



Back to the Fort

March 24th – South Conference

March 25th – North Conference

Sandy, twisty, and full of singletrack!

We've been racing at this special spot for over 10 years, and with good reason. East Garrison has a great mix of singletrack and double track with some wide fire roads, and provides super fun rolling hills, old oak tree forest, and twisty turns. We're sure riders of all abilities will enjoy the course and look forward to coming back to this venue for Race #3!



Race Schedule

Show up 15min before your wave starts

	Category	Start Time	Laps	Distance
Wave 1	Varsity Girls	9:00	3	18.6 miles
	JV Girls	9:05	2	12.4 miles
	Sophomore Girls	9:10	2	12.4 miles
	Freshman Girls	9:15	2	12.4 miles
Wave 2	Sophomore Boys (5000's)			
	Sophomore Boys (6000's)	10:40	2	12.4 miles
	Freshman Boys (8000's)	10:45	2	12.4 miles
	Freshman Boys (9000's)	10:50	2	12.4 miles
		10:55	2	12.4 miles
Wave 3	Varsity Boys	12:30	4	24.8 miles
	JV Boys (2000's)	12:35	3	18.6 miles
	JV Boys (3000's)	12:40	3	18.6 miles

Student-athletes must have their race plate attached to their bike for the pre-ride [See NICA Rule 9.2]. This is for risk management purposes as it identifies each athlete. This rule is being enforced this year, and going forward. Thank you for remembering to attached your number plates for pre-ride!

Pre-Riding

SOUTH 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.

NORTH CONFERENCE (North Conference Pre-ride begins at 3:45PM)

(racing Sunday): *NC please **do not** arrive any earlier than 3:30PM, we need to give the South Conf. time to leave.* The course will be open for North Conference teams to pre-ride between 4:30-6:00 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 LIMITED ON-SITE REGISTRATION

**BE SURE TO REGISTER BY
MIDNIGHT ON WEDNESDAY, March 21, 2018**

On-site registration will ONLY be available from 2-5pm on Friday and 7 AM- Noon on Saturday and Sunday. There is \$10 late fee for registering on the race weekend.

Call Ups

Call ups for Sophomore, JV and Varsity categories will be posted on the [race page](#) next week (after registration closes). We do not do call ups for freshman for Race #1, but do for all subsequent races.

We'd like to strongly encourage student-athletes to mark the rear of their left calf to indicate the field they are in. This makes our race staging process much smoother, and additionally it is easier for student-athletes to determine who they are racing, and of course, coaches and spectators can easily note the field of riders as they pass. Use the following abbreviations when marking: SB1= Sophomore Boys D1, SB2 = Sophomore Boys D2, FB1 = Freshman Boys D1, FB2 = Freshman Boys D2, VG = Varsity Girls, JVG = JV Girls, SG = Sophomore Girls, FG = Freshman Girls, VB = Varsity Boys, JV1 = JV Boys D1, and JV2 = JV Boys D2.

If you have a call up, add "CU" and if you have a letter associated with your name, on the call up list, add the letter. For example: JV1B

Directions to Fort Ord (East Garrison)

Coming from HWY 1

From Hwy 1- Take the Reservation Road exit at the city of Marina heading East.

Follow Reservation Road through & past Marina for 4.5 miles.

After 4.5 miles turn Right at Inter-Garrison Road.

Take Inter-Garrison Road for .3 miles to the first Stop Sign and go Left on Sherman Rd.

Take Sherman Rd. for .1 mile to the next Stop Sign and go Right on West Camp Rd.

Go straight on West Camp Rd. for .2 miles then at Stop Sign turn Right at Watkins Gate Rd.

Follow Watkins Gate Rd. Ft. Ord Day Camp cycling area entrance.

Coming from Highway 101

Take Hwy. 68 near Salinas- Take the Reservation Road exit heading West to Marina.

Follow Reservation Road for 4.5 miles to Inter-Garrison Road.

After 4.5 miles turn Left at Inter-Garrison Road.

Take Inter-Garrison Road for .3 miles to the first Stop Sign and go Left on Sherman Rd.

Take Sherman Rd. for .1 mile to the next Stop Sign and go Right on West Camp Rd.

Go straight on West Camp Rd. for .2 miles then at Stop Sign turn Right at Watkins Gate Rd.

Follow Watkins Gate Rd. Ft. Ord Day Camp cycling area entrance.

Parking

Our NorCal staff will help you park in the designated parking areas. Handicapped parking will be available. Please allow ample time to get into the venue, as cars tend to back up because of the entrance pass requirement.

Accommodations

Camping

There is no camping at the race venue, but there are sites available nearby at the Laguna Seca Raceway. More info: www.mazdaraceway.com/camping

Los Laureles Lodge

Families can get rooms at a discounted rates starting at \$75 per night. Book your room before they're all taken. Call 831-659-2233 and mention NorCal League to receive the discounted rate. More info: <http://www.loslaureles.com/>



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.

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.

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.**

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

6.22mi 36:29 564ft
Distance Moving Time Elevation



<https://www.strava.com/activities/1456485055>

Pit Zone Layout

