



CamRock Adventure Ride

Saturday August 12th, 2023

The Wisconsin Interscholastic Cycling League is organizing an adventure ride open to all teams again this year. This is a relatively new format for most of our coaches and riders, so I have put together all the event information into this event flyer. Please read it over and let me know what questions you have.

Thank you,
Joe FitzGibbon
Joseph@wisconsinmtb.org

[Venue Description - madcitydirt.com](http://madcitydirt.com)

The CamRock Trail System has a little something for everyone. Scenery and wildlife along the creeks, fast and fun berms, oak savannahs, and prairie sections. Everything from flat tight twisty trails, berms and rollers, fast and flowy sections, to sketchy rock sections. It is all singletrack with some great views and feels like you are deep in the woods, though you are never far from the gravel connector trail.

The trails run from Cambridge to Rockdale, with a place for a beverage and a bite to eat at each end. A quick exit is easily accessible if needed for a mechanical or other emergency. Trails are well marked with maps at all the main intersections and markers along the trail.

A Dane County trail pass is required. If you do not have a Dane County trail pass, please let us know at event check in. We will be keeping a list and paying Dane County Parks Directly.



Caution: Wooden features located in “Area 51” and “outback” are not appropriate for a NICA ride. The Mayor’s Playground jump line has drops that should not be ridden during this event - use the ride around option for all these features.

Although the trails are rated "easiest", "moderate", and "most difficult", they can all be safely traversed by users of all skill levels, but users should expect their normal pace to be slowed as the difficulty increases. The ratings are provided to give all users a good idea of what challenges to expect.

Address and Directions

CamRock Trail System – Shelter 2

136 County Hwy B, Cambridge WI 53523

Parking/Arriving at Venue

- Vehicles must park in the designated areas identified with signs at the venue and as shown on the venue map.
- RV/Campers must stay on the paved parking area and may set up in the turn around.
- Parking volunteers will be present to help keep the parking area organized during high traffic times.
- Handicap parking is available near the picnic shelter.

Registration

Online registration closes the Thursday before the event.

- **Student Athlete registration is on pitzone.**
- Coach registration, camp reservations and volunteer opportunities are linked here: <https://forms.gle/qTEpFw1nn1gdAkdQA>
- There will be no day-of-event registration.
- Students must be league registered and “race-ready” in order to participate.
- [NICA Pit Zone](#). Race ready means you have checked in Pitzone for the specific race/adventure, completed your online profile, electronically signed your online waivers, completed and paid your NICA fees.

Volunteering at our Events



Wisconsin NICA events would not be possible without the incredible work of our volunteers. It takes a “village” to put on quality youth mountain bike event. Many parents and cycling enthusiasts find that getting involved with our events is a fun and rewarding experience.

Please use this link to volunteer <https://forms.gle/qTEpFw1nn1gdAkdQA> or send your questions to our volunteer coordinator: Sarah@wisconsinmtb.org.

Event Weekend Schedule

What is a Wisconsin NICA League Adventure Event...a ride led by team coaches focusing on team building, fun, and safety. **The ride will offer a progression of activities and experiences that provide youth the space to pursue challenges and their best self.** Additional ride recommendations and trail Corp opportunities are available outside of the adventure ride open course time. Everyone will get a map of the trail system and marked checkpoint locations.

Friday August 11th

- 2:00 PM - Campground at CamRock Park opens
- 5:00 PM – Teen Trail Corp Open House at Camrock 3 – Mike Seiler will host an open house Q&A session. Parents, Coaches and Athletes are welcome to attend. Park at Camrock 3 and look for the Teen Trail Corps Tent.
- 6:00 PM - Teen Trail Corps Work! Park at Camrock 3 and check in at the TTC tent. We will be working on the “Getting Started” trail (parallela and a bit north of Blue Dream) Trail work will go from 6:00PM to 8:30PM
- 10:30 PM – Campground Quiet hours

Saturday August 12th

- 8:00 AM – Check-in table opens at CamRock 2. Coaches can pick up race plates and maps from 8:00AM to 1:00PM.
- 9:00 AM –
 - Adventure Course opens! The course will be open from 9:00AM to 2:00PM
 - GRiT Tent opens! All female identifying athletes and coaches are invited to join a GRiT group for the orienteering portion of the adventure ride beginning at 9AM Saturday.
- 11:30 AM – Pickle Party - come join the pickle party at the GRiT tent from 11:30 - 2:30. There you will find an array of pickled treats to enjoy and an opportunity to connect with riders and coaches from teams across the league. Please contact Nicole Cooke nic525@gmail.com with any questions."
- 2:00 PM – Taco Bar opens at finish line.



- 2:30 PM - Drawing for awesome prizes takes place - must be present to win.
- 3:30 PM – On The Bike Games
- Sunset - Outdoor movie and a group campfire start up at CamRock 2

Sunday August 13th

- Re-ride your favorite CamRock Trails on your own!
- Please pack up camp by 11:00 AM

CamRock Adventure Ride Objectives

- Choose your own Adventure! Navigate to numbered checkpoints throughout the trail system. Collect punches on your group control card at each checkpoint.
 - MILD - collect 5 checkpoints
 - MEDIUM - collect 15 checkpoints
 - SPICY - collect 25 checkpoints
- Deliver your checkpoint control card back to the check-in table to collect your rad finisher's SWAG!

CamRock Adventure Ride Rules

- Maintain Coach/Student Athlete ratios on the entire ride - 6:1, 8:2 just like practice.
 - Teams select riding groups/team pods for the event
- Course times: 9AM-2PM
- Coaches and Student Athletes must be registered with the league and have plates on bikes.
- Participants will receive adventure ride race plates at check-in. These must be returned at the end of your adventure ride.
- No Road Riding During the Adventure Event - Trails only. You will be using a gravel trail to access the singletrack.

CamRock Adventure Ride Check-in

Once you have your ride group together, ride on over to the picnic shelter at **CamRock 2**. Look for the big red adventure flag. Send one of the coaches from your pod to the registration table.

- Each ride group will get a control card to record each of the checkpoints. Your ride roster will also be recorded on this card.
- Each rider in the group will get a course map. Use this map to navigate to each of the checkpoint locations. As an added bonus, this year's map contains a word scramble on the back.
- Coaches will get a 2-sided card. Event rules are on one side, and our venue Emergency Action Plan is on the other.
- Each rider in the group will get a race plate and zip ties. The race plate goes on your handlebars for the ride, and **must be returned to the check-in table at the end of the event.**



- Non-coaching parents can ride along with the event, and will need to sign a waiver to do so. Please sign the waiver before the event using this link:
<https://nationalmtb.org/agreement-to-participate-and-release-of-liability-form/>
- If you do not have a Dane County Trail pass, let us know. We will be keeping a list and paying Dane county parks directly for your trail use during the event.

While out on course

- The course is open during our event. Show awesome trail etiquette. If you are riding in the early hours of the event, you are probably going to encounter the CamRock Climbers practice as well as the normal CamRock Saturday morning traffic.
- Stay off of features that you would not ride in a NICA practice. There are some wood features at Area 51 and Outback that are not rideable in a NICA practice. The jump line at Mayor's Playground has a line that is rollable, but also has some large drops – keep your riders off the drops during the adventure ride.

Once you complete the course, ride back to the check-in table.

- Return your race plates.
- Turn in your control card.
- Get your awesome finisher's swag.
- Grab some finish line food
 - Fruits and ride snacks 9:00 to 2:00
 - Tacos at 2:00
- Stick around for the gear give away. Drawing is at 2:30pm and you must be present to win. All registered riders and coaches are automatically entered.

Teen Trail Corp

Teen Trail Corp will be hosting an educational trail work day on Friday starting at 5:00 PM. To participate, please park at **Camrock 3** and look for Teen Trail Corps tent. Mike Seiler will be there to help rider understand what goes into building and maintaining awesome trails.

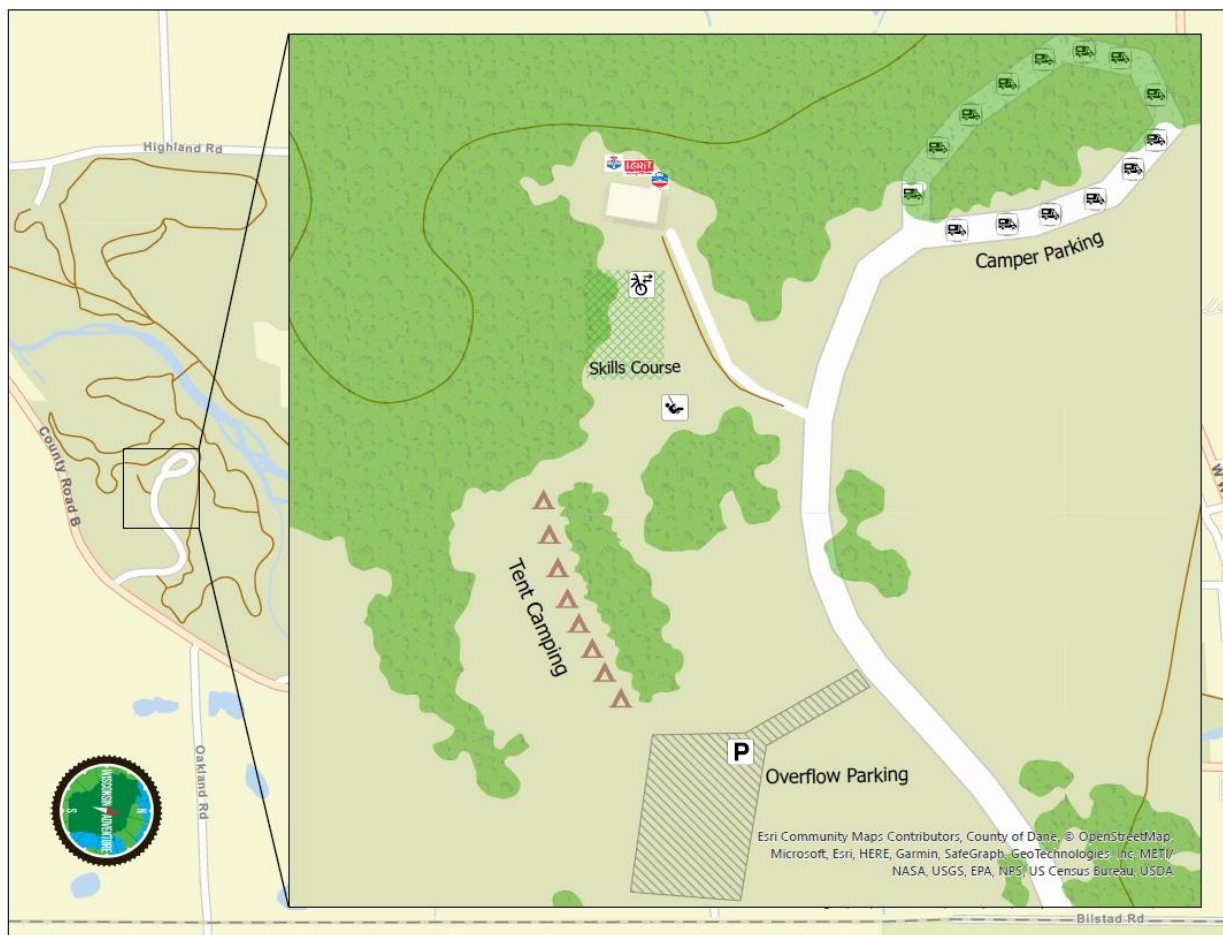
Teen Trail Corp will also be a part of the orienteering adventure ride on Saturday! Stop by the TTC tent at **Camrock 2** to get instructions and a score card to take out on course. Find the TTC trail markers, observe the condition and answer the questions on your score card. Please visit the TTC tent for more details.

Teen Trail Corp tent will be open for questions Saturday during the adventure ride.



Please contact Mike Seiler teentrailcorps@wisconsinmtb.org or Jon Terrones at myterrone@gmail.com if you have any questions. Thanks!

Venue Map



Course Map

A map will be provided at Check-in

Refund/Weather & AQI Policy



Our primary considerations are the safety of riders, support staff and spectators, and potential damage to the venue and trails. Any decisions regarding canceling, postponing or altering ride start times will be made jointly by league staff and the trail manager. Often this decision cannot be made until the morning of the adventure ride due to the unpredictable and rapidly changing nature of severe weather. The league will make every attempt to notify the adventure riding population as soon as possible via email, social media and website updates.

NICA GUIDANCE FOR AQI – TEAM EVENTS & PRACTICES		
AQI 0-50	Good	Team events unaffected
AQI 50-100	Moderate	Team events continue as planned, coaches should monitor for potential for increased AQI. Check with athletes who have air quality sensitivity
AQI 100-150	Unhealthy for sensitive groups	On-the-bike (or exercise-related) activities should be modified to low-effort (not to exceed 60 minutes) OR switched to an off-the-bike activity (i.e. maintenance clinic hosted outdoors)
AQI 150-200	Unhealthy	On-the-bike activities canceled; outdoor (off-bike) activities on a case-by-case basis, OR activities moved indoors
AQI 200+	Very unhealthy <i>(Above 301 = hazardous)</i>	All outdoor events (on- or off- the bike) canceled

What Questions Do You Have?

You can also direct questions to the Wisconsin League Adventure Coordinator by emailing joseph@wisconsinmtb.org

NICA Safety Reporting and Insurance Coverage

Safety Reporting

Incident reports are mandatory whenever a student-athlete or coach is injured during a NICA activity. These incident reports are submitted by each Team's Designated Reporter or an independent rider's parent.

Insurance Coverage



NICA Insurance coverage is for registered student-athletes and registered coaches injured while participating in the adventure ride during the event time only (while race plates are on a bike)

For more information on NICA Insurance Coverage, please see our [FAQ here](#).

NICA CORE VALUES

