

RACE 3: GRANITE BAY GRINDER
APRIL 1 – JUNIOR DEVELOPMENT
(ALL REGIONS)
APRIL 2 – HIGH SCHOOL
(REDWOOD AND REPACK)

BEACH THEME



What to know for the Grinder

Registration must be done online by Thurs. March 30th at 6pm

Number plates can be picked up at the registration tent Friday-Sunday. Each student-athlete is assigned a number plate for the season, and is expected to use that same racing plate at each race. If you lose it, you can buy a replacement for \$20 at the registration tent. Coaches, parents and student-athletes can all pick up race plates. Replacement coach plates cost \$10. Please contact jen@norcalmtb.org with any registration questions.

Volunteers – we always need your help!

Our races are made possible because of all of our volunteer support. Not only do you get to help the show go on, but you are helping your team secure a better pit location. The higher the percentage of volunteers on your team, the better the pit spot. Sign-up online by Thursday at midnight before the race to be counted for priority placement. If you sign up same day, your priority placement will not be changed. Please review the NICA Adult Code of Conduct.

Directions to Folsom Lake State Recreation Area

Follow your map to the Granite Bay Main Beach. Take Douglas Blvd to the park entrance on Park Rd to enter the venue. **Please be prepared to pay your day use fee of \$12.** This fee will be collected by parks and is not a donation to the league.



Lodging – hotels nearby

Huge thanks to Placerville Tourism for working with us and offering discounted lodging. **Please use this link for discounted lodging.**

Misc. Beta – Beach Day Theme!

- Lock bikes when not in use
- Tear it up Catering will be our food truck on site
- Mike's Bikes will be providing neutral support (for free!)
- Dogs are ok at this venue as long as they are on a leash and you clean up after them
- Celebrate all things beachy! Safety first. Think inflatable flamingo, beach ball, etc. Have fun with it!
- Please remember to be prepared to pay your day use fee of \$12
- Weather policy: 1/2" or more of rain forecast within 24 hours of the event or during the event may result in a last-minute cancellation

Weekend Schedule

FRIDAY:

2pm-5:30pm: Pre-ride open

4:30pm-5:30pm: NorCal GRiT Pre-ride

SATURDAY:

7:30am-8:45am: Pre-ride open

8:30am-12pm: Volunteers check in

8:15am: Coaches meeting

9:00am - 12:00pm: Redwood and Repack Junior development Racing

1:15pm - 4:15pm: Central and East Bay Junior development Racing

1:50pm: Redwood and Repack Podiums

5:30pm-6:30pm: Pre-ride open

5:30pm: Central and East Bay Podiums

5:30pm-6:30pm: NorCal GRiT Pre-ride

SUNDAY:

7:30am-8:45am: Pre-ride open

8:30am-2pm: Volunteers check in

8:15am: Coaches meeting

9:00am - 3:30pm: Redwood and Repack high school racing

3:40pm: Podiums

Attention Pre-Riders:

- All pre-riders must have their assigned 2023 NorCal plate fixed to their handlebars and be accompanied by a coach while on course (Coaches must have Coach Plate)
- Only coaches and student-athletes are allowed to pre-ride
- No pre-riding outside of designated times mentioned above
- Coach replacement plates cost \$10

Coaches Meeting:

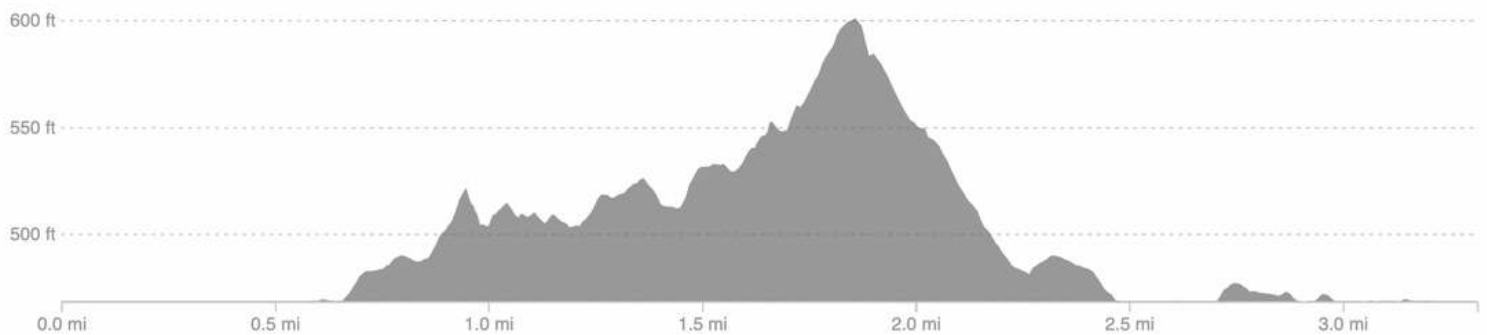
- This is where you'll receive vital information about race day
- It is mandatory that all teams have at least one coach attend the meeting, so that important information can be communicated to the team
- Coaches meetings will be held at the registration tent

Course Info – Junior Development

Course Description: This will be a tough lap with some short steep climbs and tight technical descents. Expect the course to be similar to the one mapped here. Changes may be made.

Course Length and Elevation: ~3.3 miles and ~120ft elevation gain.

Route and Elevation



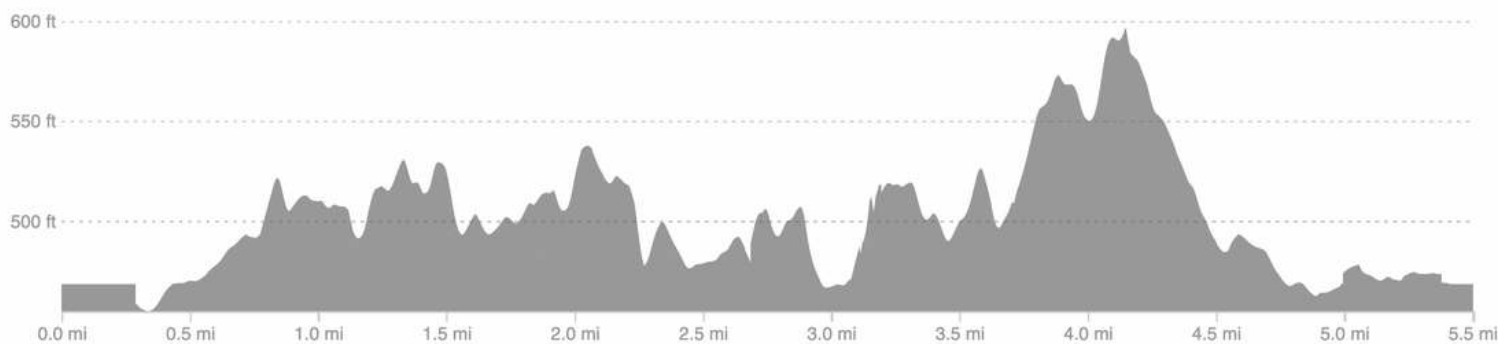
Please be prepared to pay your day use fee of \$12. This fee will be collected by parks and is not a donation to the league.

Course Info – High School

Course Description: This will be a tough lap with some short steep climbs and tight technical descents. Expect the course to be similar to the one mapped here. Changes may be made.

Course Length and Elevation: ~5.5 miles and ~500ft elevation gain.

Route and Elevation



Please be prepared to pay your day use fee of \$12. This fee will be collected by parks and is not a donation to the league.

Race Schedule – Saturday – Redwood and Repack

Please arrive 15 minutes before your wave starts. Start times subject to change.

Category	Start Time	Lap Count	Race Plate #
<u>Wave 1</u>			
Open Boys	9:00	3	9500-9575
Open Girls	9:05	3	9000 - 9025
<u>Wave 2</u>			
8th Grade Girls	9:45	2	8000-8499
7th Grade Girls	9:50	2	7000-7499
6th Grade Girls	9:55	2	6000-6499
<u>Wave 3</u>			
8th Grade Boys	11:00	2	8500-8999
<u>Wave 4</u>			
7th Grade Boys	11:30	2	7500-7999
<u>Wave 5</u>			
6th Grade Boys	12:00	2	6500-6999

Race Schedule – Saturday – Central and East Bay

Please arrive 15 minutes before your wave starts. Start times subject to change.

Category	Start Time	Lap Count	Race Plate #
<u>Wave 6</u>			
Open Boys	1:15	3	9500-9575
Open Girls	1:20	3	9000 - 9025
<u>Wave 7</u>			
8th Grade Girls	2:00	2	8000-8499
7th Grade Girls	2:05	2	7000-7499
6th Grade Girls	2:10	2	6000-6499
<u>Wave 8</u>			
8th Grade Boys	3:15	2	8500-8999
<u>Wave 9</u>			
7th Grade Boys	3:30	2	7500-7999
<u>Wave 10</u>			
6th Grade Boys	4:00	2	6500-6999

Race Schedule – Sunday – Redwood and Repack

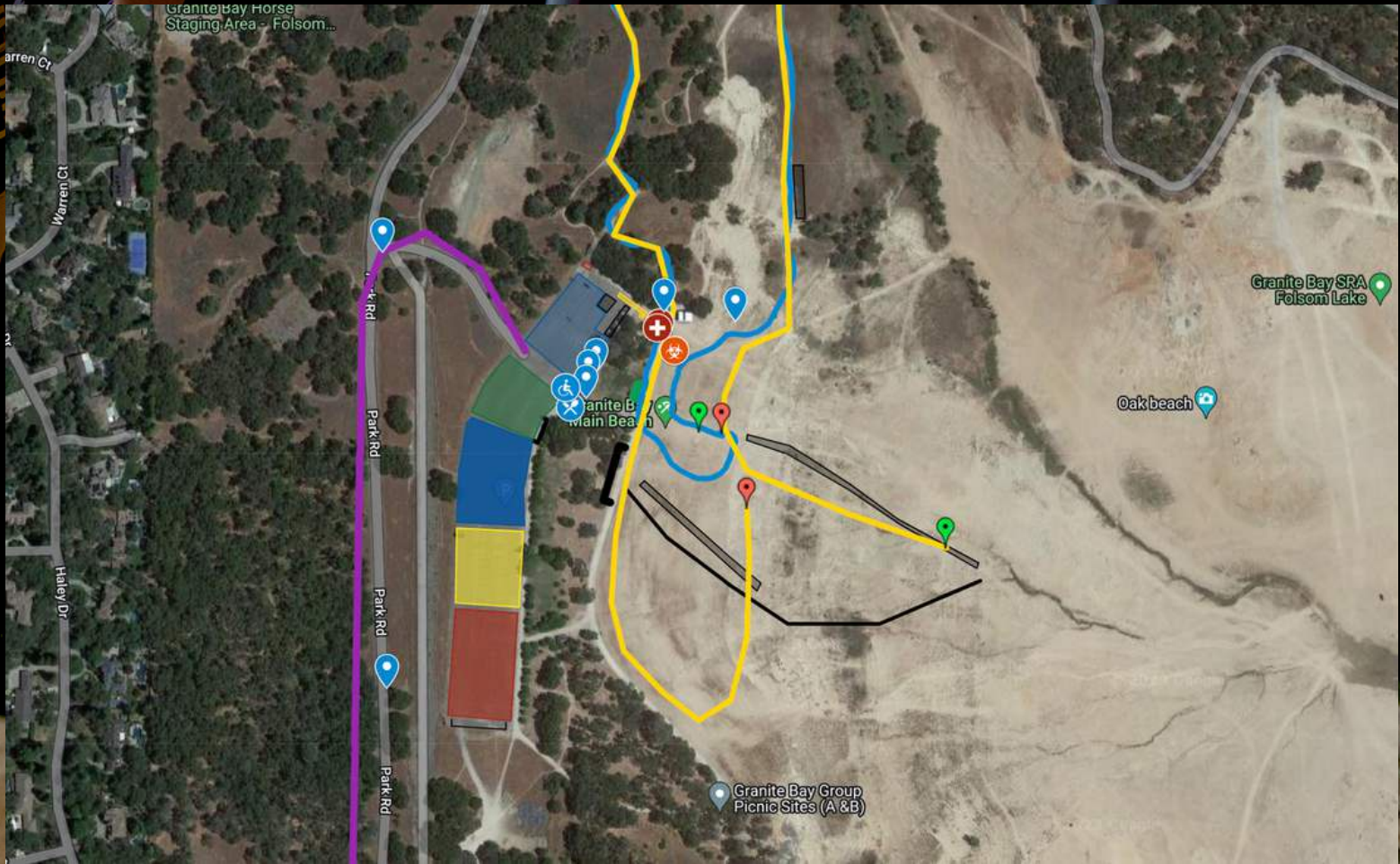
High School Schedule

Please arrive 15 minutes before your wave starts. Start times subject to change.

Category	Start Time	Lap Count	Race Plate #
<u>Wave 1</u>			
Varsity Boys	9:00	3	1000's
Varsity Girls	9:05	3	100's
<u>Wave 2</u>			
JV Girls	10:30	2	200-399
Sophomore Girls	10:35	2	400-599
Frosh Girls	10:40	2	600-799
<u>Wave 3</u>			
Sophomore Boys D2	12:00	2	3500-3999
Sophomore Boys D1	12:05	2	3000-3499
<u>Wave 4</u>			
Frosh Boys D2	1:10	2	4500 - 4999
Frosh Boys D1	1:15	2	4000 - 4499
<u>Wave 5</u>			
JV Boys D2	2:20	2	2500-2999
JV Boys D1	2:25	2	2000-2499

More Maps!

Take a look at our Google Map here.



Pit Zone Priority Map

- Trailer drop-off at 1pm on Friday
- Trailer drop-off at any time Saturday
- You may leave trailers overnight, please lock valuables before leaving



Join the GRiT Pre-ride

**FUN. INCLUSIVE.
ALL-FEMALE.
WELCOMING.**
SESSIONING. FIERCE. SHE
SHREDDERS. STRONG.
**SUPPORTIVE.
FRIENDSHIPS.**
STUDENT-ATHLETES.
COACHES. GRiT RIDERS.
TIE DYE ATTIRE OPTIONAL.



GRANITE BAY

FRIDAY

4:30 PM - 5:30 PM

SATURDAY

5:30 PM - 6:30 PM

Meet us at the GRiT tent and
join us for an all-female pre-ride!

Thanks to our sponsors!

This race used to be "Ride the Redwoods" in Eureka, but in partnership with our local stakeholders in Eureka that we are working with, we have decided to hold off on hosting a race here until 2024. Although Eureka always has a ton of rain, this year it has been extraordinary. The course, pit zone, and camping that we would be able to offer you this year are just not up to our standards, and we want you to have the stellar experience in full at this new venue, so we have moved this race to Folsom Lake Recreation Area-Granite Bay.

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mike's bikes **TREK**



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LEAD SPONSOR

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BRONZE SPONSORS

STRIKE **FEEDBACK SPORTS** **borah** **Blackburn** **CR CLUB RIDE** **VelociPAX** **W**

The Feed. **BOSCH** **Outside** **FOX** **HAMMER NUTRITION** **RUDY PROJECT**

NICA NATIONAL FOUNDATION AND GRANT PARTNERS



Thanks to the Granite Bay Grizzlies for passing this along!

Welcome Redwood, Repack, Central, and East Bay region teams to Granite Bay! We are excited to have you here and to race our awesome trails! If you need anything from us please don't hesitate to reach out and we will do everything in our power to accommodate you.

Here are some great local Food Options (all within a few miles from venue).

Italian restaurants:

- Romano's Macaroni Grill (2010 Douglas Blvd.)
- Olive Garden (1160 Galleria Blvd.)
- Buca di Beppo (1212 Galleria Blvd.)
- II Fornaio (1179 Galleria Blvd.)
- The Old Spaghetti Factory (731 Sunrise Ave.)
- Vechos (5540 Douglas Blvd.)
- Vaiano Trattoria (7160 Douglas Blvd)
- Pete's (3003 Douglas Blvd.)
- Pete's (6608 Folsom-Auburn Rd.)

Mexican restaurants:

- Casa del Lago (8570 Auburn-Folsom Rd.)
- Bernardos (8781 Auburn-Folsom Rd.)
- El Ray (5550 Douglas Blvd.)
- Chipotle (6981 Douglas Blvd.)
- Chipotle (3988 Douglas Blvd.)
- El Sombrero (4060 Douglas Blvd)
- Jalisco (9290 Sierra College Blvd.)
- Dos Coyotes (2030 Douglas Blvd.)
- Costa Vida (1475 Eueka Rd.)

American restaurants:

- The Cheesecake Factory (1127 Galleria Blvd.)
- Lazy Dog (238 Gibson Dr.)
- Jacks Urban Eats (8620 Sierra College Blvd.)

Coffee:

- Starbucks (8530 Auburn-Folsom Rd.)
- Dutch Bros (8663 Auburn-Folsom Rd.)
- Peet's (5550 Douglas Blvd.)
- Dunkin' (9601 Greenback Ln.)

Grocery Stores:

- Raleys (6845 Douglas Blvd.)
- Safeway (8640 Sierra College Blvd.)
- Costco (6750 Stanford Ranch Rd.)

Bike Shops:

- Mikes Bikes (705 Gold Lake Dr.)
- Trek Bicycles (7610 Folsom-Auburn Rd.)
- Ride Bicycles (8303 Sierra College Blvd.)
- REI (1148 Galleria Blvd.)
- Bob's Cycle Center (378 N Sunrise Ave.)
- The Hub Bicycles (953 Pleasant Grove Blvd.)

RV / Camping:

- Beals Point (full hook-up RV sites & tent camping sites)
- Loomis RV Park

Any local specific needs please reach out and we will make it happen!

Head Coach Granite Bay High School
Jeff Bilodeau, coachjeffmtbgrizzlies@yahoo.com