



2009 MOUNTAIN GOAT CHALLENGE

NorCal High School League Series • Race #3

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

Sunday, April 5th, Start Time: 10:00 AM
Pilarcitos Canyon at Fort Ord (Near Monterey)

RACE DESCRIPTION

The course features a fun, challenging combination of twisting single-track, wide double track and rolling cross-country. Riders will be doing multiple laps (approx 8.0 miles per lap), see below for lap counts. **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.*

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 FROM HWY 1 (North of Monterey):

On Hwy 1 North of Monterey take the "Lightfighter" Exit (this exit name changed from "Fort Ord Main Entrance" to "Lightfighter.") Exit is North of Seaside and South of Marina.

Take the **Lightfighter exit** off of Hwy 1 and 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.

At the first stop light **turn left** onto Gigling Rd. Go straight on Gigling Rd. for 1/2 mile.

Turn right onto Parker Flats Rd. There is no stop sign or light here so watch closely!

After 1 mile **turn left** on Eucalyptus Rd and continue for 3 miles

After 3 miles you will cross Barloy Canyon Rd and pass through an open gate. Follow signs to venue.

DIRECTIONS FROM HWY 101:

Take the **Hwy 156 West exit** (at Prunedale - **EASY TO MISS, PAY ATTENTION**) 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.**

ACCOMODATIONS:

NO camping at the race venue! Camping is available at Marina Beach: <http://www.marinadunesrv.com/> Marina Beach is closest but fills up quickly. Additional camping at <http://www.monterey.org/rec/vetspark.html> and <http://www.co.monterey.ca.us/parks/lagunaseca.html>

Sponsoring Hotel is Los Laureles Lodge:

Families can get rooms at a discounted rate of \$75 per night. Help out our sponsors by booking your room in advance! Call (831) 659-2233 and mention that you are with the NorCal High School Mountain Bike League to receive the discounted rate.



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	2	16 Miles
JV Girls	10:05 AM	2	16 Miles
Soph Girls	10:10 AM	1	8 Miles
Frosh Girls	10:15 AM	1	8 Miles
WAVE 2			
Sophomore Boys (500's)	11:40 AM	2	16 Miles
Sophomore Boys (600's)	11:45 AM	2	16 Miles
Freshman Boys (800's)	11:50 AM	2	16 Miles
Freshman Boys (900's)	11:55 AM	2	16 Miles
WAVE 3			
Varsity Boys	1:05 PM	3	24 Miles
JV Boys (200's)	1:10 PM	2	16 Miles
JV Boys (300's)	1:15 PM	2	16 Miles

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

MORE REGISTRATION INFO

1) If you registered for the 2009 Series (costs \$50) but did not register for Race #3, then you must register for Race #3 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) If you are not registered for the 2009 League, you must register **online** at <http://www.norcalmtb.org/register/rider>. A mail in release and payment are also required and a \$20 late fee applies if they are not received by March 31st.

OTHER IMPORTANT NOTES

- No RVs will be allowed to enter the venue due to limited parking.
- 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.
- No dogs off leash please.