



Fun at the Fort

February 23rd – South Conference

February 24th – 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 starting off the season with this race!



Race Schedule

Show up 15min before your wave starts

	Category	Start Time	Laps	Distance
Wave 1	Varsity Girls	9:00	3	15 miles
	JV Girls	9:05	2	10 miles
	Sophomore Girls	9:10	2	10 miles
	Freshman Girls	9:15	2	10 miles
Wave 2	Sophomore Boys (6000's) D2	10:40	2	10 miles
	Sophomore Boys (5000's) D1	10:45	2	10 miles
	Freshman Boys (9000's) D2	10:50	2	10 miles
	Freshman Boys (8000's) D1	10:55	2	10 miles
Wave 3	Varsity Boys	12:30	4	20 miles
	JV Boys (3000's) D2	12:35	3	15 miles
	JV Boys (2000's) D1	12:40	3	15 miles

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

(racing Sunday): The course will be open for North Conference teams to pre-ride between 4-6pm 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 SUNDAY, FEBRUARY 17, 2019**

On-site registration will ONLY be available from 2-5pm on Friday and 7-9am on Saturday and Sunday. There is \$10 late fee for registering on the race weekend.

Race Plates

Coaches will pick up their team's number plates at the registration tent. Each athlete is assigned a given a number plate for the season. 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. **Coaches can pick up their team's race plates from 2-5pm on Friday, or 7-9am Saturday or Sunday.**

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.

There are no same day category petitions!

Please contact the NorCal League with any questions regarding payment and forms to complete your registration: aja@norcalmtb.org

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.



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:

<http://signup.com/go/PbRqreD>

Course Preview

5.5 mi 604 ft 33:52 282
Distance Elevation Moving Time Calories



<https://www.strava.com/activities/1421256536/overview>

Woodcreek HS
A-Team Maria Carillo Cardinal Newman
Folsom HS
Marin Catholic MBT
Redwood HS
San Rafael HS
Placer Foothills

D-1 North Conference

San Domenico HS	Hangtown Comp
El Molino HS	Woodside Beasts
Napa Comp	San Francisco HS Comp
Casa Grande	Sonora High School
Independent	Humboldt Comp
Redding Comp	Mendocino Jacks
Terra Linda HS	Contra Costa Composite
Saint Helena	High School Benicia
Branson Bulls	Richmond Comp
Middletown HS	Santa Cruz Kirby
Clear Lake HS Kelseyville HS	Hayward Comp
Roseville/Arcata High School	Bishop O'Dowd
Vacaville Comp	Skyline HS
Davis Comp	Alameda HS Composite
San Marin HS	Monterey Bay Aptos
Novato HS	Santa Cruz Composite
Sonoma Valley	Granite Bay Grizz
North State Comp	

South Conference

Albany HS
Cycling Development
Berkeley HS
Drake
Monte Vista HS MTB
San Ramon Valley HS
Oakland Composite
El Cerrito
Scott's Valley HS San Lorenzo
Santa Cruz Mtn's Composite
Salinas HS
Tamalpias HS
Palma HS
Nevada Union

This is part of the course

Catering

Pitzone
Entrance

Mikes Bikes

Juicery

This is part of the course

San Luis
Obispo

Clayton valley

Piner High School

North State Comp

Black Mountain
Comp