



# Granite Bay Grinder

April 8<sup>th</sup> - North Conference

April 9<sup>th</sup> - South Conference

## Prepare for the shred!

This course has it all: ribbons of singletrack, big beautiful oak trees, tall grass, sand. Stoked to be back racing at this beautiful venue!



## Race Schedule

Show up 15min before your wave starts

	Category	Start Time	Laps	Distance
Wave 1	Varsity Girls	9:00	4	20 miles
	JV Girls	9:05	3	15 miles
	Sophomore Girls	9:10	2	10 miles
	Freshman Girls	9:15	2	10 miles
Wave 2	Sophomore Boys (5000's)	10:40	3	15 miles
	Sophomore Boys (6000's)	10:45	3	15 miles
	Freshman Boys (8000's)	10:50	2	10 miles
	Freshman Boys (9000's)	10:55	2	10 miles
Wave 3	Varsity Boys	12:20	5	25 miles
	JV Boys (2000's)	12:25	4	20 miles
	JV Boys (3000's)	12:30	4	20 miles

# Weather Policy

Sometimes weather affects whether or not we can hold a race at a venue. Luckily this course drains very well, so we'll be racing rain or shine! Check out the official weather policy on our website for more info.

# Pre-Riding

## NORTH CONFERENCE

(racing Saturday): The course will be open for the South Conference teams to pre-ride between 2-5:30 on Friday, and again between 7:00-8:30am on Saturday morning.

## SOUTH CONFERENCE

(racing Sunday): The course will be open for North Conference teams to pre-ride between 3-5:30 on Saturday, and again between 7-8:30am on Sunday morning.

*Please note that we close the course exactly at 8:30am on Saturday and Sunday, so if you plan to pre-ride on your race day, please give yourselves plenty of time.*

# Coaches' Meeting at 7:45am

Coaches, this is where you'll get info about the race day, such as risk management, race conditions, and anything else of importance to mention. Sometimes we have to make changes due to weather or other circumstances, so it's important you're at the meeting to keep your team and riders informed!

# Registration

**THERE IS VERY LIMITED  
ON-SITE REGISTRATION THIS YEAR!!!**

**BE SURE TO REGISTER BY  
8PM ON WEDNESDAY, APRIL 5<sup>th</sup>**

**On-site registration will only be available from 7-9am on Saturday and Sunday. There is \$10 late fee for registering on the race weekend.**

## Race Plates

You will be using the same race plate (your race number) for your bike for the whole season. If you lose it, you can get another one for \$20 at the merchandise booth at the race.

**There are no same day category petitions!**

Please contact the NorCal League with any questions regarding payment and forms to complete your registration: [hp@norcalmtb.org](mailto:hp@norcalmtb.org)

## Directions to Granite Bay

### Folsom Lake Recreation Area

#### **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.

## Accommodations

### **Camping**

There is camping right along the lake! You can bring your tent or trailer, and rent a single or group site. More info on how to get a site can be found on the Folsom Lake SRA site: <http://bit.ly/2ciE8NT>

### **Hotels**

Check out a great selection of accommodations with NorCal League discounts here: <http://www.placertourism.com/events/2017NorCalMTB>



### **Do you know about poison oak?**

You definitely want to know how to identify poison oak by the time you get to the race. Remember “leave of three, let them be!” If you happen to touch some, wash the area off with Technu or with soapy water.



### **Bring your dog!**

You are welcome to bring your furry friend to the race! Please keep them under control and on leash at all times, and be sure to **clean up after they do their business.**

## **Neutral Support by Mike’s Bikes**

Neutral support is free mechanical assistance for any student athlete with an emergency. Brian Popplewell, Community Events Manager, provides this service. Spare parts are also available for sale at the neutral support tent. Student athletes are expected to come to each race with fully functional, race ready bicycle. Coaches and adults are not given priority at the neutral support tent. Mike’s Bikes is a proud NorCal League sponsor, and it is our hope that you will choose to support them as well.

## **Volunteer**

We’re always looking for a few extra hands at our races! Want to help set up the course on Friday afternoon, or lend some assistance with the Feed Zone, Course Marshaling, or Scoring on race day? We’d love to have your help and it’s a great opportunity to see a few different sides of how our races operate. Sign up here:

<https://signup.com/group/1116487486095/>

**Course Preview and  
Pit Zone Info  
COMING SOON!**