

Race Weekend Info - Flagstaff Ft Tuthill

Falcons set a positive example instead of following a negative one.

Camping - We have Fort Tuthill group camp reserved Friday - Monday. There is limited room for all of our campers. Mike Walford will be coordinating camper placement. Please be sure to let him know when you are coming and what you are bringing. Tent space should not be an issue. Parking will be at a premium. Please carpool where possible. Mike may have to place you in overflow if he does not hear from you (overflow camping payable to the league)

Please refer to the weekend schedule attached for times and activities for Saturday and Sunday

Race Day Parking - If you are coming up on Sunday or you have friends / family arriving parking will also be at a premium. Please be kind to the parking attendants and follow all instructions.

Volunteering - Races are run by volunteers like you. Please consider signing up for a volunteer position. <http://www.arizonamtb.org/volunteer/>

“Red Shirts” The volunteers in the Red Mechanics Shirts are the League Directors and staff. Please listen to them. If you have any questions, they are very helpful but realize they are also busy running the races. If you have any complaints or issues that need to be addressed please let me know. I may have the answer or can handle accordingly.

Basic Rules of the weekend *-

1. TRASH IN / TRASH OUT - no trash receptacle available
2. No Pump Track
3. Helmets at all times (parents, family and friends too)
4. No race plate = No riding after 10am on Saturday. These are closed trails. If you are not a Coach or a Student athlete, you may not be on a bike on the trails.
5. DO NOT walk / run backwards on the course.
6. Cross the track at designated spots only - DO NOT climb over the snow fencing or through/over the tape.
7. Do not enter the feed zone
8. NO Caffeine for the student athletes prior to/during racing
9. We stay for the podiums - it will be a long day...
10. The Pitzone is for the team- please make sure they have priority to sit and relax
11. Bike racks are 1st for the athletes and 2nd for the coaches. Please do not place friends/family bikes on our racks.

**The league can impose penalties on your Athlete for parent's failure to follow league rules.*

Saturday

Saturday we will be pre riding **NO PLATE NO RIDING** please see schedule for your time.
Saturday night we will have our pre race meeting, trivia and dinner. Please RSVP to RosyIn Kleinman if parents or siblings will be eating with us.

Water bottle and nutrition to the Nicholls for the feedzone after dinner.

Race Day!

1. ALL team members are expected to watch the starts, races, and finishes when not preparing to race / cooling down and stay for podiums.
2. **Mike Walford** is lead on leg markings. Make sure your leg is marked BEFORE you stage for racing. **Kevin Skinner** is coordinating Race Staging.
3. **NO** Caffeine or other banned substances
4. Outside assistance is a 5 minute penalty - **DO NOT** touch any rider or their bike unless they specifically give you permission. Unless injured and unable to continue etc.
5. Listen to the Red Shirts and Coaches
6. DO NOT miss your warm up or staging
7. Awards do not happen until the venue is cleaned up. Everyone is expected to lend a hand in tear down.
8. All Protests must run through Kara. The coaching staff will have final determination if a protest / report will be filed. Never argue with an official.

Race Day Staging

1. Athletes will stage under the colored flag that matches their number plates.
2. Parents - please do not be in the staging area and/or talking to the athletes. Staging will be happening quickly.
3. If you miss your spot, you will stage last.

Pitzone

1. We will have water but **NO** cups this year. Bring your own bottles for drinks.
2. We will have food/snacks for the Athletes and Coaches in the pitzone Trash in Trash out. We will have trash containers in the pitzone. Please remember we are trash in / trash out.
3. Younger siblings and friends need to be supervised.
4. Teardown - please wait for David's direction for tear down.

