



OFFICIAL AFFILIATE
NATIONAL
INTERSCHOLASTIC
CYCLING ASSOCIATION

ABOUT OUR ORGANIZATION

The Utah High School Cycling League (a 501(c)3 nonprofit) was organized in 2011, and is an affiliate league of the [National Interscholastic Cycling Association](#). We facilitate the development of interscholastic cycling teams/clubs for grades 7 – 12 and provide the education, training, licensing and insurance for coaches and volunteers. We also provide a high-quality mountain bike racing experience, while emphasizing the value of each participant (no bench) and placing camaraderie, positive sporting behavior and the cultivation of health over competition.



A group of cyclists is racing on a dirt trail. The lead cyclist is wearing a white and orange jersey, a white helmet, and green sunglasses. They are riding a mountain bike with a race number '5071' on the handlebars. Other cyclists in red and blue jerseys are visible behind them. The background shows a dirt trail with some trees and spectators.

OUR VISION

**Enable EVERY Utah teen to
strengthen body, mind, and character
through the life-long sport of cycling.**

OUR PRINCIPLES

NICA's 5 Core Principles differentiate us from other school sports



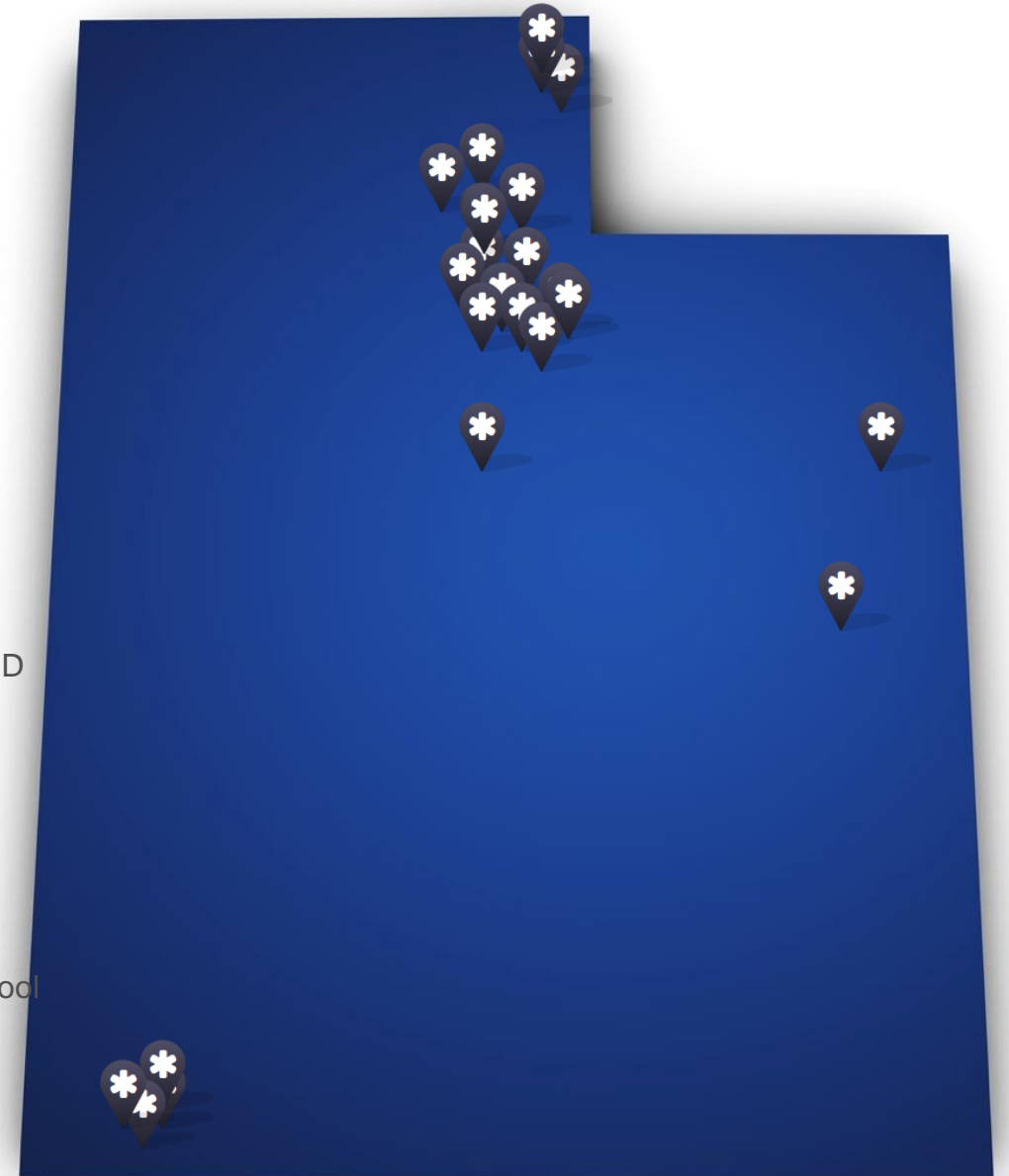
 Strong Body 95% of athletes report fitness and health improvement <th data-bbox="369 835 713 1182">Strong Mind 1 in 3 students report academic improvement Mandatory GPA<th data-bbox="713 835 1057 1182">Strong Character Everyone is cheered Environmental awareness & trail building<th data-bbox="1057 835 1401 1182">Inclusive Nobody "benched" Scholarships and loaner bikes for students in need<th data-bbox="1401 835 1900 1182">Equality Team scoring is Boys & Girls points 25% Girls</th></th></th></th>	 Strong Mind 1 in 3 students report academic improvement Mandatory GPA <th data-bbox="713 835 1057 1182">Strong Character Everyone is cheered Environmental awareness & trail building<th data-bbox="1057 835 1401 1182">Inclusive Nobody "benched" Scholarships and loaner bikes for students in need<th data-bbox="1401 835 1900 1182">Equality Team scoring is Boys & Girls points 25% Girls</th></th></th>	 Strong Character Everyone is cheered Environmental awareness & trail building <th data-bbox="1057 835 1401 1182">Inclusive Nobody "benched" Scholarships and loaner bikes for students in need<th data-bbox="1401 835 1900 1182">Equality Team scoring is Boys & Girls points 25% Girls</th></th>	 Inclusive Nobody "benched" Scholarships and loaner bikes for students in need <th data-bbox="1401 835 1900 1182">Equality Team scoring is Boys & Girls points 25% Girls</th>	 Equality Team scoring is Boys & Girls points 25% Girls
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Life-Long Focus
It's about life-long health, not just today's win

WE ARE 81 TEAMS & GROWING

- Abejo Composite
- Alta High School
- American Fork
- Ascend Composite
- Ashcreek Ranch
- Ben Lomond
- Bingham High
- Bonneville
- Bountiful
- Brighton
- Cache Valley Comp
- Cedar City
- Copper Hills
- Corner Canyon HS
- Cottonwood/Hillcrest Comp
- Desert Hills HS
- Dixie
- Draper APA
- East HS
- Elevate
- Farmington
- Fremont HS
- Herriman
- Independent
- Jordan HS
- Kanab
- Lehi HS
- Lone Peak HS
- Manti
- Maple Mountain
- Moab
- Morgan HS
- Mountain View HS
- Murray
- Nebo Comp
- North Davis Comp
- Ogden HS
- Olympus HS
- Orem
- Park City HS
- Pine View HS
- Pleasant Grove
- Provo Comp
- Riverton HS
- Roland Hall
- Sevier Valley
- Skyline
- Sky View HS
- Salt Lake Comp
- Salt Lake Center for Science Education
- Snow Canyon HS
- South Davis Comp
- Southern UT Comp
- Saint Joseph HS
- Summit Academy
- Telos Academy
- Tooele
- Timpanogos HS
- Uintah HS
- Viewmont
- Wasatch HS
- Weber HS
- West Granite Comp
- West HS
- Westlake
- Woods Cross
- Alta JD
- Bingham JD
- Chain Gang JD
- Draper Park MS
- Eastmont MS
- Farmington JD
- Lone Peak JD
- Morgan JD
- Ogden JD
- Orem JD
- Park City JD
- Pleasant Grove JD
- Provo JD
- Roland Mall MS
- Sandy Comp JD
- Skyline JD
- Southern UT JD
- Weber JD
- Weilenmann School of Discovery MS



WE IMPACT STUDENTS

Sidney Tupai Bingham High School

- 6 Months in full-leg cast left Sidney **severely depressed** and 30-lbs **overweight**
- Concerned, her parents “forced” her to **join the team in 2012**
- Her **outlook has changed** and **she motivates others** as Team Captain
- **Asthma** makes riding a challenge; but
- She **NEVER GIVES UP** and was psyched when she finished mid pack
- She is now a coach for the Bingham Team

Mom says that joining the team literally “saved her life”



WE IMPACT COMMUNITIES

In 2016 Vernal developed a race course and hosted the Utah League, creating the greatest economic impact of any tourism event in 2016, and bringing more than \$250,000 to the county.

The screenshot shows the UBMedia.biz website interface. At the top left is the logo for UBMedia.biz, with the tagline 'UINTAH BASIN STANDARD / VERNAL EXPRESS'. To the right of the logo are links for 'Sign Up' and 'Log In', and a search bar. Below the logo is a navigation menu with links for Home, News, Public Safety, Sports, Community, Opinion, Obituaries, Classifieds, and E-Edition. There is also a 'Subscription Services' link. The main content area features a banner for Quill.com and a news article titled 'Mountain biking pedals to the top of tourism mountain' by Joshua Murdock, dated Oct 4, 2016. The article includes a photo of a mountain biker on a rocky trail. To the right of the article is a 'Featured Businesses' section with listings for Jones Paint & Glass Inc. and Ashley Regional Medical Center.

“According to the Uintah County Office of Travel and Tourism, back-to-back weekends of high school mountain bike races at Buckskin Hills Motorsports Complex in September had the greatest economic impact of any tourism event in 2016.”

According to Travel and Tourism Director Lesha Coltharp, the event brought more than \$250,000 to the county over the weekends of Sept. 17-18 and Sept. 24-25.

Coltarp pointed out that the economic impact of the races extended far beyond lodging. Supermarkets, retail stores, gas stations and restaurants were also expected to benefit from the races, and some racers reported restaurants running out of food from the massive number of patrons.”

[Click here](#) for Uintah Basin news article

OUR RACE CREW



The Utah League Race Crew has five years of proven high-quality race production. Trained by NICA prior to starting our races, our league and staff benefit from over a decade of successful youth mountain bike race production.

OUR RACE CREW

Experience

We have successfully fulfilled contracts, permitting requirements and procedures with **BLM, SITLA, County Mass Gathering Permits, Trails Organizations, Cities, private properties, and resorts**. Our professionalism and follow through before, during and after events has enabled us to continue to race in places like Moab with strict regulations and requirements.

We have always fulfilled contractual obligations including **resort waivers**, which we have parents of participants sign electronically prior to race event. (In 2016, Snowbasin and Soldier Hollow required waivers.)

Locations we have held races:

- Moab
- St. George
- Snowbasin Resort
- Powder Mountain Resort
- Round Valley, Park City
- Draper
- Soldier Hollow
- Eagle Mountain
- Vernal



INSURANCE

The Utah League, it's teams, coaches, students and events are insured through Universal Business Insurance Company



General Liability for Clubs

\$2,000,000 Each Occurrence

\$4,000,000 Aggregate/Club

\$500,000 Each Claim – Sexual Abuse and Molestation

\$500,000 Aggregate Limit

Accident Medical

\$25,000 Each Person – Excess Accident Medical

Deductible: None

Accidental Death: \$10,000

Volunteer Coverage: Yes

Events

\$2,000,000 Each Occurrence

\$4,000,000 Aggregate per Event

No annual aggregate

Accident Medical:

\$25,000 Each Person – Excess Accident Medical

Deductible: None

Accidental Death: \$10,000

POWDER MOUNTAIN MASTER PLAN



POWDER MOUNTAIN- NORTH RACE 2

Fall 2018

- SCHEDULE
- PARTICIPANTS
- PRIOR TO EVENT
- RACE COURSE
- COURSE MARKINGS
- INFIELD SET UP
- PARKING
- RISK MANAGEMENT
- FIRST AID & HYDRATION
- SANITATION & SERVICES
- EMERGENCY PLANNING
- VOLUNTEERS



DOUBLE ROI

DO “WELL” AS A BUSINESS

Financially benefit from per-student venue fees and food and beverage sales

Host event during “off season”

Connect, communicate, build awareness and cultivate brand loyalty with an ever increasing group of league participants and supporters

WHILE DOING “GOOD” FOR THE COMMUNITY

Provide a lasting impact upon Utah’s students & families



SCHEDULE

Thursday PM Arrival

Friday Set Up & Race

7:00AM	Key Race Staff Arrive
9:00AM	Volunteers Arrive to help with set up
12:00PM	Lunch break
1:00PM	Volunteers Arrive
2:00PM	Course opens for pre-ride
7:00PM	Course closes for pre-ride

Saturday Race Day

6:30AM	Pit Zone Opens
7:30AM	Course & Registration Open
7:30AM	Head Coaches Meeting
8:15AM	Wave 1
10:10AM	Wave 2
11:35AM	Wave 3
12:55PM	Wave 4
1:10PM	Wave 5
2:30PM	Wave 6
3:50 PM	Wave 7
5:15PM	Race finish & clean up
7:00PM	Podiums
9:00PM	Race Clean up complete

Race Crew will camp and Leave on Sunday AM

PARTICIPANTS & SPECTATORS

High School North Race 2 with ~800-1000 participants

Spectators ~1500



PRIOR TO EVENT

1 Week prior to event we will post signs at trail entrance points notifying local of race event and mark the course for pre-ride.

- Pre riding will take place with coaches. This is done at slow pace and gives the racers a chance to understand where the course goes and where the difficult sections are so that their anxiety level is lowered during the race and they are not seeing the course for the first time at “race pace.” This assists the riders in adhering to our policy of always riding in control

Course scouting:

- All courses are scouted and GPS mapped to ensure they meet our minimum standards and don't contain any technical features that are beyond the capabilities of high school racers.

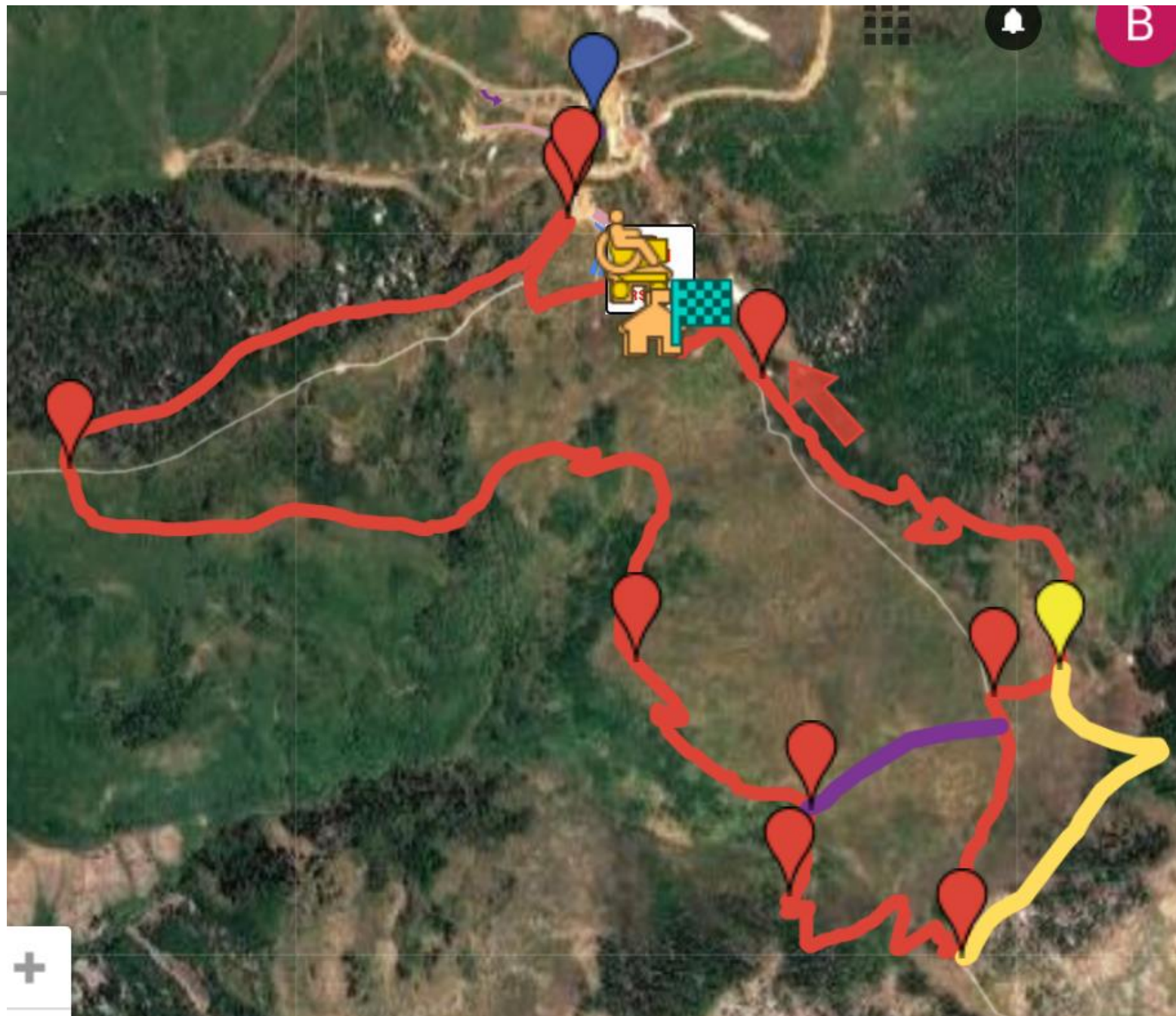
Advertising:

- Races are posted on the home page of our webpage, www.utahmtb.org. Specific details are listed under Events/Races and include a race flyer and map of venue.
- Coaches are also notified through Coaches News.
- Races will also be posted in Utah League's Single Track Times. These newsletters are emailed to all participants, parents, sponsors, cycling clubs, volunteers, and any others who have signed up to receive our Single Track Times.
- Notifications will also be posted on our Facebook page.

RACE COURSE

Race Course: red line
JR Devo/ JV-purple
Varsity- yellow

[Click here](#) for Google map



RACE COURSE

Race Course:

Course Description:

Course Description: (red line) The course at Powder Mountain is one of the league's most beautiful venues. The course is roughly 75% machine-cut singletrack with passing opportunities throughout. The course transitions between tree-covered, high alpine to open meadows multiple times throughout the 5.81 mile loop. The start is on a dirt road and funnels into singletrack within half a mile. The first singletrack section consists of fast, fun and flowy descending that is sure to put a smile on your face. At the halfway point comes a taste of wooded forest and meadows. You then hit a dirt road climb (be sure to take advantage of passing opportunities!), and connect back onto singletrack where you will gradually climb back up to the finish.

***Alternate Course: (left turn at purple line) Junior Devos and JV Boys only.** 5 miles with 460 elevation gain. Left turn at Meadow road and joining back onto the course at Race Bypass. Watch for "Alternate" course signs.

Varsity Only: (yellow line)

Varsities will follow singletrack at south end of course and NOT turn left onto the road. This adds an amazingly fun and technical section. Watch for "Varsity" course signs.

The course as currently laid out is 5.8 miles long with about 476 feet of elevation gain.

Safety Features:

- The Race Course as marked on the map utilizes a combination of road, double and single track.
- The League uses a combination of course tape and yellow directional signs on short steaks to visibly mark the course for racers and spectators.
- The League is very conservative in its marking procedures giving racers the highest amount of warning of the features (turns, closed trails, and downhill's) ahead.
- 10-12 Fixed course marshals are stationed around the course in key areas to help facilitate the safe progression of racers and assist in monitoring the safety of spectators
- We are also working with the BLM and will have one BLM officer and one representative from recreation to help enforce the road closures to recreational vehicles in order to keep the racers safe.

COURSE MARKING & SIGNS

- 600 feet snow fencing at either start or finish area
- Course Marking Signs include arrow, danger, and wrong way signs mounted on 18" wooden stakes. Hammered in at an angle for easy break-away to prevent injury upon collision.
- Flags/Windjammers
- Course tape at staging



INFIELD

[Click here](#) for detailed Google map

Key:

Red cross – EMS/First Aid

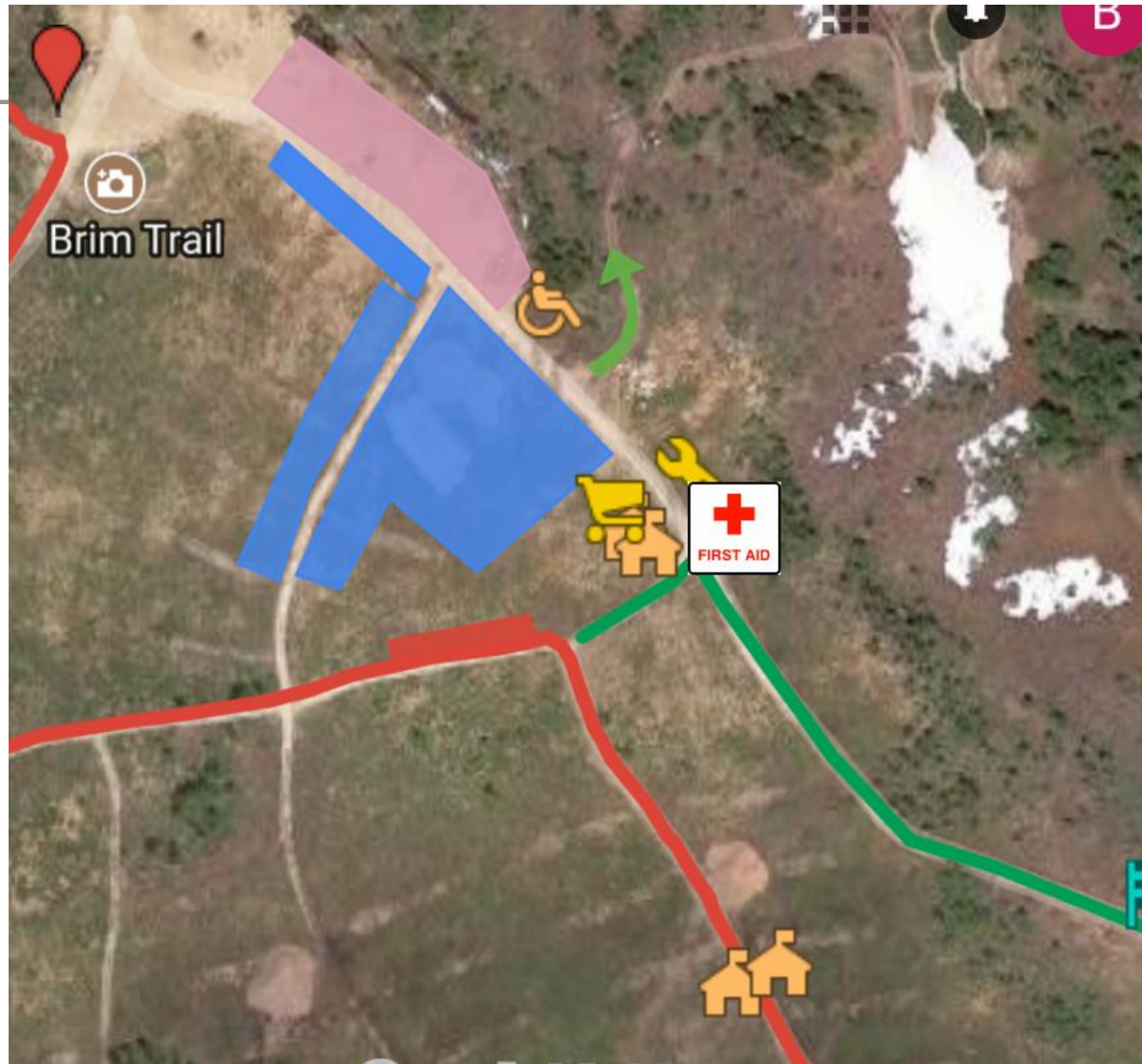
Tent – Registration

Handicap- handicap parking

Checkered Flag – Staging/ Start

Wrench – Neutral Support

Tent – Finish Line/ Timing/ Merch



PARKING PLAN

We anticipate needing parking for 1500+ on the day of the race for racers and spectators. [Click here](#) to see all the lots.

- **Parking Lot(s):**

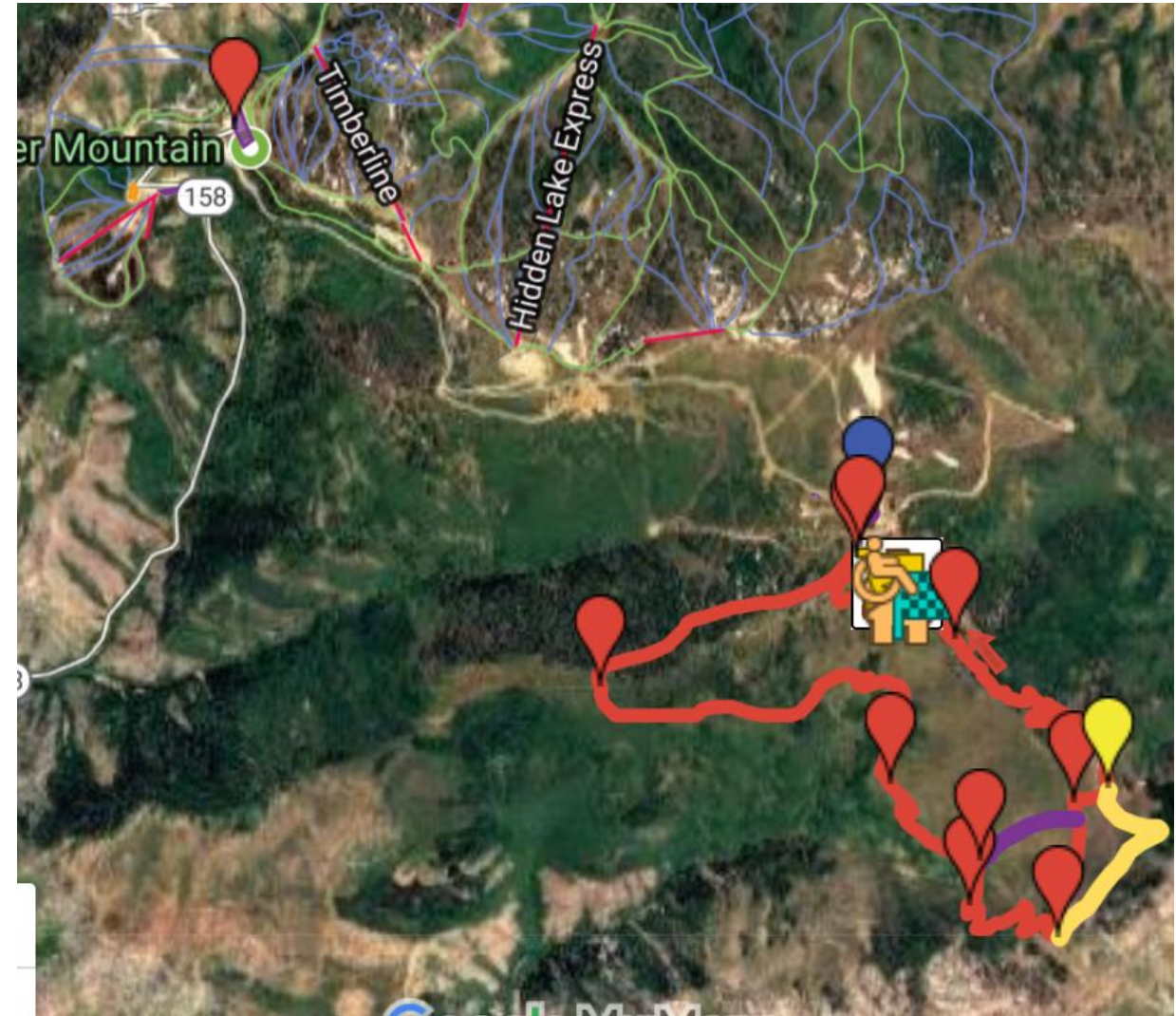
- General Parking is located in the purple (include Hidden Lake Parking Lot & Timberline Parking Lot)
- Handicap/ Hangtag is located in pink
- Camping in orange

- **“Pit Zone”:**

- Team “Pit Zone’s” where racers setup tents, tables, equipment, etc.

- **Parking Attendants:**

- We plan on having approximately 16 parking attendants directing traffic and parking to avoid confusion and/or incidents.





General Parking: Purple

Head Coach/ Hangtag Parking: Pink

Camping: Orange (only for those that need it) We will not be advertising camping.

We have a drop off/ turn around point and will offer shuttles to and from Purple Parking lots

PM will supply 3 shuttles starting at 5:30 AM

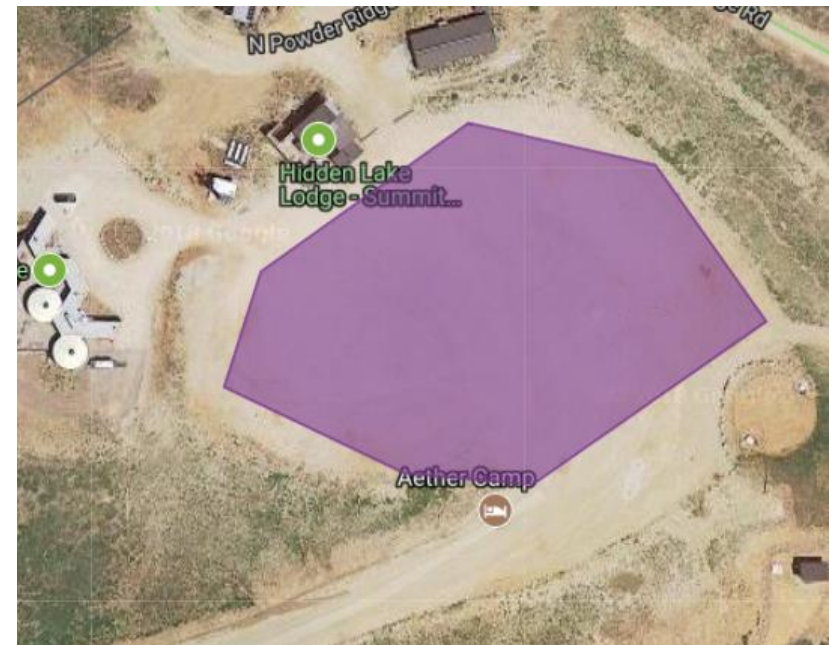
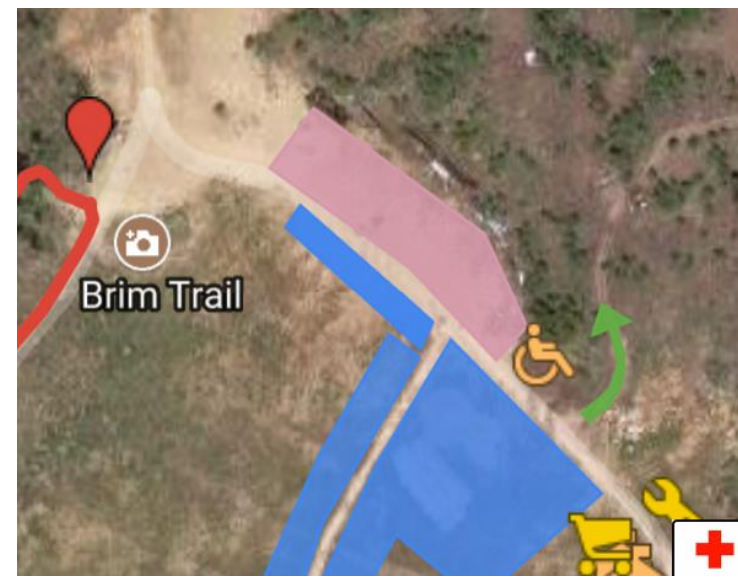


Parking Staff:

Parking Manager- will oversee all parking lots. He will oversee all volunteers and shuttle services.

Parking Attendants- we will have all day paid, part day paid, part day volunteer spots available to help guide cars to the appropriate spots.

PM will supply 3 parking attendants to assist our team.



RISK MANAGEMENT

The Utah High School Cycling League takes the safety of its racers and spectators seriously. We have a comprehensive risk management policy that begins with our coaching program and continues through all training and competitive events. All participants, coaches and volunteers must sign waivers. We follow mandatory injury reporting regulations.

Part of our comprehensive coaching program includes a 16 hour Wilderness First Aid for Mountain Bikers course that all head and assistant coaches are required to complete to obtain full licensure. Ride leaders are all required to have a minimum of basic first aid to obtain full licensure. All head coaches, assistant coaches, and rider leaders are required to obtain CPR certification to obtain full licensure.

Risk management policies also dictate the selection of a course appropriate to the skill level of young high schoolers new to the sport. Additionally, they dictate the course set up including course markings and in field set up.

Enforcement of rules and code of conduct including wearing of helmets that meet industry safety approval. For a review of NICA's rulebook please visit:

<http://www.nationalmtb.org/wp-content/uploads/NICA-Rulebook.pdf>



RISK MANAGEMENT CONTINUED

NICA/League Risk Management Procedures:

We have experienced Chief Course Marshals who, with the help of three assistants, oversees rider safety at races. They set up 10-12 stationary “marshal points” on the race course at specific areas to enhance rider safety (for example intersections, technical sections, sections riders need to slow their speed, etc.). All marshals have medical radios, first aid kits, food, hydration, splits, pen and paper, etc. Chief Course Marshals oversee all volunteer marshals and work directly with EMTs in dealing with injuries and evacuations.

- 10-12 Course Marshals on course with Motorola medical radios
- 4 Roving Marshals
- Sweep Marshals behind every category
- Chip timing system with extra mat at start line to ensure accounting of all racers
- Aggressive course markings to keep students on the track
- Emergency Vehicle Access to race course is designated on the map
- There will be no fireworks or open flames of any kind.
- Generators are placed 20 feet away from the timing and announcing tents. This area is blocked off from participants and spectators.
- We have fire extinguishers at the timing, registration and pit zone.

FIRST AID & HYDRATION

First Aid: Our risk management policies require us to have 4 EMT's onsite (dependent upon number of racers). We utilize local EMT's who are familiar with the area and have knowledge as to best practices for evacuation and procedures.

- Tosh (our sponsor) provides first aid supplies and certified nurses and/or doctors on site to assist with minor injuries
- Bright red tent with white red cross on it and wind jammers for easy recognition of first aid tent
- Private vehicle and trailer meeting privacy regulations for severe injuries

Hydration:

- Camelback Hydration Station: 4 10-gallon water coolers, marked with sign saying "FREE WATER"
- Cliff Feed Zone: 6 5-gallon water coolers are placed on course for participants
- 4 10-gallon water coolers in Pit Zone area



SANITATION & SERVICES

Sanitation:

Honey Bucket will deliver the following on Friday:

- 30 Standard Units
- 3 AVA Units
- 6 Portable Sinks

We have 55-gallon trash containers throughout the infield and a 4 yard dumpster for all race trash.

Services:

- We hope to have local food trucks on site
- League Merchandise will be sold on site.



EMERGENCY PLAN

Weather:

Over the years, we have dealt with a variety of weather issues and conditions, from extreme heat to race cancellation due to rain. We work closely with local authorities in determining best course of action for student safety and trail preservation. One example occurred in 2016 at Powder Mountain Resort. We started racing with sunny conditions and later in the afternoon a thunderstorm moved in fast and within 15 minutes, started hailing. The League Director, Chief Course Marshal, Operations Manager and Powder Mountain's manager quickly determined the best course of action for the safety of the students was to stop the race and have students seek shelter. The Utah League staff jumped to action and all staff executed emergency protocols. The Chief Course Marshal immediately notified all course marshals to have the students stop and take cover – the race was stopped.

Evacuation Plan:

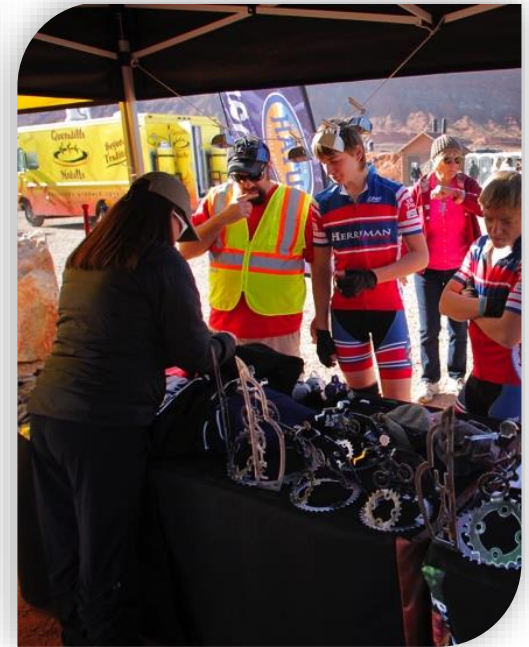
Our key staff works closely with the proper authorities to meet the needs of the emergency to move spectators and participants to a safe location. To be prepared for such an emergency, all marshals have printed maps (of the Google map we use) of the course and emergency access roads. EMT's also have these maps.

Emergency evacuation of the entire group would require:

- Decision made by local authority, League Director, Chief Course Marshal and Operations Manager.
- Operations Manager to oversee & organize staff for evacuation
- Staff would then oversee evacuation of their respective governance
- Chief Course Marshal ordering course marshals to clear the course and direct all student athletes to finish race
- Chief Course Setter – Clearing course
- Staging Manager – clear staging
- Announcer – give details on situation and evacuation
- Chief of timing remove timing system if possible

VOLUNTEERS

It takes ~230 volunteers who contribute a 3+hours to provide the safety and management of our high school races. Volunteers come from parents, community members, coaches, and cycling enthusiasts. We manage the attaining of volunteers on our website and with Volunteerspot.com. Please click “Get Involved” on our website to see descriptions of positions and training videos. We require teams to provide a certain number of volunteers at each race.



Volunteers:

- Course Marshals
- Roving Course Marshals
- Sweep Marshals
- Start Line crew
- Finish Line crew
- Feed zone Manager
- Venue Set-up

- Race Announcer assistants
- Parking Volunteers
- Post Event Venue and Course Clean up
- Pre and Post trail maintenance and Repair
- Course Setters
- Scoring Assistants



THANK YOU