



2009 Granite Bay Invitational
NorCal High School League Series • Race #2

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

Sunday, March 15th, Start Time: 10:00 AM
Granite Bay, CA

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 6.0 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>

LEAGUE RIDERS ONLY

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. Also, the course is open all day Saturday for pre-ride. As with hikers, please be courteous to the course marking crew – pass them very slowly.

DIRECTIONS FROM HWY 80 (Granite Bay is about 20 minutes East of Sacramento)

From Hwy 80 you will take the Douglas Blvd. exit out of the city of Roseville. Go east on Douglas for about 6 miles to Granite Bay entering Folsom Lake State Recreation Area. Continue along the main park road to the race venue.

PARKING FEE

Folsom Lake State Recreation area charges a \$7 fee (per vehicle) at the gate.

CAMPING INFO

NO camping at the race venue! Camping info is available at: http://www.parks.ca.gov/default.asp?page_id=500

HOTEL INFO

The Sponsoring Hotel is Orchid Suites, go to <http://www.orchidsuitesroseville.com> to check it out. All reservations must be made by calling (916) 784-2222. Make sure you say you are with the NorCal HS MTB League to get the discount rate of \$89 (+ tax) for standard rooms and \$99 (+ tax) for suites.

FOOD SERVICE

Fine Touch Catering will be selling burritos, sandwiches, hot dogs and other snacks and drinks.

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	3	18 Miles
JV Girls	10:05 AM	2	12 Miles
Soph Girls	10:10 AM	2	12 Miles
Frosh Girls	10:15 AM	2	12 Miles
WAVE 2			
Sophomore Boys (500's)	11:40 AM	3	18 Miles
Sophomore Boys (600's)	11:45 AM	3	18 Miles
Freshman Boys (800's)	11:50 AM	2	12 Miles
Freshman Boys (900's)	11:55 AM	2	12 Miles
WAVE 3			
Varsity Boys	1:05 PM	4	24 Miles
JV Boys (200's)	1:10 PM	3	18 Miles
JV Boys (300's)	1:15 PM	3	18 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 #2, then you must register for Race #1 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 February 24th.

OTHER IMPORTANT NOTES

- 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.