



2009 CALIFORNIA STATE CHAMPIONSHIPS

NorCal High School Mountain Bike League
4412 Piedmont Ave. #1
Oakland CA 94611
(510) 653-2453
www.norcalmtb.org

Presented by Touchstone Climbing and Fitness

Sunday, May 17th, Start Time: 10:00 AM
Boggs Mountain near Cobb, Ca

RACE DESCRIPTION

Tight, twisty, rolling, semi-technical singletrack through pinewood forest, plus some rocky fire roads. Riders will be doing multiple laps (approx 6.0 miles per lap), see below for expected lap counts. This is the most challenging course of the season.



Registration opens at 8:30 AM. Avoid the lines and register at: <http://www.norcalmtb.org/index.php> *All participants must be registered for the 2009 NorCal High School Mountain Bike Racing Series. Register at www.norcalmtb.org*

For technical reasons involving our scoring program all SoCal riders must pre-register by Friday May 8! (<http://www.socaldirt.org/race/2009statechamps.htm>)

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. **The course is open all day Saturday during park hours.**

DIRECTIONS:

Find your way to Calistoga in the northern tip of Napa Valley, about 90 minutes north of the Bay Area. From the town of Calistoga, take Highway 29 North for 16 miles to Middletown. Take Highway 175 West, approximately 7 miles, to the town of Cobb. Continue through town .8 miles to the Boggs Mountain Demonstration State Forest entrance on the right hand side. Continue 2 miles on a paved & dirt road to parking and the race staging area

ACCOMODATIONS:

Camping at the race venue! You can reserve a campsite for \$10 donation per vehicle each night at http://norcalmtb.org/race/Boggs_Camping.htm

This is primitive camping with no running water, electricity, or grills for cooking. Because of the increased size of the League, we will be assigning camping areas by team and we ask that folks do their best to maximize the space. Each team should designate a camping coordinator to determine the number of vehicles on Saturday night and send an email to intern@norcalmtb.org to request team camping area.

FOOD SERVICE

Fine Touch Catering will be selling burritos, sandwiches, hot dogs and other snacks and drinks. There are no power-hookups or running water sources at the venue. Bring what you need to drink and wash up with.

LEAGUE RULES

All riders, coaches and parents must comply with the League rules: <http://www.norcalmtb.org/race/rules.htm>

Category	Start Time	Laps	Approx. Distance
WAVE 1			
Varsity Girls	10:00 AM	3	18 Miles
JV Girls	10:05 AM	2	12 Miles
Soph Girls	10:10 AM	2	12 Miles
Frosh Girls	10:15 AM	2	12 Miles
WAVE 2			
Sophomore Boys D1(500's)	11:40 AM	3	18 Miles
Sophomore Boys D2(600's)	11:45 AM	3	18 Miles
Freshman Boys D1(800's)	11:50 AM	2	12 Miles
Freshman Boys D2(900's)	11:55 AM	2	12 Miles
WAVE 3			
Varsity Boys	1:05 PM	4	24 Miles
JV Boys D1(200's)	1:10 PM	3	18 Miles
JV Boys D2(300's)	1:15 PM	3	18 Miles

Please note that lap counts are subject to change and cut-off times will be imposed at the discretion of the Race Director and Chief Referee.

SoCal riders who are Freshman Boys, Sophomore Boys or JV Boys all race in Division II (D2 above). Division corresponds to team size, not ability.

MORE REGISTRATION INFO

1) If you registered for the 2009 Series (costs \$50) but did not register for Race #5, then you must register for Race #5 by paying the \$40 fee. There is a \$10 late fee for same day registration. Please pre-register at the Specialized Pitzone at <http://www.norcalmtb.org/index.php> -OR- mail a check for \$40 and include the Race Number, and the name of the rider (can write in the check memo).

Mail checks to:

NorCal HS MTB League
Attn: Race Registration
4412 Piedmont Ave. #1
Oakland CA 94611

2) If you registered for the League and paid \$225 then you are already registered for all 5 races.

3) Registered riders in the SoCal ICL may race at Boggs but must preregister at <http://www.socaldirt.org/race/2009statechamps.htm> by Friday May 8!

OTHER IMPORTANT NOTES

- Camping space will be assigned by League staff and organized by team, in order to make the best use of the limited space. Please respect the volunteers and staff!
- There is a fair amount of coastal poison oak along the course. Those sensitive beware, use protection, and bring ways and means to cleanse after race (Tecnu is available at the League Merchandise Tent).
- No gasoline generators inside the team pit area, please, and no open fires. Also, because of limited space, there are no cars allowed in the pit area at the State Championships. Please drop off an gear by 9:00 AM.
- No dogs off leash please