

**2005**  
**National Collegiate Cycling Association**  
**Mountain Bike National Championships**  
Seven Springs, Pennsylvania

**October 27-30, 2005**  
**Technical Guide**

Local Organizing Committee  
Millennium Sports/Seven Springs Mountain Resort  
Phone 814.352.2016  
Fax 814.352.7511

# Welcome!

The staff of the NCCA Mountain Bike National Championships is pleased to welcome you to Seven Springs. Located in the plush Laurel Highlands, Seven Springs is Pennsylvania's largest ski and year round resort. We hope you enjoy the challenging courses and your stay at the resort. We look forward to exciting competition.

## Staff

Richard Lutz_____	Chief Commissaire
Sue Lutz_____	Chief Judge
Caroline Payson_____	Vice Chief
Tom James_____	Starter Official
Jennifer Keurulainen_____	National Events Manager
Robert Duppsstadt_____	Race Director/Media Relations
Terry Shaffer_____	Technical Director
Jennifer Benford_____	Registration Coordinator
Rachel Shaffer_____	Data Coordinator/Awards
John Mates_____	Medical Director
Joseph Tirko_____	Timing/Results
Phoenix Sports Technology_____	Photo Finish/Timing
Mark Abramson_____	Announcer

## Thursday, October 27:

12:00 p.m. - 6:00 p.m.	Registration/Packet Pickup	Festival Hall
9:00 a.m. – 6:00 p.m.	Cross Country/Short Track open for pre-ride	Tahoe Lodge
12:00 p.m. – 4:00 p.m.	Downhill Practice	Avalanche Slope
2:00 p.m. – 6:00 p.m.	Mountain Cross Practice	Tahoe Lodge
8:00 p.m.	Coaches/Captains Meetings	Festival Hall

## Friday, October 28:

7:15 a.m.	Late Packet pickup	STXC Start/Finish
7:45 a.m.	Short Track Men's B	Tahoe Lodge
8:20 a.m.	Short Track Women's Division II	Tahoe Lodge
8:55 a.m.	Short Track Women's Division I	Tahoe Lodge
9:30 a.m.	Short Track Men's Division II	Tahoe Lodge
10:15 a.m.	Short Track Men's Division I	Tahoe Lodge
9:00 a.m. – 11:00 a.m.	Open Mountain Cross practice	Avalanche Slope
11:30 a.m. – 1:30 p.m.	Open Mountain Cross qualifying	Avalanche Slope
2:00 p.m.	Mountain Cross Finals	Avalanche Slope
6:00 p.m.	Coaches/Captains Meetings	Festival Hall
7:00 p.m.	NCCA Meeting	Festival Hall
8:00 a.m. – 6:00 p.m.	Cross-country open for Pre-ride	Tahoe Lodge

## Saturday, October 29:

9:00 a.m.	Cross-country race Women's Division I	Tahoe Lodge
9:10 a.m.	Cross-country race Women's Division II	Tahoe Lodge
11:30 a.m.	Cross-country race Men's Division I	Tahoe Lodge
11:40 a.m.	Cross-country race Men's Division II	Tahoe Lodge
11:45 a.m.	Cross-country race Men's Division B	Tahoe Lodge
1:00 p.m. – 4:00 p.m.	Downhill practice	Tahoe Lodge
5:00 p.m.	Coaches/Captains Meetings	Festival Hall
6:30 p.m.	Awards Banquet	Convention Hall

## Sunday, October 30:

9:00 a.m.	Downhill finals	Tahoe Lodge
1:00 p.m.	Downhill & Omnium awards	Tahoe Lodge

**\*\*NOTE – EASTERN STANDARD TIME BEGINS AT 2:00 A.M. SUNDAY, OCTOBER 30.  
REMEMBER TO TURN CLOCKS BACK 1 HOUR\*\***

# **General Information**

## **Host Hotel/Race HQ**

### **Seven Springs Mountain Resort**

777 Waterwheel Drive

Champion, PA 15622

Phone 800.452.2223

## **National Collegiate Cycling Association Mountain Bike National Championships**

### **ELIGIBILITY**

4.1.1 Clubs must be members in good standing with USA Cycling and their conference in order to compete in NCCA events.

4.1.2 To participate in NCCA events, a rider must be a NCCA individual member as defined in rules 3.2.1 and 3.2.2.

4.1.3 Riders must race for the school at which they are enrolled, regardless of where they are currently studying. Riders must present proof of full-time enrollment at race registration.

4.1.4 All riders must present a Collegiate license or an authorization to ride, or must purchase a one-day license to compete in a Collegiate event. Annual and one day licenses can be obtained at events. One-day licenses will not be accepted at National Championships.

4.1.5 Any ineligible rider shall forfeit his/her points; the team must also forfeit all points earned by that ineligible rider.

4.1.6 Schools that have more than one geographically separate campus, each of which grants a separate degree, must develop a separate NCCA club for each campus location.

4.1.7 No school or team shall develop eligibility requirements that may unduly hamper or deny any student from participating on a team during regular season events when the student is otherwise qualified.

4.1.8 Any individual rider who has represented the United States in collegiate cycling in the past year or is a current individual collegiate National or World Champion is exempt from paying entry fees in collegiate races of the type for which the person is the champion or represented the United States. (i.e., road = road, criterium = criterium). A rider who wishes to be exempt from paying fees must petition the Conference Director who will notify the collegiate clubs.

4.1.9 Pros and ex-pros are allowed to compete in collegiate events, subject to proof of eligibility.

4.1.10 International students are eligible to compete in all NCCA events, including National Championships, as long as they meet the above mentioned eligibility requirements.

## **6. NATIONAL CHAMPIONSHIPS**

### **6.1 CHAMPIONSHIP QUALIFICATIONS**

The following requirements are for all Collegiate National Championships.

6.1.1 All riders and their collegiate cycling team must be current members of the NCCA. There will be no rider or club licensing on site at the championships.

6.1.2 Full-time students competing in national championships must submit proof of eligibility (NCCA Eligibility Verification Form) at registration. This form is available from USA Cycling and Conference Directors.

6.1.3 In order to be eligible to compete at collegiate road, track, mountain bike and/or cyclocross National Collegiate Championships, each athlete must meet minimum enrollment requirements at the time of competition. These requirements include the following, based on the most recent academic term:

- Undergraduate and graduate students must be enrolled as “full time students”, as defined by the collegiate institution.
- Graduate students meeting these requirements must be making full-time progress towards completion of a graduate degree.
- Recent Graduates must have been eligible in the most recent academic term (defined above) and completed the requirements for a graduate or undergraduate degree. In addition this student must provide written verification confirming this status.
- Deadlines: road-spring session, track – fall or summer session, mountain bike – fall session, cyclocross – fall session, freshman (registered but not having started classes for current session) – paid session fees. For track nationals, if a rider has not started school, verification of tuition payment must be provided.

6.1.4 Riders must have competed in an A race during the conference season in order to compete at National Championships with the exception of track and cyclocross. For disciplines without conference competitions, qualification shall be at the discretion of the Conference Director. Additional qualification requirements by discipline are detailed in this rulebook as appropriate.

6.1.5 Each conference qualifies individual riders or teams, based on the percentage of the total number of NCCA riders in each conference. Number of riders per conference is based on the total membership count on August 31 of the previous year. Each conference is guaranteed at least one team entry and one individual male and female entry per division at the NCCA National Championships.

6.1.6 Only conference road events count toward a team's and/or individual's qualification for road nationals. Only conference mountain bike events count toward a team's and/or individual's qualifications for mountain bike nationals. Each conference may decide how teams and individuals are chosen for nationals within the limits allowed in rule 6.1.4.

6.1.7 The school hosting the national championship event automatically qualifies a team.

6.1.8 The previous individual national champions are invited to compete in the current nationals, providing proof of eligibility (whether the team attends or not). If those members are on teams that have already qualified for the event, they will serve as members of these teams, not as additional riders. Under no circumstances may a team include more than eight men and eight women.

6.1.9 At all events, all riders must wear identifiably similar team jerseys or blank jerseys with the school's name or abbreviation prominently displayed.

6.1.10 Collegiate National Champions are only permitted to wear their National Championship jersey in the collegiate event that they won. (i.e. road = road, criterium=criterium) The previous year's National Champion may not wear his/her jersey in the next year's National Championship race.

6.1.11 Eligibility issues for National Collegiate Championships, which may result in a rider or team not competing at the current national championships, may be protested only before the start of the first event at the National Collegiate Championships in question. The Collegiate Cycling Board of Trustees

or their designate will have final say regarding all eligibility issues. Start lists for all Collegiate Nationals shall be posted with sufficient notice prior to the start of the first event of each National Championship.

## **6.12 MOUNTAIN BIKE CHAMPIONSHIPS**

6.12.1 National Championship Disciplines: The cross-country, Short Track and downhill and one of Dual Slalom, Mountain Cross or Dual must be conducted as National Championship events.

6.12.2 Staging for mass-start events at mountain bike nationals: Conference Omnium Champions and the previous year's National Champions will be called the line. Then a staging group consisting of one representative per team will be called to the line, one school at a time, based on a random draw prior to the event. Only one rider per team may be in each staging group.

6.12.3 National Championship Events: The following are the required times for the events for the national collegiate mountain bike cross country championships.

*Men Women*

A: 2-2:30 hours A: 1:45-2:15 hours

## **6.13 QUALIFICATIONS**

6.13.1 The total field size for each Men's and Women's National Championship cross-country race is 175 competitors.

6.13.2 One team of four riders per conference will be allocated, plus one host team for the National Championships. This equals 44 riders allocated. The remaining 131 positions will be based on the conference allocations, as is done for Road Nationals.

6.13.3 Eligible teams may consist of a maximum of eight men and eight women. Of those riders, only four men and women may compete in the cross-country, short track, dual slalom, dual, mountain cross and downhill events. Clubs must identify the members of the team who will start in each event at race registration.

6.13.4 In conferences with very small fields or few or no collegiate mountain bike events, qualification is at the discretion of the Conference Director.

## **6.14 MOUNTAIN BIKE REGULATIONS**

6.14.1 NORBA racing regulations are in effect for NCCA Mountain Bike Championships.

6.14.2 The total individual points for a given team in each race will be summed by event and the resulting rank ordering of this tally will determine the team placing for that race. Team placing for both men and women will be equally valued and will be awarded to the top 40 teams per event.

## 6.15 POINTS SCHEDULE: MOUNTAIN BIKE

### INDIVIDUAL POINTS

	Men/Women	Men/Women	Men/Women
place	XC	STXC/DH	MC
1	200	140	140
2	186	130	120
3	174	122	100
4	164	114	80
5	156	108	60
6	150	102	60
7	144	98	60
8	140	94	60
9	136	90	30
10	132	86	30
11	128	82	30
12	126	78	30
13	124	74	30
14	122	70	30
15	120	67	30
16	118	64	30
17	116	61	15
18	114	58	15
19	112	55	15
20	110	52	15
21	108	49	15
22	106	46	15
23	104	44	15
24	102	42	15
25	100	40	15
26	98	38	15
27	96	36	15
28	94	34	15
29	92	32	15
30	90	30	15
31	88	28	15
32	86	26	15
33	84	24	
34	82	22	
35	80	20	
36	78	18	
37	76	16	
38	74	14	
39	72	12	
40	70	11	
41	68	10	

### TEAM POINTS

PLACE	XC (M/W)	ST, DH, MC (M/W)
1	120	84
2	110	77
3	102	71
4	95	66
5	89	62
6	83	58
7	78	54
8	73	51
9	69	48
10	65	45
11	61	42
12	58	39
13	55	36
14	52	34
15	50	32
16	48	30
17	46	28
18	44	26
19	42	24
20	40	22
21	38	20
22	36	19
23	34	18
24	32	17
25	30	16
26	28	15
27	26	14
28	24	13
29	22	12
30	20	11
31	18	10
32	16	9
33	14	8
34	12	7
35	10	6
36	8	5
37	6	4
38	4	3
39	2	2
40	1	1

42	66	9	
43	64	8	
<b>INDIVIDUAL POINTS -- CONTINUED</b>			
44	62	7	
45	60	6	
46	58	5	
47	56	4	
48	54	3	
49	52	2	
50	50	1	
51	48		
52	46		
53	44		
54	42		
55	40		
56	38		
57	36		
58	34		
59	32		
60	30		
61	28		
62	26		
63	24		
64	22		
65	20		
66	18		
67	16		
68	14		
69	12		
70	10		
71	8		
72	6		
73	4		
74	2		
75	1		



**Awards:**

Podium Finishers must be present at published awards ceremony time.

**Defending NCCA Mountain Bike Champions:**

Division I

Team: Fort Lewis College

**Men**

OM: Josh Bezecny – University of Colorado  
XC: Josh Bezecny – University of Colorado  
ST: Matt Shriver – Fort Lewis College  
DH: Paul Smith – Fort Lewis College  
DS: Charles Mooney – Lindsey Wilson College

**Women**

Susan Grandjean – Fort Lewis College  
Nina Baum – University of New Mexico  
Nina Baum – University of New Mexico  
Leana Gerrard – Fort Lewis College  
Leana Gerrard – Fort Lewis College

Division II

Team: Lees-McRae College

**Men**

OM: Brent Bookwalter – Lees-McRae College  
XC: Brent Bookwalter – Lees-McRae College  
ST: Taylor Tolleson – Lees-McRae College  
DH: Aaron Bradford – Lees-McRae College  
DS: Michael Valach – Davis & Elkins College

**Women**

Monique Hein – Lees-McRae College  
Lea Davison – Middlebury College  
Lea Davison – Middlebury College  
Linden Kimmerer – Humboldt State  
Monique Hein – Lees-McRae College

**Special Thanks** to the Seven Springs Volunteer Fire Department for providing EMS services and the volunteer course marshals for their help providing a safe race environment for all competitors.

**Special Thanks** to Phoenix Sports Technology for providing Finish Lynx photo finish for all STXC races and their countless efforts to assist Millennium Sports.

**Directions****To Seven Springs Mountain Resort:**

Seven Springs is located 55 miles southeast of Pittsburgh. The resort is easily accessible from either exit 91 (Donegal) or exit 110 (Somerset) of the Pennsylvania Turnpike (I 76). Follow the resort signs from Route 31 (Glades Pike) from either exit of the Turnpike.

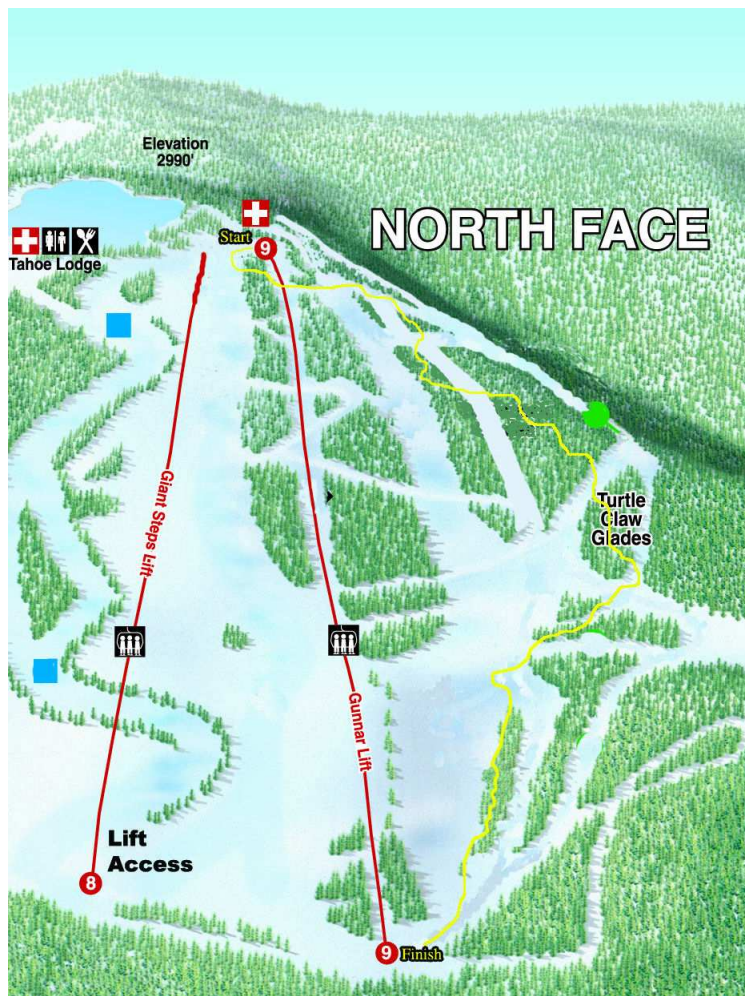
**Airport:** Take Route 60 South toward Pittsburgh. Follow signs for 279 North and follow through the Fort Pitt Tunnel and follow signs to route 376 East to Monroeville. Follow 376 East until you come to the Pennsylvania Turnpike. Take the PA Turnpike East and exit at Donegal (exit 91). From Donegal turn left on to Route 31 East. Go 2 miles to Route 711 South. Turn Right on 711 South at Sarnelli's Market. Go 1.2 miles on 711 South to the stop sign. Turn Left and follow 6 miles to the resort's main entrance.

**Car Rental information:**

All Major rental companies are available at Pittsburgh International Airport.

# Race Courses

## Downhill Course



**Yellow line represents the Downhill Course.**

# COURSE MAP

## CROSS COUNTRY

