept. 3rd by 5pm. No Race Day petitions will be accepted. **Petitions must be emailed to MN League Director Gary Sjoquist at [gary@minnesotamtb.org](mailto: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 your League Director Gary Sjoquist via email at [gary@minnesotamtb.org](mailto:gary@minnesotamtb.org).

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### 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!*

### MISSING FORMS:

Waivers are available online in the Pit Zone. If you have not mailed in your registration forms by race day, riders and their parents will need to fill out paper waivers at the registration tent. If you are unsure if you’ve submitted the forms, please check the Pit Zone. Contact Registration Services ([registration@nationalmtb.org](mailto:registration@nationalmtb.org)) with questions or problems.

**There are three ways to submit your signed forms:**

1. Mail registration to:

**Attn: Minnesota Registration**  
**805 Camelia Street**  
**Berkeley, CA 94710**  
**510-779-5597**  
[registration@nationalmtb.org](mailto:registration@nationalmtb.org)

2. Fax registration to:

3. E-mail a PDF scan to:

4. When mailing check, please write the name of the rider on the check. Credit Cards may be used online.