



2009 CENTRAL COAST INVITATIONAL

NorCal High School League Series • Race #1

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

Sunday, March 1st, Start Time: 10:00 AM
East Garrison at Fort Ord (Near Monterey)

RACE DESCRIPTION: Fun single track on slightly hilly terrain. Riders will be doing multiple laps (approx 4 miles per lap), see below for lap counts. **Registration opens at 8:00 AM.** *All participants must be registered for the 2009 NorCal High School Mountain Bike Racing Series. Register at www.norcalmtb.org.* A late fee of \$20 applies for riders who are not FULLY registered for the series and race #1 (including payment and mail-in forms rec'v'd) by February 24th.

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. **Do not** pre-ride on Saturday while there are other races going on (see cccx.org for Saturday schedule). Saturday pre-riding will start at approximately 3:00 PM.

DIRECTIONS FROM HWY 1 (North of Monterey):

From Hwy 1 North of Monterey, or heading South toward Monterey take the "Lightfighter" Exit (this exit name changed from "Fort Ord Main Entrance" to "Lightfighter.") Exit is North of Seaside and South of Marina.

Take the Lightfighter exit off of Hwy 1 and continue straight thru 2 stop lights approx. 1/2 mile.

At the third stop light turn right onto Gen. Jim Moore Blvd. Take Gen. Jim Moore Blvd for 1/4 mile.

At the first stop light turn left onto Gigling Rd. Go straight on Gigling Rd. for 1 mile.

After 1 mile on Gigling you come to a stop sign, go straight and follow the CCCX race signs to parking 2.5 miles ahead. PLEASE Drive slowly! Do not drive faster than 25 MPH!

DIRECTIONS FROM HWY 101:

Take the **Hwy 156 West exit** (at Prunedale - **EASY TO MISS, PAY ATTENTION**) and head toward the Monterey Peninsula.

Go **through Castroville to Hwy 1 South.**

Once on Hwy 1, **continue South toward Monterey and follow the above directions.**

ACCOMODATIONS:

NO camping at the race venue! Camping is available at Marina Beach: <http://www.marinadunesrv.com/> Marina Beach is closest but fills up quickly. Additional camping at <http://www.monterey.org/rec/vetspark.html> and <http://www.co.monterey.ca.us/parks/lagunaseca.html>

Sponsoring Hotel is Los Laureles Lodge:

Families can get rooms at a discounted rate of \$75 per night. Help out our sponsors by booking your room in advance! Call (831) 659-2233 and mention that you are with the NorCal High School Mountain Bike League to receive the discounted rate.



FOOD SERVICE

Fine Touch Catering will be selling burritos, sandwiches, hot dogs and other snacks and drinks.) There are no power-hookups or running water sources at the venue. Bring what you need to drink and wash up with.

LEAGUE RULES

All riders, coaches and parents must comply with the League rules: <http://www.norcalmtb.org/race/rules.htm>

Course map is available at www.norcalmtb.org.

Category	Start Time	Laps	Approx. Distance
WAVE 1			
Varsity Girls	10:00 AM	4	16 Miles
JV Girls	10:05 AM	3	12 Miles
Soph Girls	10:10 AM	3	12 Miles
Frosh Girls	10:15 AM	3	12 Miles
WAVE 2			
Sophomore Boys (500's)	11:40 AM	4	16 Miles
Sophomore Boys (600's)	11:45 AM	4	16 Miles
Freshman Boys (800's)	11:50 AM	3	12 Miles
Freshman Boys (900's)	11:55 AM	3	12 Miles
WAVE 3			
Varsity Boys	1:05 PM	5	20 Miles
JV Boys (200's)	1:10 PM	4	16 Miles
JV Boys (300's)	1:15 PM	4	16 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 #1, 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 \$90 then you are already registered for Race #1.

3) If you registered for the League and paid \$225 then you are already registered for all 5 races.

4) 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).
- Parking is limited at the venue. Try to carpool into the race and limit the number of vehicles each team brings. RV's may be required to park at a further distance than at other venues.
- No gasoline generators inside the team pit area, please, and no open fires.
- No dogs off leash please.
- Those petitioning for exceptions to category placement must do so in the required timeframe before the race. Same-day petitions will not be considered.