

# TAOS COMPOSITE

## HIGH SCHOOL MTB TEAM



### **Colorado League Race Information and Logistics**

This is our 10<sup>th</sup> season of Taos Composite and we wanted to share some info on race logistics and expectations for the high school team. There is a LOT of detail in this document but we hope you will find it helpful, especially if you are a new team member.

#### **Getting from Taos to Races**

Since our first season, we have been able to get sponsors to cover the cost of camping, food, coaching, and van transportation for ALL Taos Composite high school athletes to attend each race. All the athlete needs to pay is the Colorado League entry fee for each race.

Coaches and anyone riding in the FIT van will depart Taos the day before the race with plenty of time to drive to the venue, set up, and prepare to pre-ride the course with athletes. Only high school athletes and coaches with number plates are allowed to be on the course at any time, including pre-ride. Pre-ride is with only the athletes who will be racing and happens in the afternoon before the race.

We encourage everyone to ride in the team van. There will definitely be van(s) available to transport athletes to the Colorado races. We can take up to 9 racers who have zero symptoms of any illness. Also, we must have more than two people riding in the van as we can't be in a situation with a 1:1 ratio of adults to athletes.

#### **Camping Scene:**

We camp together as much as possible. If you need to borrow a tent. Let us know. Taos Composite reserves campsites in advance.

We absolutely need parent support in camp for each race. We need parents to volunteer to shop for all food (FIT will reimburse the cost of all food) and prepare the food at the races. This is a big job and it is generally a different set of parents who do this at each race so the workload is shared. Any parents and athletes who are around will (and should) jump in to help with food prep and clean up. We can give you support on quantities, etc.

We also need parents to supervise the group at camp. The coaches are at the races to support the athletes, work out logistics, and coach (pre-ride, team meeting, warm up, etc).

We love to have help setting up and breaking down the campsite as well as the Pit Zone.

**Pit Zone:**

The Pit Zone is where we will have our team tent and is where everyone congregates on race day. This is where the schedule is posted, food and water are always available, bike maintenance takes place, and chairs are sat upon. It's our hang out spot and also has a radio at all times so coaches can be reached, even if they are out on the course.

Each Colorado League race has a "theme" for a team spirit competition. Sometimes we get pretty into these. Once we even won...

**Start Times:**

There are multiple start times for different groups throughout the day on race day. The schedule at our Pit Zone will show times for each group to start as well as when each group should eat, warm up, and be at the start.

**Taos Composite Vibe:**

We support each other. All parents and all riders. We are a team and we represent our state as the only New Mexico team in this league. We are kind and accepting of all of our teammates as well as riders, coaches, race organizers, race volunteers, and parents from other teams.

**Race Problems and Solutions:**

If a racer has an issue during a race with another racer, that athlete needs to find Susie or Sean so we can follow up with the race officials. This is NOT something parents should do. Any complaint to the League needs to come from a Head Coach and needs to be timely. The league does not want anyone to go home with bad feelings.

If you are late to your warm up, you will be on your own. If you miss your start, you will start whenever you arrive and no time adjustments are made.

This is a large league with many hundreds of riders. The goal is for each athlete to be treated equally and with respect and consideration. Special exceptions are not made.

**VENUE RULES:**

NO ONE MAY RIDE A BIKE ANYWHERE IN THE RACE VENUE WITHOUT A HELMET PROPERLY SECURED TO HIS/HER HEAD.

FOUL LANGUAGE IS NOT TOLERATED.

NO ONE BESIDES RACERS IN A PARTICULAR START WAVE (AND LEAGUE OFFICIALS AND VOLUNTEERS) MAY RIDE ON A COURSE DURING AN EVENT.

GOOD SPORTSMANSHIP AT ALL TIMES IS CRITICAL.

The rider may be disqualified and the team may be docked points if any rider or parent does not comply with these rules.

**Team Tradition at Finish Line:**

We make sure there are always parents and teammates and coaches at the start and finish. Chocolate milk should be given to each athlete upon finishing as a “recovery drink.” No one needs to drink this if he/she does not want to.

**Scoring:**

There are individual results within each category and there are also team results. See the Colorado League handbook to learn more about how scoring works but it doesn't really matter, as long as you ride your heart out and have fun because fun is fast.

**Call ups:**

The first race is critical to determine each rider's start position and category for the following race. After the first race, the top riders from each category are called up first to their respective start line based on results. Everyone else is lined up according to their overall standing in the 3-race series.

**Qualifying for State:**

Please see the Colorado League rulebook to understand how to qualify for State Championships. If you attend all 4 regular season races, your lowest result will be dropped. 3 races total are counted in the State qualification process.

**Jerseys:**

You must race in a Taos Composite jersey in Colorado League races. It makes it easier for us to see you coming and cheer and take photos. And it is a rule.

**Bikes and Mechanical Issues:**

Your bike needs to be in tip top shape before you come to a race. Sometimes things happen and you need a mechanic. There is free neutral support at all Colorado League races. That means, as long as your bike has a number plate on it, you can bring it to the mechanic on site and he/she will help you out. That being said, it can sometimes be a bit of a wait to get things taken care of and since they don't have an entire shop there, some things might not be fixable on site.

During the race, you are supposed to be self-sufficient. That means bringing a tube, air, and tools. Sometimes a mechanical can't be fixed without help. If a course marshal has to help you, you get a 5-minute penalty. If you have to go to neutral support during a race for help, you also get a 5-minute penalty. As if the mechanical itself didn't already cost you enough time...

**Photos:**

Team photos. Action photos. Hanging out photos. We like photos, and so do our sponsors. Take some. Make a video. Keep it awesome and spread the word!

## **COVID PROTOCOLS AT COLORADO LEAGUE RACES**

Masks are optional. **All riders, coaches, and family members must not come to practices or races if exhibiting any signs of illness.**

### **Safety Gear:**

Helmets, gloves, and eye protection must be worn.

### **Volunteers/Parent Roles** (of course, athletes can also volunteer to help out)

We really need all athletes and parents to be on the same page of participating in making things run smoothly. This could mean taking on a role within Taos Composite on a race weekend or volunteering to help for a couple of hours with the Colorado League or both!

#### Taos Composite Needs at Each Race:

Feed Zone

Food prep and clean up

Camp parent (supervision/chaperone)

Set up and tear down of team Pit Zone and campsite

Supporting all Taos athletes during the race and after the race (cheering and congrats)

#### Colorado League Volunteer Positions:

The Colorado League needs many volunteers to make each race run smoothly.

Positions include course marshals, parking lot, and more.

**Racing in the Colorado League is an amazing opportunity for our small team to compete on a big stage. Racing is like nothing else you will do on your bike. It is the very best way to get faster and is super fun!**