



2007 CENTRAL COAST INVITATIONAL
NorCal High School League Series • Race #1

NorCal High School Mountain Bike League
 2342 Shattuck Ave. #361
 Berkeley CA 94704
 (510) 644-4950
www.norcalmtb.org

Sunday, March 4th, Start Time: 11:00 AM.
Fort Ord (Near Monterey)

RACE DESCRIPTION: Fun single track on slightly hilly terrain. Riders will be doing multiple laps (approx 6.0 miles per lap), see below for lap counts. **Registration opens at 8:30 AM.** *All participants must be registered for the 2007 NorCal High School Mountain Bike Racing Series and have a valid 2007 USA Cycling license. See www.norcalmtb.org for more information.*

PRE-RIDE: Sunday morning the course is open for pre-ride and we recommend everyone pre-ride the course, both for safety and also as a good warm-up. **Do not** pre-ride on Saturday while there are other races going on (see cccx.org for Saturday schedule, should be clear after 3:00 PM).

DIRECTIONS FROM HWY 1 (North of Monterey):

Take the **Ft. Ord Main Entrance Exit**. This exit is located just North of Seaside and just South of Marina off Hwy 1. Continue straight thru 2 stop lights (approx. 1/2 mile). At the third stop light **turn right onto Gen. Jim Moore Blvd**. Take Gen. Jim Moore Blvd for 1/4 mile and at the first stop light **turn left onto Giggling Rd**. Go straight on Giggling Rd. for 1 mile. After 1 mile on Giggling you come to a stop sign, go straight and **follow the CCCX race signs to parking 2.5 miles ahead**. PLEASE! *Drive slowly!* Do not drive faster than 25 MPH please! This is a closed area and the roads are narrow and it is very important to not drive faster than 25 MPH when anywhere on the former Army Base of Ft. Ord. **Important notice, the entry road will be closed for the start of the race – for about 20 minutes of each start wave. No cars can enter at this time.**

DIRECTIONS FROM HWY 101:

Take the **Hwy 156 West exit** (at Prunedale) and head toward the Monterey Peninsula. Go **through Castroville to Hwy 1 South**. Once on Hwy 1, continue South toward Monterey and **follow the above directions**.

Category	Start Time	Laps	Approx. Distance
WAVE 1			
Sophomore Boys	11:00 AM	2	12 Miles
Freshman Boys (I)*	11:03 AM	2	12 Miles
Freshman Boys (II)*	11:06 AM	2	12 Miles
Frosh/Soph Girls	11:09 AM	2	12 Miles
WAVE 2			
Varsity Boys	12:15 PM	4	24 Miles
JV Boys	12:18 PM	3	18 Miles
Varsity Girls	12:21 PM	3	18 Miles
JV Girls	12:24 PM	2	12 Miles

*Information about the Freshman Split available soon. Freshman will be split primarily based on team size (Division I and Division II).

Course map is available at www.norcalmtb.org.

We hope you will stay after the race for the award ceremony!

Important League Rules:

1. You must bring proof of your USA Cycling license – all riders must have an annual USA Cycling license.
2. **Mountain Bikes Only:** League athletes must compete using mountain bikes that have 26 (or 29) inch wheels and the tires must not be narrower than 1.75 inches. No road bikes or cyclocross bikes, no down-drop handlebars.
3. Leg over bike? Then your helmet must be buckled onto your head. You must also keep the helmet on if you are on the course with a mechanical walking or running with the bike. Keep the helmet on until you are finished and off the course.
4. No iPods or other devices with headphones are allowed while riding or racing.
5. Walk your bike in the registration, team pit areas and also through spectator areas. Be mindful of dogs and small children at all times.
6. During the race, flat tires and mechanical problems should be repaired by the racer, and the racer must carry their own tools, tubes, etc. If outside assistance is required, a five-minute penalty will be assessed.
7. Call out when passing slower racers “Tracking left (indicates passing on the left)” or “Tracking right (indicates passing on the right).” Pass only when it is safe to do so.
8. Cutting the course will result in disqualification, possibly a loss of all League points. **If you drop out of the race, you MUST be sure to tell the first course marshal you see – and also the finish line crew.**

Be supportive of fellow riders and have fun at the first race of the season!