

COURSE DESCRIPTION

For this race you'll want to bring your "A" game and a full arsenal of skills and fitness. It's going to be the most well rounded rider that takes home the hardware. There is a new infield and finish to this year's course.

Riders will start with a long wide open section through the field. Then, think 'skinny' as you weave through the notoriously tight, narrow and twisty single track that Sokol park is known for. To keep the fun factor high, we've added in some roller coaster up/downs, a water crossing and a challenging climb right before coming back out into the infield to sprint for the finish.

Each Lap: 5.08 miles with 348 ft elevation gain

Interactive venue map can be found at this link: [CLICK HERE](#)





WEEKEND SCHEDULE

Saturday

- 9:00 AM Volunteers Arrive for Course and Infield Set Up
- 11:00 AM Pit Zone opens for team set up and Check-In Opens (Teams must follow schedule times for PZ access)
- 1:00 - 2:00 PM GRiT Pre-Ride (Riders must be checked in and have a number plate affixed to their bikes)
- 2:00-3:30 PM Slow Pace Pre-Ride (Riders must be checked in and have a number plate affixed to their bikes)
- 3:30-5:00 PM Fast Pace Pre-Ride (Riders must be checked in and have a number plate affixed to their bikes)
- 5:00 PM Check-In Closes
- 5:00 PM Course Closed for Pre-Ride (No riders will be allowed on the course after pre-ride closes)

Sunday

- 7:30 AM Pit Zone opens for team set up and Check-In/Late Registration Opens
- Course Open for Pre-Ride (Riders must be checked in and have a number plate affixed to their bikes)
- 8:30 AM Course Closed for Pre-Ride (No riders will be allowed on the course after pre-ride closes)
- Coaches Meeting (Mandatory attendance for 1 coach representative from each team)
- 9:00 AM Devotional
- 9:30 AM Wave 1 Start
- 11:15 AM Wave 2 Start
- 12:00 PM Wave 3 Start
- 1:00 PM Wave 4 Start
- 3:00 PM Racing Concludes and Pit Zone opens for team area take down
- Course and InField Break Down Begins
- 4:00 PM Awards Ceremony

PRE-RIDE

Course is open for pre-ride Saturday afternoon (1:00 PM–5:00 PM) and Sunday morning (7:30 AM–8:30 AM).

We recommend all riders pre-ride the course. Please pass course workers with great care.

*****ALL RIDERS (STUDENTS AND COACHES) MUST HAVE A NUMBER PLATE AFFIXED TO THE FRONT OF THEIR BIKE TO BE ON THE COURSE DURING THE PRE-RIDE*****

ADDRESS AND DIRECTIONS

5901 Watermelon Road Northport, AL (205) 562-3220

Directions from Interstate 20/59

Exit at McFarland Blvd. and head north on McFarland Blvd for 5.5 miles

Turn Right onto Watermelon Road and travel 3.0 miles to the park entrance on the right

PARKING

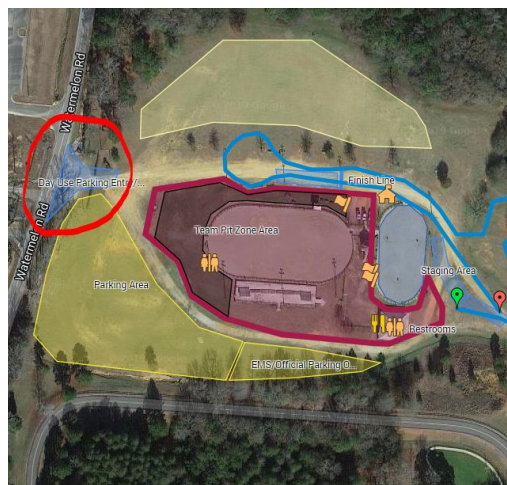
Vehicles must park in the designated parking area identified on the map below and marked with signs on race day. All vehicles must abide by the instructions of parking volunteers and/or league staff. Any violators risk imposition of penalties against their respective teams. Handicap parking is available at the area marked in blue.

*****ALL VEHICLES MUST PAY A \$5.00 PARKING FEE (per vehicle) TO THE PARK ATTENDANTS*****

*****THERE IS A \$3.00 /PERSON EVENT ENTRY FEE IF PARKED OUTSIDE THE PARK AND WALK IN*****

*****THESE FEES ARE ONLY COLLECTED ON SUNDAY, UNLESS PARKING OVERNIGHT WITH CAMPERS*****

IMPORTANT - PAY SPECIAL ATTENTION TO NEW PARKING/CAMPING LOCATIONS COMPARED TO PREVIOUS RACES. TO ACCESS PARKING AREA FOR DAY USE, ENTER SOKOL PARK VIA THE WEST SIDE BY TURNING OFF WATERMELON RD.





PIT ZONE INFORMATION AND RULES

- Pit Zone is **not** open to vehicles and no parked vehicles allowed in the Pit Zone area. Teams must immediately load/unload in the designated area marked by signs.
 - No Smoking at this venue
 - No inappropriate language allowed in Pit Zone
- Any conflicts and/or disputes with any race official or volunteer shall not be dealt with in the Pit Zone

Any violation of the above rules may result in a team penalty and/or expulsion from the Pit Zone and Infield area.

REGISTRATION

Online registration closes the Tuesday prior to each race at 12:00 midnight.

Race Ready Checklist:

Pit Zone information entered ?

NICA Fee and League Fee paid ?

Release forms signed electronically ?

On-site race registration will incur a \$10 late fee payment. To avoid long lines and late fees, please register for the race online. There is no on-site league registration available, only race registration and you must complete registration at least one hour prior to your start time.

On-site registration is only available during the following times:

12:00 PM - 5:00 PM Saturday and 7:30 AM - 12:00 PM Sunday

FOOD SERVICE

Food Vending will be available onsite both Saturday and Sunday



ACCOMMODATIONS

Onsite camping- Both primitive and RV camping is available at the venue. All campers **should register in advance** using the following link: [CAMPING REGISTRATION LINK](#)

Questions regarding onsite camping should be directed to Zachary Heard via email : zheard@tcpara.org

Camping Fees:

- Primitive Tent Camping \$10 for 2 tents and one vehicle or \$10/RV+one car/small truck

*****ADDITIONAL VEHICLES MUST PAY A SEPARATE CAMPING FEE OR PARKING FEE*****

IMPORTANT - CAMPERS MUST ENTER/EXIT CAMPING AREA VIA THE DIRT ROAD FROM THE SOUTHEAST. TO ACCESS THIS POINT, ENTER SOKOL PARK FROM UNION CHAPEL ROAD NOT WATERMELON RD.

THIS ACCESS ROAD WILL BE CLOSED FOR APPROXIMATELY 15 MINUTES DURING EACH WAVE START

Hotels- Hotels are located approximately 10 minutes from the park in Northport. Please call in advance to make reservations and to obtain special event rates:

Best Western : 2015 McFarland Blvd. Northport, AL 35476 (205) 339.5200

Econo Lodge : 1930 McFarland Blvd., Northport, AL 35476 (205) 330-0345

OTHER IMPORTANT VENUE NOTES

No dogs off leash please!

No open fires in the team pit area

Campfires must be in self contained fire pits, no campfires directly on the ground

VOLUNTEERS NEEDED

Volunteers make our races happen, [CLICK HERE](#) to learn more and to sign up.



DETAILED WAVE SCHEDULE

Category	Start Time	Laps	Approx. Duration	Race Plates
WAVE 1				
Varsity Boys	9:30 AM	4	90-120 Minutes	050-089
JV Boys	9:33 AM	3	60-100 Minutes	300-394
Sophomore Boys	9:36 AM	2	45-90 Minutes	500-559
Freshman Boys	9:39 AM	2	45-90 Minutes	800-874
WAVE 2				
8th Grade Boys A	11:15 AM	1	45 Minutes or Less	6000-6069
7th Grade Boys A	11:18 AM	1	45 Minutes or Less	6000-6069
6th Grade Boys A	11:21 AM	1	45 Minutes or Less	5000-5064
8th Grade Boys B	11:26 AM	1	45 Minutes or Less	5000-5064
7th Grade Boys B	11:29 AM	1	45 Minutes or Less	4000-4049
6th Grade Boys B	11:32 AM	1	45 Minutes or Less	4000-4049
WAVE 3				
8th Grade Girls	12:00 PM	1	45 Minutes or Less	3000-3019
7th Grade Girls	12:03 PM	1	45 Minutes or Less	2000-2019
6th Grade Girls	12:06 PM	1	45 Minutes or Less	1000-1019
WAVE 4				
Varsity Girls	1:00 PM	3	60-100 Minutes	001-010
JV Girls	1:03 PM	2	45-90 Minutes	100-119
Sophomore Girls	1:06 PM	2	45-90 Minutes	400-424
Freshman Girls	1:09 PM	2	45-90 Minutes	700-729

Racers will turn multiple laps on this fast course, with the following NICA Race Duration guidelines for each category:

- 45 minutes or less for Middle School boys and girls
- 45-90 minutes for Freshman/Sophomore boys and girls and JV girls
- 60-100 minutes for JV boys and Varsity girls
- 90-120 minutes for Varsity boys

Student-athletes may be asked to withdraw at the finish line after time limits have been reached. Race officials reserve the right to determine these time limits at anytime. Time limits may be imposed for reasons that include, among others: safety, heat, cold, rain, muddy conditions, clearing the course, and relieving course marshals. Course closures may be announced at anytime and do not need to be announced in advance. Racers who do not make the time limit cut-off will still be scored and ranked with all other racers who finish early.

The information in this race flyer is tentative and is subject to change. Please contact Adam at adam@alabamamtb.org with questions or concerns.

www.alabamamtb.org