

2009 USA Cycling Collegiate Mountain Bike National Championships



2009 USA CYCLING COLLEGIATE MOUNTAIN BIKE NATIONAL CHAMPIONSHIPS TECHNICAL GUIDE

Northstar-at-Tahoe Resort, Truckee, CA





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1. Welcome and Resort Overview

Welcome to the 2009 USA Cycling Collegiate Mountain Bike National Championships hosted by University of Nevada, Reno. We are thrilled to be hosting the National Championships for the next 2 years on the West Coast. We are lucky to have world class facilities and courses at Northstar Resort, only a short drive from a major international airport. We hope you enjoy your time in the Lake Tahoe area and are excited to come back in 2010.

This technical guide provides the necessary information for your time at the National Championships. It covers the rules and regulations of the resort as well as the requirements set forth by USA Cycling to be eligible to compete. It covers the logistical aspects of your time here, where to sleep, get food, how to get around, etc. And finally it covers the most important aspects, the courses we will be racing. All of this information is also provided online, so save yourself some paper and only print out one copy per team.

2. Rules and Regulations, Northstar resort and USA Cycling guidelines

As guests of Northstar resort, we are expected to follow their guidelines. The resort is open during the competition, so our behavior is even more important. After all we want to be invited back for next year.

1. No riding off trails.
2. Control your speed riding around the village, walk your bike where appropriate. Do not ride down stairs.
3. Alcohol is not permitted in the village or anywhere on the mountain.
4. Competitors will be given wristbands as identification to marshals and officials. Wear at all times when riding at the resort.
5. Medical services are located at the top and bottom of the lifts. Call 530.562.2444 for medical help during pre-riding.

Consult the USA Cycling Collegiate Rulebook for eligibility questions. The book is provided [here](#).

Main Points:

1. Only A-Category riders are eligible to compete.
2. Riders must be deemed full-time students by their school's registrar
3. A full-face helmet must be worn for Downhill and 4X events



3. Registration and Packet Pick-up

Registration is provided by Sportsbaseonline. The active site is located [here](#). Online registration closes 10/13/2009 at 2 pm EST. Registration costs \$45 per event. You can also purchase your lift tickets, \$25, and banquet tickets, \$35, during registration. Important details: The lift tickets for your race days are included in the registration price. You only need to buy tickets for practice. Lift tickets for spectators are \$5 (hikers pass) and can be purchased on site.

Onsite registration is **only** available on Thursday October 15, 2009 from 3-7 pm, for an additional \$30 per event penalty.

Make sure you meet the eligibility requirements set forth in the Collegiate Rulebook and you get the [eligibility form](#) signed and stamped by your registrar.

Packet pick-up is available each day at Guest Services in the Village.

4. Schedule

THURSDAY, OCTOBER 15

3:00 - 7:00 pm	Packet Pick-up/Late Registration	Village Base – Ticket office
*There will be <u>no late registration</u> after this date.		
7:00 pm	Riders Meeting	Village Base – Aspen Conf Room

FRIDAY, OCTOBER 16

6:00 - 11:30 am	Packet Pick-up	Village Base – Ticket office
8:00 am	Race: XC/Female/Division I	
8:05 am	Race:XC/Female/Division II	
12:00 pm	Race:XC/Male/Division I	
12:05 pm	Race:XC/Male/Division II	
12:00 - 5:00 pm	Practice/DH	
12:00 - 5:00 pm	Practice/4X	
5:30 pm	Riders' Meeting	Village Base – Aspen Conf Room

SATURDAY, OCTOBER 17

6:00 - 9:45 am	Packet Pick-up	Village Base – Ticket office
8:00 am	Race: STXC/Female/Division I	
9:00 am	Race: STXC/Female/Division II	
10:00 am	Race: STXC/Male/Division I	
11:00 am	Race: STXC/Male/Division II	
11:00 - 4:00 pm	Practice/DH	



1:00 pm	<i>Qualifying: 4X (Female DI, Female DII, Male DI, Male DII)</i>	
3:30 pm	Race: 4X Final	
6:00 pm	Riders' Meeting	Mid-Mountain Lodge
7:00 pm	Awards Banquet	Mid-mountain Lodge

SUNDAY, OCTOBER 18

6:00 - 7:30 am	Packet Pick-up	Village Base – Ticket office
8:00 am	<i>DH Qualifying (Female DI, Female DII, Male DI, Male DII)</i>	
12:00 pm	Race: DH Finals	
3:00 pm	Awards	Village Base

5. Course Descriptions

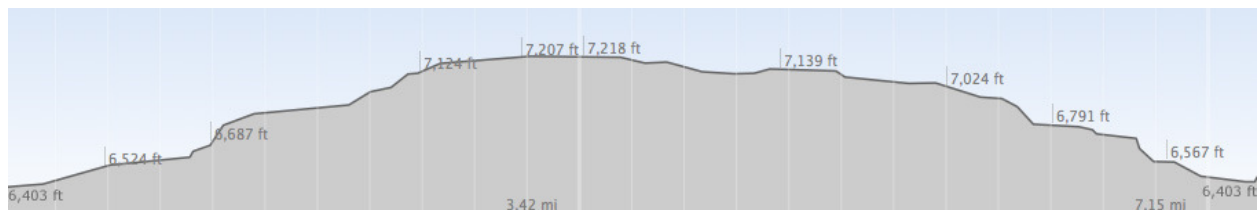
The resort is open during the competition so we will have wristbands for riders to wear at all times on the mountain. The wristbands will be given out at packet pick-up. This will allow our officials and marshals to ensure the courses remain clear of outside riders. Northstar resort has an interactive trail map [online](#) which features photos, videos, and webcams.

All courses unofficial pending final approval by the Chief Official and USA Cycling



Cross Country

With an epic start within the Village at Northstar, racers will quickly descend upon the 7.5 mile loop, past storefronts and restaurants, by way of fire road. Once on the trail, riders will experience technical climbs and descents on a variety of single track, with occasional double track and fire road sections for ease of passing. The lap is packed with a variety of technical terrain, including rock gardens, roots, jumps, and tight switch backs. Each lap will return and circle the Gondola in the Village, which makes for a spectator friendly finish. The feed zone will be at the start of the climb, near the Village area. Laps are 7.5 miles and have ~800 ft of climbing. Course is run in the counter-clockwise direction.



Short Track

With a paraded start similar to the XC, the short track will have a quick starting straight up a fire road. This leads to a fun single track climb, which then spits back out onto fire road for passing. This leads to a single and double track descent with plenty of technical features. Like bermed corners, jumps, and rocks. The finish area is the same as the XC, at the gondola in the Village.

Mountain Cross – Mid Mountain, take Big Springs Express Gondola

A Section of the famed Livewire trail is used for the 4X. With a long straight, and plenty of opportunity for passing, the racing promises to be fun and entertaining. Chalk full of jumps, and inside lines, and a small rock garden, this is a mountain bikers 4x course. Full face helmets are mandatory.

Downhill – top of the Mountain, take Big Springs Express Gondola and Vista Express

Arguably one of the best race courses at Northstar, this trail has a feature for everyone; with fast sections, steeps, and technical rock gardens, every kind of rider will enjoy this track. Every section is packed with a variety of lines; the options are huge! With a start at the top of Northstar, and a finish at the famed “Stadium Jump” at mid mountain, this track will be a blast for riders and spectators alike!

The downhill descends Karpel, Dogbone, and Sticks and Stones. Full travel downhill bikes strongly recommended. Full face helmets are mandatory.



Shimano will be on-site for neutral support.

6. Banquet and Awards

The banquet and awards are Saturday night, occurring at the mid-mountain lodge. The Gondola will be running from the base. Tickets, \$35, can be purchased during registration, or at the door.

Dinner, buffet style, starts at 7 pm, with an introduction from the new Collegiate Director, Jeffrey Hansen. Our invited guest speaker, Olympian Katerina Nash, will begin talking at 8 pm, and awards (XC, STXC, and 4X) will follow. Tickets (\$35, which includes all service fees and taxes) are required for dinner only, guests are welcome to attend the talk and awards ceremony.

Menu

Salads:

Mixed Green Salad

Tomato, cucumber, Kalamata olive and Feta salad

Bowtie pasta salad with fresh Mozzarella, cherry tomatoes and basil

Entrees, choice of:

Grilled marinated turkey breast

Grilled chili rubbed tri-tip

Grilled balsamic portabellas

Desert:

Cookies

Served with Iced Tea and Lemonade

7. Communications

The official website is www.2009mtbnationals.com. You can also follow the event via twitter at [@2009mtbnats](https://twitter.com/@2009mtbnats). Live updates will be broadcast with the #mtbnats tag. Official results, photographs, and video interviews will be posted as soon as possible.

Official communication by the officials will be posted each day at the racers meeting and posted outside the banquet Saturday night. Start lists for DH Qualification and Finals will be posted at the mid mountain lodge, the base village, and online.

There is cell phone coverage throughout the mountain.

Please call Jeffrey Hansen at 719-229-9780 with questions at any time.



8. Transportation

Reno airport (RNO) is located about 45 minutes from Northstar resort. Airports in California, Sacramento and the Bay Area, are >2 hr away.

Discounts with Enterprise have been arranged. The under 25 fee has been waived, in addition to the extra driver fee. Click on the following link for the deal. If you are interested in cargo vans, you need to contact the manager, LaRoyshia, at the airport location directly (775-325-3977) and use the discount code: 23A3330.

http://www.enterprise.com/car_rental/deeplinkmap.do?bid=002&cust=23A3330

Driving Directions from Reno:

- Head west on I-80 into California
- Take Hwy 267, exit 188, towards Lake Tahoe and Truckee for approximately 6 miles
- Turn Right on Northstar Dr.

9. Lodging

Northstar Resort has given us discounts on hotel rooms and condos on the mountain. Condos come with a kitchen. Further descriptions of the different rooms are available [here](#). Call 1-800-GO-NORTH and choose option 1, to book your reservations using code: CO1014

Special nightly rates at Northstar (occupancy in parenthesis), not including tax and other fees. :

Village Room (2):	\$114
Village Loft (2):	\$133
Studio (2):	\$98
1 BDRM/1 BATH condo (2):	\$114
2 BDRM/1 BATH condo (4):	\$172
2 BDRM/2 BATH condo (4):	\$192
3 BDRM/2 BATH condo (6):	\$257
4 BDRM/2 BATH condo (8):	\$322

Outside of Northstar resort, there are several hotel options within a 15 minute drive.



10. Dining

There are many dining options in the Northstar Village, including: Baxter's Bistro & Lounge, Big Wave Burritos & Wraps, Earthly Delights, Euro Gelato, Euro Snack, Mikuni Japanese Restaurant & Sushi Bar, Rubicon Pizza Company, and Starbucks Coffee.

There are several Safeways located in Kings Beach and Truckee, ~15 minute drive from the resort. There are many restaurants in Kings Beach and Truckee as well.

11. Sponsors



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12. Maps

Northstar Village Layout



Mountain Layout

