

# TAOS COMPOSITE

## MIDDLE SCHOOL MOUNTAIN BIKE TEAM



### **Information, Logistics, and Racing the NM NICA League (NMICL) Races**

This is our 4<sup>th</sup> season of our middle school team and we wanted to share some info on race logistics and expectations. 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**

Middle school athletes need to get to races and have family there to provide food, tents, etc. We do all generally camp together. We try to reserve enough camping in advance and will reach out to find out how much space we will need for each race. Coaches will be there for pre-ride, team meeting, and all the race day support but parents are responsible for their athletes the rest of the weekend.

Only registered middle 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.

#### **Team Tent:**

Our team tent is where everyone congregates on race day. This is where the race schedule is posted, snacks 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.

There are multiple start times for different groups throughout the day on race day. The schedule at our team tent 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.

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 NMICL 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:**

We will let you know how the league will call riders up to the start once we know...

**Jerseys:**

You must race in a Taos Composite jersey in NMICL 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 NMICL 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 or if you have to go to neutral support during a race for help, you get a time 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 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 at the race or both!

### **Taos Composite Needs at Each Race:**

Feed Zone

Camp parent (supervision/chaperone)

Set up and tear down of team tent and campsite

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

**Racing in the new NM NICA League (NMICL) is an amazing opportunity for our team to compete here in New Mexico. Racing is like nothing else you will do on your bike. It is the very best way to get faster and is super fun!**