



**2007 State Championships at
Boggs Mountain
NorCal High School League Series • Race #6**

NorCal High School Mountain Bike League
2342 Shattuck Ave. #361
Berkeley CA 94704
(510) 653-2453
www.norcalmtb.org

Sunday, May 20th
Start Time: 10:00 AM.
Boggs Mountain Demonstration State Forest
(45 minutes North of Calistoga)
Pre-ride on Saturday from 1:00 PM to 6:00 PM

RACE DESCRIPTION: Tight, twisty, rolling, semi-technical, sweeet single-track through pinewood forest, plus some rocky fire roads. Riders will be doing multiple laps (number of laps are subject to change and time cut offs may be imposed). **Registration opens at 9:00 AM.**

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.

Category	Start Time	Laps	Approx. Distance
WAVE 1			
Varsity Girls	10:00 AM	3	18.75 Miles
JV Girls	10:05 AM	2	12.5 Miles
Frosh/Soph Girls	10:10 AM	2	12.5 Miles
WAVE 2			
Sophomore Boys	11:30 AM	3	18.75 Miles
Freshman Boys (I)	11:35 AM	2	12.5 Miles
Freshman Boys (II)	11:40 AM	2	12.5 Miles
WAVE 3			
Varsity Boys	12:50 PM	4	25 Miles
JV Boys	12:55 PM	3	18.75 Miles

Course map is available at www.norcalmtb.org.

The race will be followed by both the State Championship award ceremony (up to 7 places deep) and the Overall Series awards (up to 10 places deep). We hope you will stick around for this special ceremony.

Be sure to drop by the League Merchandise Tent for a season-end clearance sale on League jackets, hats, jerseys and shorts.

Some important State Champ info from the League eNews:

1. OFFICIAL RESULTS AND STANDINGS POSTED

Final race #5 results and the overall team and individual standings have been posted.

2. STATE CHAMPIONSHIP BONUS POINTS

In previous years, the State Championship and Series Final was worth double points. The double point structure proved extremely unforgiving for riders with mechanicals or who otherwise did not finish. This year we have introduced a new point bonus system that will reward riders for a strong final race, but will not devastate their overall standings in the case of a mishap.

The bonus points are awarded as follows:

1st place = 50 pts.

2nd place = 49 pts.

3rd place = 48 pts.

4th place = 47 pts.

.

(pattern continues . . .)

.

49th place = 2 pts.

50th place = 1 pt.

51st place = 1 pt.

52nd place = 1 pt.

.

(all subsequent placings are 1 pt.)

3. ALL RIDER CALL UP

All riders will be called up to the line at the State Championship race, starting with the top ranked rider. Please be ready, and leave plenty of room for riders to roll through (there will be no need to crowd the line at the staging area).

4. BRING YOUR OWN WATER PLEASE

There is no water source at the State Championship race. We recommend bringing a couple of gallons for drinking and washing.

5. LEAVE BOGG'S MOUNTAIN CLEAN

Bogg's Mountain does not have their own garbage dumpsters. Though we are renting one, please make a point of bringing your own trash bags and taking your trash home, otherwise ours will likely overflow. Help us leave Bogg's Mountain cleaner than we found it. Thanks!

6. ENERGY GEL AND BAR WRAPPER PRO TIP

To make things easier during the race, open your bar and gel wrappers part way before the race. During the race it is not cool to drop these on the trail. When racing, it's often easiest to tuck the empty wrapper or gel packet under the elastic of your bike short. You won't even notice it is there.

7. FOOD AT STATE CHAMPIONSHIPS

Fine Touch Catering will be back providing hot sandwiches, burritos, and hot dogs!

8. STATE CHAMPIONSHIP COURSE MAP

We have posted the planned State Championship course map. The course is subject to change. Lap counts, driving directions, and other information will be posted soon. The map is available at: <http://norcalmtb.org/race/index.htm>

9. PARKING/CAMPING AT BOGGS

At the State Championships parking and camping is primitive, but plentiful. In order to offset the cost of extra staff, porta-potties and trash disposal parking will cost \$5 per car, and camping is \$10 per car.

10. CAMP FIRES

Fire in designated fire rings is OK.