Tech Guide





2025 California MTB Triple (C2)

Nevada Irrigation District
Scotts Flat Lake
Scotts Flat Lake Trails
23333 Scott Flat Rd.
Nevada City, California
(530) 265-5302 (Campground Info)

- 10/11/25 Sat. UCI/USAC XCC
 - 10pm-2pm Trailgate for racers and public. Vendors and trail rides at the Outpost hosted by Tour of Nevada City Bike Shop, Behind harmony Ridge Mkt. 18848 CA-20, Nevada City
- 10/12/25 Sun. UCI XCO
- 10/13/25 Mon. USAC XCO (Columbus Day)
 - Points for R4 Ca Dirt MTB Series

Hosted By USA Cycling Club: Youth Bicyclists of Nevada County Foundation

Jet Lowe, Event Director, (530) 513-7852

camtbtriple@gmail.com YBONC.ORG



Table of Contents

Cover	1
Table of Contents	2
Welcome and Event Overview	3
Technical Guide and Conditions of Participation	3
Sanction and Regulations / Officials / Event Staff / Volunteers	4
Hospital / Ambulance Service / First Responders / First Aid	5
Airports / Venue Location / Public Admission & Parking	6
Weather / Local Transportation / Local Car Rental / Accommodation	7
Registration Information / BikeReg URL / Licenses / Registration Fees	8
Team and Vendor Expo Area / Venue Map	9
Strava XCC and XCO Courses	10
Event Schedule / Purchase Annual License / Start Wave/Start Times	11-13
UCI Ranking Points / Staging and Call-up / Podium	14
Timing and Results / The 80% Rule	17
Categories	13-15
USAC Categories-CA Dirt MTB Series (Race 4) Prize & Pts. / Winner Jersey Link	16-17
Anti-Doping Policy & Info	18-19
UCI vs USA Cycling	20
Nevada City/Grass Valley Restaurants/Markets/Coffee/Bike Shops	21-22

Welcome and Event Overview

Welcome to the 1st California MTB Tripe Tech Guide, brought to you by Youth Cyclists of Nevada County (YBONC) Foundation. The UCI (C2) California MTB Triple event will feature professional racers from around the region representing their team and country to qualify for nationals, international or upcoming Olympic competitions. Our event mission is to host a spectator friendly venue for the community, competitive racers who love MTB endurance racing, earning points, or any Olympic dreamers. YBONC is a proud member of Nevada County's Recreation Coalition and USA Cycling.

This event takes place in the Sierra foothills at Scotts Flat Lake Campground area trails, Nevada City, California. It's just a 15-minute northeast drive on CA-20 from Nevada City with access to public land trails on Harmony Ridge from the Tahoe National Forest (TNF) to Nevada Irrigation District (NID) lands. Harmony Ridge area is known for mountain bike descent and cross-country trails for all levels, maintained by local volunteers, and our mountain bike advocacy organization, Bicyclists of Nevada County (BONC). The courses include single-track with epic flow, technical sections, and sustained descents on both sides of Harmony Ridge on public lands in Nevada County.

Technical Guide and Conditions of Participation:

This technical guide covers the procedures and information needed to participate on October 11-13. 2025 for a weekend of racing for organizations with the following annual (or one day) licenses for:

Weather:

Late summer or early fall temperatures (70° High/48° Low), light showers to sunshine. Dry trail conditions unless light showers during race week. May be smoke in the air from California fires.



Important Note:

In case of a conflict between the information presented in this technical guide and any other source (other than an official communiqué from the organization or the Commissaires' Panel issued during the event) then the information found in this technical guide shall be taken as correct and final. By participating in this event, you are also agreeing to be bound by this technical guide, the instruction of the Commissaires and the Organization, and the rules of the Union Cyclists Internationale (UCI).

Sanction and Regulations:

The Elite Men/Women XCO and Junior Men/Women events are sanctioned by the International Cycling Union (UCI) as Class 2 XCO.

UCI and USA Cycling regulations apply, and UCI/USA Cycling sanctioned.

USAC Officials: USA Cycling Officials:

Jim Bratrud Juli Renquin, PCP (508) 273-4751

UCI Commissaire MTB

USA Cycling Officials:

Official Name (Org/Title)

Official Name (Org/Title)

Official Name (Org/Title)

Event Staff:

Jet Lowe Event Director/Race Ops (530) 513-7852 <u>camtbtriple@gmail.com</u>

Laurent Frieden Course Ops

(510) 935-5022 <u>laurentfrieden@yahoo.com</u>

George Dunkum MC

(916) 990-8162 WEDunkum@gmail.com

Results to be posted at <u>USACycling</u>,

• Results to be posted at **BikeReg** event, click on **RESULTS** TAB.

Monica Reyes NID Facilities Mgr.

(530) 913-8854 recdepartment@nidwater.com

Matt Wittler Nevada Co. Search & Rescue Lead

(530) 913-5467

Event Volunteers:

Admin Volunteers Check-In/Registration Area

Trail Crew Volunteers TBA

First Aid Volunteers WFA Certification or Local MD
Pre-Check Volunteers Course Pre-Ride Inspection
Shimano/Local Bike Shops Neutral Support Booth

Hospital Sierra Nevada Memorial Hospital (530) 274-6000

Ambulance Service: 155 Glasson Way

Grass Valley, CA 95945

First Responders: Nevada Co. Search & Rescue Sheriff's (530) 470-2683

Matt Wittler (Lead) 950 Maidu Ave.

Nevada City, CA 95959

First Aid:

General first aid

will be available at the race venue during official pre-ride and throughout competition at the official site aid station(s) during competition. Additional emergency first responders will be strategically roaming and/or staged on the course, providing wilderness first aid as needed. If a medical professional or first responder deems a rider unfit to continue competition, the rider will be issued a Medical DNF (Did Not Finish) and assisted if needed from the course.

Medical Insurance:

It is strongly recommended that all riders, team staff, and officials whether residing in the United States, or not, should purchase medical insurance <u>valid in the United States</u>. Medical fees in the USA and air ambulatory medical services can be very expensive; in no case shall the organization be responsible for the medical expenses incurred by a participant in the event.

If your medical plan does not include air ambulatory medical services in the U.S. here's a resource:

Contact: Sonja Conklin, (530) 648-6455

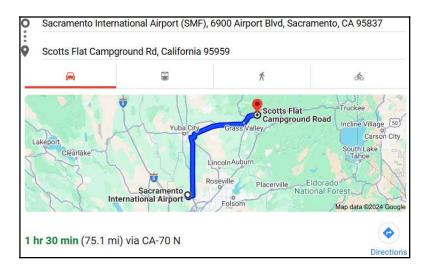
Email: sonja.conklin@airmedcarenetwork.com

Website: AirMedCareNetwork

Airports:

Sacramento International Airport

9600 Airport Blvd. Sacramento, CA 98567 (916) 929-5411



Reno-Tahoe International Airport

2001 E. Plumb Ln. Reno, Nevada 89502 (775) 328-4000



Venue Location:

California MTB Triple takes place in the Sierra foothills of northern California near Nevada City, California at:

Scotts Lake Campground 23333 Scotts Flat Rd. Nevada City, CA 95959

(530) 265-5302 - Campground Reservation

- Mention you are registered to race the weekend!
- Reservations include WIFI service for campers

Note: From Nevada City, allow +25 minutes driving time, park, and walk to check-in booth From Grass Valley, allow +35 minutes driving time, park, and walk to check-in booth (Allow more time should there be a long line at check-in booth)

Public Admission & Parking:

Per event permits no parking on CA-20 or Scotts Flat Lake Road shoulders, driveways, private property, or pull-outs. Parking in designated areas only.

- \$10 Parking/Vehicle (waived, included if you have a campsite reservation)
- Free admission to spectators.
- For racer safety, PLEASE stay off the race course when race is in progress.

Local Transportation:

There is no public transportation to the venue. Therefore, if you are arriving by air, you will need to rent a car or arrange transportation with a friend or family member.

All major car rental agencies are available at both recommended airports. Advance reservation is strongly recommended: Avis Budget Enterprise Hertz Thrifty

Local Car Rental:

 Enterprise Rent-A-Car (530) 274-7400

470 Idaho-Maryland Rd. (Located in Caliber Collision)

o Grass Valley, CA 95945

Accommodation:

(530) 265-5302 Scotts Lake Campground (Venue/Parking)

23333 Scotts Flat Rd. Reservations

Nevada City, CA 95959

Nevada Irrigation District (NID) Scotts Flat Lake Campground and Marina Area Request for campsites along the course, or lake view, showers available, dog friendly,

access to more public trails on FS lands.

Staying at Scotts Flat Lake Campground, mention you are registered to race

the weekend.

Campground Office Hrs: 7:30 am – 4:00 pm, Campers: 3:00 pm Check-in / 1pm Check-out Read about Scotts Flat Lake's history: here

(530) 557-9745 Harmony Ridge Lodge (530) 206-8787 Best Western Colfax

> 18883 State Highway 20 801 South Auburn St. Nevada City, CA 95959 Colfax, CA 95713

Best Western Gold Country Inn (530) 273-1393 (530) 477-1700 Gold Miners Inn 121 Bank St.

972 Sutton Way

Grass Valley, CA 95945 Grass Valley, CA 95945

(530) 265-9900 Outside Inn Campground

9 Kidder Court

Nevada City, CA 95959

(530) 404-5001 Grass Valley RV Resort and Camping

1462 Auburn Rd.

Grass Valley, CA 95949

(530) 273-6217 RV Park at Nevada County Fairgrounds

> 11228 McCourtnev Rd. Grass Valley, CA 95949

More info, accommodations, events, restaurants at Nevada City Chambers and Grass Valley Chambers.

Registration & Check-In Information

NO RACE REGISTRATION AT VENUE

Website: California MTB Triple

- Official Race Registration: <u>BikeReg</u>
- Opens 5:00 pm Thursday, 09/06/2025, Closes 12 Noon 10/09/25 Thursday IMPORTANT: No new entries after 12Midnight on 10/10/25 Friday.
- Friday-11am 09/26/25 DEADLINE to guarantee your selected t-shirt size
- No race day registration at the venue.
- No internet service and cell service is poor for cell phone providers.
- Campground reservations include WIFI service for campers.

All racers are required to check-in for packet pick-up at Scotts Flat Lake Marina parking area at the WTB booth with a screen capture of:

- BikeReg confirmation email with race entry with selected meal and t-shirt size
 (or bring printed confirmation email in-case your cell service is not working at venue)
- Active UCI license or USA Cycling license,
- Pay any outstanding fees with cash,
- Complete event waiver (if incomplete waiver not completed online)

IMPORTANT:

Race plates are required, and check-in registration process completion before pre-riding (to avoid Commissaires' Panel fine pre-riding without a race plate).

Racers show on results as DNS-Did Not Start if check-in not completed.

Entry Fees:

Race Class	Race Fee \$ (USD)
PRO / UCI XCO Elite & U23	\$95
UCI XCO Jr	\$85
UCI XCC	\$40
USAC / Amateur XCO 19+	\$75
USAC / Amateur XCO 13-18	\$60
USAC / Amateur XCO 12U	\$55
USAC / Amateur STXC	\$40

Friday 09/26/25 11 AM Deadline to guarantee your selected t-shirt size and lunch count is for us to submit quantities to vendor. Why? We submit lunch counts and t-shirt quantities to place order with our committed vendors.

Registration is non-refundable. Plans to host a first year UCI event (the start-up year) is the most expensive year for new podium banner, timing, 5 officials (daily rate/lodging/travel), etc.

Follow us on Facebook and Instagram to stay up-to-date. We try to keep everyone current on the latest happenings. Our website <u>California MTB Triple</u> is a great source for our event course map, start times, event schedules, results, etc.

Team Booth Area Requests: (Upper Marina Parking Area)

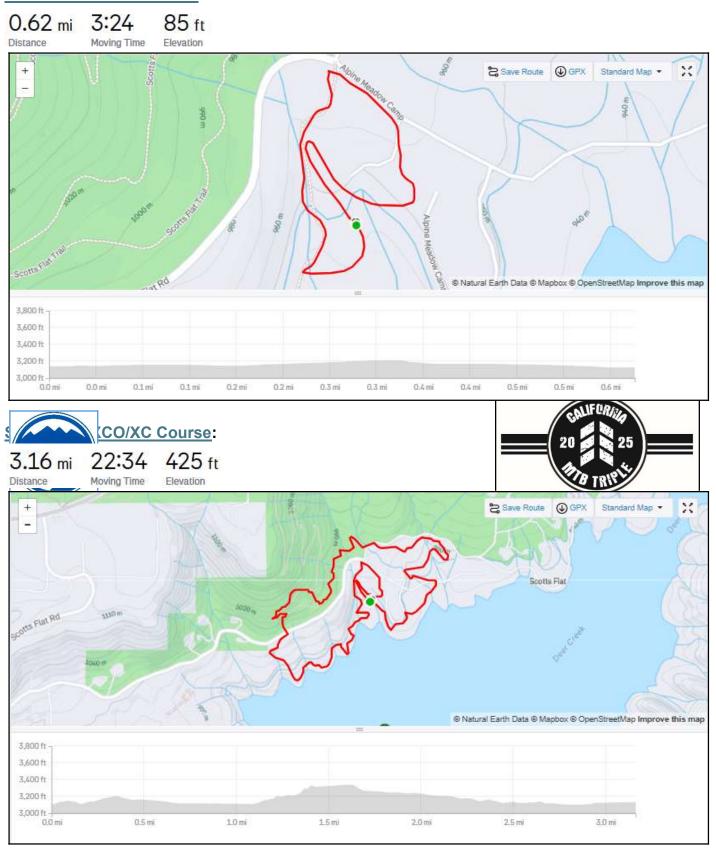
Register as team caption at BikeReg and call the below no. for a team booth space for one of the following:

\$40 - 10' x 10' \$50 - 10' x 20' \$60 - 10' x 30'

Contact Jet Lowe (530) 513-7852 Email Address: camtbtriple@gmail.com

Email Subject Line: Request - Team Space (w/size footprint)

Strava XCC/STXC Course:



Nevada Irrigation District Scotts Flat Lake & Trails 23333 Scott Flat Rd. Nevada City, California (530) 265-5302 (Campground Reservations)



Event Schedule

(10/06/25 Monday, check below schedule for latest update)

Website & Tech Guide: UCI (C2) California MTB Triple

Online Registration: <u>BikeReg</u>

UCI or USAC Annual Licenses: USA Cycling

Purchase Annual License (UCI or USAC):

• Race Membership - Event injury insurance with variable deductible, etc.

• Race+ Membership - \$0 deductible, \$50,000 on-the-bike injury Insurance, etc.

<u>USA Cycling 1 Day Licenses</u>: (Amateur racers with no USA Cycling annual license) Racers can purchase a 1 day license when registering online at BikeReg.

Online Registration Opens	Online Registration Closes	T-Shirt & Lunch Selection Deadline	
5:00 pm Fri. 09/06/25	12 Noon Thurs. 10/09/25	Friday 09/26/25 11 AM	
Reg data download starts AFTER 12 Noon Thurs 10/09/25 for timing setup, sort start lists and UCI rankings			

Event Check-In: Scotts Flat Lake Marina Parking Area at WTB Booth **Start/Finish**: Near Top of Marina Boat Ramp (MC will stage racers)

Stage Time: 15 Minutes Before Category Start Time, (MC helps stage racers)

Podium: Top 5, Medals-Top 3

Abbreviations: M - Men, W - Women, Jr - Junior, U23 - Under 23

FRI 10/09/25	Activity
10:00 am – 2:00 pm	Team and Event Set-Up
2:00 pm – 4:00 pm	UCI Officials Course Inspection
2:00 pm – 2:30 pm	UCI Elite Team Rider Packet Pickup (Only),
2:00 pm – 5:00 pm	UCI & USAC/Amateur Packet Pickup – All Rider
4:00 pm – 6:00 pm	Pre-Ride (after Course Inspection & Check-in Completed)
-	Use Caution Officials and Event Staff Out on Trails

SAT - 10/11/25	Activity	
10:00 am – 2:00 pm	Trailgate Party at The Outpost, hosted by Tour of Nevada City Bike Shop.	
	For racers, families, and the publicgroup rides, vendors, food truck, etc.	
	Location: Harmony Ridge Market	
	18848 CA-20, Nevada City, CA	
	Parking: Old Fire Station (corner of CA-20 and Scotts Flat Rd.) or	
	signed as designed parking)	
No Parking on CA-20, Scotts Flat Rd. shoulders or residential driveways		

Event Schedule (Continued)

(10/06/25 Monday, check below schedule for latest update)

Website & Tech Guide: UCI (C2) California MTB Triple

Online Registration: BikeReg (Closes 12Midnight on 10/10/25 Friday)

Event Check-In: Scotts Flat Lake Marina Parking Area at WTB Booth

Near Top of Marina Boat Ramp (MC will stage racers)

Stage Time: 15 Minutes Before Category Start Time, (MC helps stage racers)

Podium: Top 5, Medals-Top 3

Abbreviations: M - Men, W - Women, Jr - Junior, U23 - Under 23

SAT - 10/11/25	UCI (C2) / USAC Amateur XCC- SHORT TRACK XC (6 - Categories)	
7:00 am – 10:00 am	Team & Vendor Set-Up	
8:00 am – 9:00 am	Registration Packet & Pre-Ride	
9:30 am	UCI Jr M 17-18	
	UCI M U23	
10:00 am	UCI Jr W 17-18	
10:30 am	UCI Elite M/USAC Pro	
11:00 am	UCI Elite W/USAC Pro	
12:30 pm - PODIUM	Elite M / W /Jr M 17-18	
1:00 pm	UCI Managers Meeting at Registration Tent (WTB Booth)	
2:30 am	M Open 19-39/40+, 20 minutes	
3:00 pm	W Open/Jr W 15-16, 20 minutes	
3:30 pm	Jr Boys 11-14, 15 minutes	
3:50 pm	Jr Girls 11-14, 15 minutes	
5:00 pm - PODIUM	M Open / W Open /Jr M 15-16 / Jr Boys/ Jr Girl s/ Jr W 15-16	
9:00 am - Dusk	USAC/AMATEUR Course Open for Pre-Riding	
	STAY OFF SHORT TRACK COURSE. DQ ANY RIDER INTERFERING WITH	
	AN ACTIVE RACE.	

Note: Short Track is 20 minutes, plus 1 lap after leader. UCI Jr 17-18 field size is 75 limit.

SUN 10/12/25	UCI XCO (C2) (6 Categories)
7:30 am – 2:00 pm	Registration Packet Pickup
6:30 am – 8:00 am	UCI XCO Course Open for Pre-Riding
8:30 pm	UCI Jr W
10:00 am	UCI Jr M
12:00 pm	UCI Elite W / U23
12:45 pm PODIUM	UCI Jr W / Jr M (Top 5, Medals-Top 3)
2:00 pm	UCI Elite M
2:45 pm PODIUM	UCI Elite W / U23
4:00 pm	UCI U23 M
4:30 pm PODIUM	UCI Elite M
5:45 pm PODIUM	UCI U23 M
9:00 am - Dusk	USAC XCO Course Open for Pre-Riding STAY OFF XCO COURSE. DQ RIDER(s) INTERFERING WITH AN ACTIVE RACE.

Event Schedule (Continued)

(10/06/25 Monday, check below schedule for latest update)

Event Check-In: Scotts Flat Lake Marina Parking Area at WTB Booth **Start/Finish**: Near Top of Marina Boat Ramp (MC will stage racers)

Stage Time: 15 Minutes Before Category Start Time, (MC helps stage racers)

Podium: Top 5, Medals-Top 3, After Contest Period Completed.

Abbreviations: M - Men, W - Women, Jr - Junior

P/Cat 1 - Pro/Expert Cat 2 - Intermediate Cat 3 - Beginner

Event Note: Mon. 10/13/25 XCO Results toward Race 4-2025 CA MTB Dirt Seres Points

MON. 10/13/25	USAC Amateur XCO (~ 3.16 Miles / 425' per Lap)		
		WAVE 1	
7:00 am – 8:15am	Registrat	ion Packet PickUp, Pre-Ride	
8:30 am	CAT 3	M 19-29	2 laps ~ 6.3 Miles
	CAT 3	M 30-39	2 laps ~ 6.3 Miles
	CAT 3	M 40-49	2 laps ~ 6.3 Miles
	CAT 3	M 50-59	2 laps ~ 6.3 Miles
	CAT 3	M 60+	2 laps ~ 6.3 Miles
	CAT 3	F 19-39	2 laps ~ 6.3 Miles
	CAT 3	F 40+	2 laps ~ 6.3 Miles
	CAT 3	M/F Jr 17-18, 15-16, 13-14	2 laps ~ 6.3 Miles
	CAT 3	M/F Jr 11-12, 9-10, 6-8	1 laps ~ 3.1 Miles
		WAVE 2	
9:00 am	CAT 2	M Jr 17-18	4 laps ~ 12.64 Miles
	CAT 2	M 19-39	4 laps ~ 12.64 Miles
	CAT 2	M 40-49	4 laps ~ 12.64 Miles
	CAT 2	M 50-59	4 laps ~ 12.64 Miles
	CAT 2	M 60+	4 laps ~ 12.64 Miles
	CAT 2	F Jr 17-18, 15-16, 13-14	4 laps ~ 12.64 Miles
	CAT 2	F 19-39	4 laps ~ 12.64 Miles
	CAT 2	F 40+	4 laps ~ 12.64 Miles
	Open	Clydesdale +200 lbs.	4 laps ~ 12.64 Miles
		WAVE 3	
11:00 am	OPEN	M Pro/Expert	5 laps ~ 15.8 Miles
	OPEN	E-Bike M / W	5 laps ~ 15.8 Miles
	CAT 1	M Jr 17-18,15-16,13-14	5 laps ~ 15.8 Miles
	CAT 1	M 19-29	5 laps ~ 15.8 Miles
	CAT 1	M 30-39	5 laps ~ 15.8 Miles
	CAT 1	M 40-49	5 laps ~ 15.8 Miles
	CAT 1	M 50-59	5 laps ~ 15.8 Miles
	CAT 1	M 60+	5 laps ~ 15.8 Miles
	OPEN	F Pro/Expert	5 laps ~ 15.8 Miles
	CAT 1	F Jr 17-18, 15-16, 13-14	5 laps ~ 15.8 Miles
	CAT 1	F19-39	5 laps ~ 15.8 Miles
	CAT 1	F 40+	5 laps ~ 15.8 Miles
	OPEN	Single Speed	5 laps ~ 15.8 Miles

Podium follows after 10-minute contest period closes for each wave.

Staging/UCI Call-Ups:

- For Elite/U23/JR UCI XCO categories it will be UCI ranking, then random to determine call ups.
- Jr XCO categories will be U.C.I. rankings, and then randoms to determine call ups.
- UCI JR XCO Series national team protocol
- For Elite/U23/Jr UCI XCO categories it will be UCI ranking and then random to determine call ups.
- Random call ups will be determined by scoring team using a spreadsheet
- Call-up will be done based on the most recent UCI ranking.
- MC will announce call-up from UCI ranking list.
- **UCI call-ups** to be emailed (maybe) or posted on RESULTS board near registration area.

UCI Prizes

Prize money for the event will be paid in US Dollars, to at least the minimum specified by the UCI Financial Obligations for Class 2 XCC/XCO events, as in the table below.

Prize money may be collected from the Race Office following the race.

Prize amounts will be converted from Euros using the UCl's 2025 Euro to the US Dollar exchange rate. The conversions in the table below are approximate; at present, the UCl's 2024 exchange rate is 1,1036 USD per 1 Euro. Per UCl regulations, prize money will be sent out when race and doping results have been verified, see the charts below for details, or visit <u>UCl website</u>.

See Pages 19-12: Doping Control Rules & Regulations

Rank	Elite Men, Euro	Elite Men, USD	Rank	Elite Women, Euro	Elite Women, USD
1	€ 250.00	\$275.90	1	€ 250.00	\$275.90
2	€ 200.00	\$220.72	2	€ 200.00	\$220.72
3	€ 150.00	\$165.54	3	€ 150.00	\$165.54
4	€125.00	\$137.95	4	€ 125.00	\$137.99
5	€ 100.00	\$110.36	5	€ 100.00	\$110.36
6	€ 90.00	\$99.32	6	€ 90.00	\$99.32
7	€ 80.00	\$88.29	7	€ 80.00	\$88.29
8	€ 70.00	\$77.25	8	€ 70.00	\$77.25
9	€ 60.00	\$66.22	9	€ 60.00	\$66.22
10	€ 50.00	\$55.18	10	€ 50.00	\$55.18
TOTALS	€ 1,175.00	\$1,296.73		€ 1,175.00	\$1,296.73

Rank	Junior Men, Euro	Junior Men, USD	Rank	Junior Women, Euro	Junior Women, USD
1	€ 80.00	\$88.29	1	€ 80.00	\$88.29
2:	€ 65.00	\$71.73	2	€ 65.00	\$71.73
3	€ 50.00	\$55.18	3	€ 50.00	\$55.18
4	€ 30.00	\$33.11	4	€ 30.00	\$33.11
5	€ 25.00	\$27,59	5	€ 25.00	\$27.59
	€ 250.00				
TOTALS		\$275.90		€ 250.00	\$275.90

UCI Ranking Points:

Points for this event will be awarded in the UCI Individual Cross Country ranking for each of the following:

Junior Men Elite Men & U23 Junior Women Elite Women & U23

The points will be applied to the ranking on the date of the first UCI XCO/XCC Ranking update following the event. The points scale for Class 2 events below:

XCO (C2) Elite M / W
Rank	Points
1	30
2	20
3	15
4	22
5	10
6	8
7	6
8	4
9	2
10	1

XCO	(C2) Jr M / W
Rank	Points
1	30
2	20
3	15
4	22
5	10
6	8
7	6
8	4
9	2
10	1

UCI Athlete Entry System and Criteria for UCI Jr Points: Here

According to new <u>UCI requirements</u>, all athletes competing in a 2025 UCI Junior Series XCO race outside of their country of residence must have at least 20 UCI points (in Europe) and 1 UCI point (outside of Europe) in the latest UCI XCO individual junior ranking, or belong to a UCI Elite MTB Team or UCI MTB Team. Riders who meet either of these criteria should register for the event independently via the event registration site.

Series Event Note: 2025 CA MTB Dirt Series Points-Race 4 - Points, Prizes, Categories:

PRO : An UCI MTB team member or has earned category via other USA Cycling procedures

Cat 1 : Expert

Cat 2 : Intermediate/Advanced Cat 3 : Beginner/Novice

Juniors: 6 yo – 18 yo (Per USA Cycling Junior Race License,

(6-8 yo USAC or 1 Day License NOT Required.)

Youth : 5 yo and under USAC : USA Cycling

22	2		53 Categories
Pro W	Open S	ingle Speed	_
Cat 1 F 19-29	Open C	lydesdale	
Cat 1 F 30-39			
Cat 1 F 40+			
Cat 2 F 19-29			
Cat 2 F 30-39			
Cat 2 F 40+			
Cat 3 F 19-29			
Cat 3 F 30-39			
Cat 2 F 40+			
I	\$1500 PRIZE PU	RZE - PRO XC -	Men & Women
	1st Place	2nd Place	3rd Place
	\$350	\$250	\$150
	Visited		7777
E	qual Prize Purse	e Payout for N	Men and Women
▼			
			(4)
	Pro W Cat 1 F 19-29 Cat 1 F 30-39 Cat 1 F 40+ Cat 2 F 19-29 Cat 2 F 30-39 Cat 2 F 40+ Cat 3 F 19-29 Cat 3 F 30-39 Cat 2 F 40+ I I I I I I	Pro W Cat 1 F 19-29 Cat 1 F 30-39 Cat 1 F 40+ Cat 2 F 19-29 Cat 2 F 30-39 Cat 2 F 40+ Cat 3 F 19-29 Cat 3 F 30-39 Cat 2 F 40+ I I I I I I I I I I I I I I I I I I	Pro W Cat 1 F 19-29 Cat 1 F 30-39 Cat 1 F 40+ Cat 2 F 19-29 Cat 2 F 30-39 Cat 2 F 40+ Cat 3 F 19-29 Cat 3 F 30-39 Cat 2 F 40+ I I I I I I I I I I I I I I I I I I

• Jr. Cat 3 M/F 6-8 are required to finish and complete the course in 1hh:30mm hour or less (4+ mile course).

2025 CA Dirt MTB Series Points:

Place	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.	11.	12.	13.	14.	15.	16.	17.	18.	19.	20.	21.	22.	23.	24.	25.
Points	100	80	65	50	40	35	30	27	24	22	20	18	16	14	12	10	9	8	7	6	5	4	3	2	1

PRO Prize Requirement: UCI (or USAC license with Cat:Pro status and complete IRS W2 Form)

2025 CA Dirt MTB Series Jersey awarded to 1st Place per Category after completion of Race 1-4 (All 4 Races). To have jerseys arrive before race week, winner jersey contenders, pre-order your jersey size at:

BikeReg

Event Procedures

Podium (Top 5):

- Properly dressed in team kit, jersey and shorts.
- Podium protest period 10 minutes, award on podium follows
- The podium for each category will be done as soon as possible following the end of the race for that category
- The top 5 racers should attend the podium area within 10 minutes of finishing their race.

Junior MenElite Men & U23Junior WomenElite Women & U23

Timing and Results:

Electronic event timing will be provided.

The 80% Rule:

As per the UCI Regulations, riders instructed by the Commissaires to withdraw from the race at the 80% Zone is in effect for the following categories:

Junior Women Junior Men Elite Women & U23 Elite Men & U23

Anti-doping:

Given the high level of sanction, it is anticipated that this event will be selected for doping controls. The doping control station will be located within the venue, close to the start/finish area and signed.

While chaperone will be present to notify riders of selection for testing, tam managers and riders are still advised that it is always their responsibility to check at the doping control station to see whether (or not) they are required for testing. Any rider entered in the event may be selected at random for testing, not just those who placed on the podium.

All riders selected for testing must bring a piece of government-issued photo identification and their UCI Internation License with them to present to the Doping Control Officer.

As usual, chaperones will first accompany riders selected for testing to the podium (if they are required there) and then to the doping control station.

Doping Control Rules & Regulations:

This competition is subject to anti-doping rules and competitors may be selected for in-competition testing. Keep reading to learn more about anti-doping rules and expectations.

What is clean sport?

Clean sport means that athletes have the opportunity to compete on a fair and level playing field free from the influence of performance-enhancing substances and methods.

How do we protect clean sport?

The U.S. Anti-Doping Agency (USADA) is charged with managing the anti-doping program for all United States Olympic & Paralympic Committee (USOPC) recognized sport national governing bodies, their athletes, and events, and this program encompasses in-competition and out-of-competition testing, results management processes, drug reference resources, and athlete education.

What substances and methods are prohibited?

As a signatory to the World Anti-Doping Code, USADA tests for substances and methods found on the World Anti-Doping Agency Prohibited List. Athletes can check prescription and over-the-counter medications and ingredients on GlobalDRO.com to determine the prohibited status. Be aware that even everyday products, such as those to treat acne and altitude sickness, may contain prohibited substances. In many cases, athletes can consider alternative but similar treatment options that do not contain prohibited substances.

Do I need a Therapeutic Use Exemption (TUE) to use a prohibited substance or method?

There may be a time during an athlete's career when they have a legitimate medical need to use a prohibited substance or method. USADA can grant a Therapeutic Use Exemption (TUE) in these situations in compliance with the World Anti-Doping Agency's International Standard for TUEs. The TUE application process is thorough and designed to balance the need to provide athletes with access to critical medical care while protecting the rights of clean athletes to compete on a level playing field.

Whether an athlete needs a TUE for the use of a prohibited medication or method depends on the athlete's competition level and the Prohibited List category of the treatment. Athletes can submit a <u>TUE Pre-Check Form</u> to USADA to determine if a TUE is required prior to using the prohibited substance.

Can I use prohibited medications and treatments if they are prescribed by a physician? No, having a prescription does not permit the use of prohibited substances or methods. Athletes should submit a TUE Pre-Check Form to USADA to determine if they need a TUE prior to using a prohibited substance.

What if I've started using my medication but do not have a TUE?

First and foremost, we encourage athletes to consider their health first and athletic competition second. If you have a medical condition for which you have been prescribed a prohibited substance, medication, or method, consult with your medical provider. Depending on your competition level and the prohibited status of the substance, medication, or method, if you compete without a TUE, are tested, and your sample is positive for the prohibited substance, you could be at risk of having committed an anti-doping rule violation (ADRV), which may result in a sanction and public announcement. However, it may also be possible to receive a retroactive TUE depending on the circumstances.

Are supplements safe to use?

Dietary supplements are risky because they could contain ingredients that can cause a positive anti-doping test and/or health problems, and in some cases, those ingredients aren't listed on the label. Dietary supplements are regulated in a post-market fashion, which means that no regulatory body approves the accuracy of the label or safety of the contents before they are sold to consumers. As such, no dietary supplement can be guaranteed to be 100 percent risk-free. If athletes choose to use supplements despite the risks, USADA has always recommended that athletes use only dietary supplements that have been certified by a third-party program that tests for substances prohibited in sport. USADA currently recognizes NSF Certified for Sport® as the best program for athletes to reduce the risk from supplements. Learn more at USADA's Supplement Connect resource.

What kind of testing should I expect?

Athletes selected for testing are subject to both urine and blood testing. The sample collection process is designed to both protect the integrity of the sample, as well as the rights of athletes. The Doping Control Officer (DCO) will make the process as comfortable and consistent as possible, and there can be modifications to the process for athletes with impairments. When USADA tests an athlete who is a minor (under the age of 18), USADA urges a minor athlete to appoint a representative to accompany them at all times during the sample collection process, including in the washroom area. The representative will not witness the passing of the sample unless authorized by the athlete and of the same gender as the athlete (unless a parent). Additionally, the DCO will have a second sample collection person present throughout the sample collection process. Learn more about the sample collection process and athletes' rights and responsibilities here.

Ineligibility

Athletes who have notified USADA, their National Governing Body, and their International Federation of their retirement from sport are not eligible to participate in this competition. Anyone serving a suspension for an anti-doping rule violation is also not eligible to compete.

UCI Junior Race Info:

<u>U.C.I.</u> Junior XCO races is for riders 17-18 years of age only and rider must have a valid U.C.I. racing license to compete. UCI JR categories age based, NOT "skill" based, but rather is aged based, meaning you have to be 17-18 years of age to be able to enter. You cannot enter a UCI JR Race no matter "how fast you are" if you are younger or older than the designated age range.

However, while there is no "skill" level requirement to enter, UCI JR racing is for the highest level of riders in the country and across the globe. If you are a racer with not that much racing experience, or don't have a high level of skill and fitness, we recommend saving money on a UCI license and fees and race in the USA Cycling categories associated with your age and skill level.

To improve the racing experience of our younger racers, we offer classes for JR riders that may not be ready or can't afford UCI racing. These races are traditionally held on Sunday's with all other USAC amateur categories or NICA league races.

These classes offer USAC rider ranking points towards call up's for XC Nationals as well.

USAC categories are as follows:

PRO - Pro Status

CAT 1 – Expert (highly advanced skills and fitness)

CAT 2 – Intermediate (medium skills and fitness)

CAT 3 – Beginner (lower skill and fitness with not much racing experience

Example, a 17 year old rider with 2 years of racing, with a medium level of skill and fitness may want to consider racing CAT 2 17-18 instead of the UCI JR race.

<u>Upgrading a USAC category to the "next" level requires 5 race results to move up to the next category.</u> Example: Completed 5 NICA league races validates to request for a Category 2 for XC discipline.

Please consider the above when selecting as to whether racing UCI JR category is the right call for you. Both Vail and Fayetteville event will offer UCI JR XCO Series level event, which take place on Saturdays respectivley. Jr XCO events will offer points 25 position deep, instead of 10 positions deep like a normal JR UCI designated race. Note that Wednesday's JR C1 XCO race in Fayetteville is a regular race and will offer points 10 deep.

Lastly, we encourage all racers to read our are racing FAQ sheet on the event website to familiarize yourself with our race protocols.

RACING FAQ

Nevada City - Restaurants

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BrewBilt BrewHaus	300 Spring St.	(530) 205-3924
Crazy Horse	230 Commercial St.	(530) 265-4000
Deer Creek Bar & Grill (R)	101 Broad St.	(530) 298-6778
El Taco Loco Taqueria	104 Union St.	(530) 955-3101
Fred's Szechuan	224 Broad St.	(530) 478-9072
Friar Tucks (R)	111 N. Pine St.	(530) 265-9093
Fudenjuce	815 Zion St.	(530) 265-5282
Heartwood	237 Commercial St.	(530) 470-6161
Jernigan's Tap House & Grill	123 Argal Way	(530) 265-6999
Northridge	772 Nevada St.	(530) 478-0470
Nourish Sushi (R)	106 Union St.	(530) 277-3481
Old 5 Mile House	18851 CA-20, Nevada	City (530) 264-6694
Sushi In The Raw (R)	135 Argall Way	(530) 478-9503
Sushi-Q (R)	238 Commercial St.	(530) 265-5757
The Pizza Joint (TOO)	228 Commercial St.	(530) 470-6100
The River Downtown (R)	232 Commercial	St. (530) 273-0000
The Wilo Steak House	1 6898 CA-49	(530) 265-9902
Three Forks Brewery	211 Commercial St.	(530) 470-8333

Nevada City - Bakery/Breakfast/Coffee

Communal Café	233 Broad St.	(530) 264-7240
Java John's	306 Broad St.	(530) 265-3653
Nevada City Café	216 Broad St.	(530) 265-9440
Three Forks Brewery	211 Commercial St.	(530) 470-8333
Three Forks Brewery	211 Commercial St.	(530) 470-8333

Nevada City - Markets

Harmony Ridge Market	18848 CA-20	(530) 265-0555
SPD Market	735 Zion St.	(530) 265-4596

Grass Valley - Bike Shops

The Outpost	18848 CA-20	(530)687-4627
Tour of Nevada City Bike Shop	457 Sacramento St.	(530)265-2187
You Bet! Bicycle Sales & Serv	ice 556 Searls Ave.	(530) 264-7447

 $R-Reservations \hspace{1cm} O-Take \hspace{1cm} Out \hspace{1cm} Only$

Grass Valley - Restaurants

1849 Brewing Co. 468 Sutton Way (530) 477-1849

Alloro Cucina Italiana	124 Bank St.	(530) 273-3555
Beach Hut Deli	522 Sutton Way	(530) 477-5151
Bicycle Thief Pizza	122 E. Main St.	(555) 555-5555
Briar Patch Food Co-op	290 Sierra College Dr.	(530) 272-5333
Cake Bakery & Café	131 Mill St. Ste. 1	(530) 615-4126
Diego's	217 Colfax Ave.	(530) 783-7109
El Favorito Taqueria	574 Sutton Way	(530) 802-5529
El Gaban Taqueria	1041 Sutton Way	(530) 205-9441
Grass Valley Brewing Co.	141 E. Main St.	(530) 271-2739
Lumberjack's	2075 Nevada City Hwy.	(530) 477-8900
Maria's	226 E. Main St.	(530) 274-2040
Owl Tavern	134 Mill St.	(530) 270-0695
Panda Express	688 Sutton Way	(530) 273-1040
Panoy Bistro	442 Colfax Ave.	(530) 268-5267
Pine Street Burgers	1249 E. Main St.	(530) 559-2657
Port of Subs	873 Sutton Way	(530) 477-2660
Round Table Pizza	686 Sutton Way	(530) 273-6155
Tofanelli's Gold Country Bistro	o 302 W. Main St.	(530) 272-1468
Wendy's	875 Sutton Way	(925) 686-2911

Grass Valley - Bakery/Breakfast/Coffee

Bubba's Bagels	860 Sutton Way	(530) 272-8590
Dutch Bros. Coffee	2094 Nevada City Hwy.	(877) 899-2767
Flour Garden Bakery	999 Sutton Way	(530) 272-2043
Humpty Dumpty Kitchen 1711	(530) 272-2251	
Safeway & Starbucks	867 Sutton Way	(530) 273-2249
South Pine Café	102 Richardson	(530) 274-0261
Wildflower Coffee Drive Thru	700 Sutton Wav	(530) 274-2130

Grass Valley - Markets

Briar Patch Food Co-op	290 Sierra College Dr.	(530) 272-5333
Grocery Outlet	616 Sutton Way	(530) 477-6961
Safeway & Starbucks	867 Sutton Way	(530) 273-2249
Safeway	105 Neal St.	(530) 273-0115
SaveMart	2054 Nevada City Hwy.	9230) 477-9511

Grass Valley - Bike Shops

Xtreme Outfitters 654 Maltman Dr. (530) 477-2377