

TECHNICAL GUIDE



Mountain Creek Bike Park - Spring National Pro GRT
DH Class C2 Men/Women Elite
May 16th - 19th, 2019
Vernon, NJ USA
www.mountaincreekbikepark.com

Welcome Overview

Mountain Creek Bike Park proudly announces the 2019 Spring National Race as stop number 3 of the USA Cycling Pro Gravity Tour. With one of the longest lift-accessed riding seasons in North America, more than 50 unique downhill trails and numerous resort amenities, Mountain Creek Bike Park has consistently ranked as one of the top spots in the country for downhill and freeride mountain biking.

Located in the picturesque northwest corner of New Jersey, Mountain Creek Resort offers a world-class riding experience in an easy-to-get-to destination, just over an hours ride outside of New York City and local airports.

Transportation Details

Flying in to the area is extremely easy, with two major international airports located under an hour and two major international airports located just over an hour from the resort.

- Airports
 - Newark Liberty International
 - Newark, NJ
 - Stewart International Airport
 - Newburg, NY
 - LaGuardia International Airport
 - New York, NY
 - JFK International Airport
 - New York, NY

Arriving via ground transportation is also an easy task as we are conveniently located on NJ State Highway 94. Those arriving from the west should take Exit 34 off Interstate Route 80, following Route 15 to Route 94 North. Those arriving from the East should take Interstate Route 80 to Route 287 North, exiting to Route 23 North, followed by exiting a County Route 515 in Stockholm. Route 515 will take you into the heart of Vernon Township, make a left turn on to Route 94 South and arrive at Mountain Creek Resort just a couple of miles down the road.

Find us on GPS:

200 Vernon Macafee Rd
Vernon, NJ 07462

Lodging

Mountain Creek offers onsite lodging in the Appalachian Motel and Black Creek Sanctuary Condos. For availability, rates and more details please call 973-827-2000 or visit

www.mountaincreek.com

In addition to the onsite lodging, there are several other local lodging options all located within a 30 minutes drive of the resort:

Alpine Haus Bed & Breakfast - Drive time: Approx 1 minute

<http://www.alpinehausbb.com/>

The Appalachian Motel – Drive time: Approx 5 minutes

<http://appalachianmotel.com/>

Quality Inn Vernon – Drive time: Approx 5 minutes

<https://www.choicehotels.com/new-jersey/vernon/quality-inn-hotels/nj311>

Holiday Inn Express Inn & Suites – Newton – Drive time: Approx 20 minutes

<https://www.ihg.com/holidayinnexpress/hotels/us/en/reservation>

Camping

Overnight parking is permitted on-site in the lower parking lots across the street from the lifts.

Local Camping Options:

Toye Recreation – Vernon, NJ

<http://toyerecreation.weebly.com/>

Bike Shops

Mountain Creek Bike Park has a full-service repair and retail shop for all parts, equipment and gear needs.

UCI Rules and Regulations

Mountain Creek Spring National ProGRT Elite categories shall be run under UCI regulations.

This means that an International Annual License is required for all racers looking to compete in the Elite Pro and 18 & Under Categories. Any Pros not holding an international license that do

not wish to purchase one, may enter the Domestic Pro/Open race category. Complete UCI regulations can be found here: <http://www.uci.ch/inside-uci/rules-and-regulations/regulations/>

All other categories shall follow USA Cycling regulations found at www.usacycling.com

Schedule

2019 Spring National Pro-GRT Event Schedule

Thursday May 16

12pm-6pm Registration / Track Walk
6pm – 6:30pm UCI Team/Rider Meeting

Friday May 17

9am-4pm Registration
9am-1pm Pro Practice
1pm- 5pm Amateur Practice

Saturday May 18

8am-11:30am Pro Practice
11:30am-2:30pm Amateur Practice
1:30 PM Next Gen Youth Race
3pm UCI Elite Pro, Domestic Pro and Cat 1 18 & Under Seeding Runs

Sunday May 19

8am-9:30am Amateur Practice
9:30am-10:30am Pro Practice
11:00am Race Start Awards to follow

Pro Practice Times are Open to: Elite Pro, Domestic Pro/Open and Cat 1 18 & Under Men
Amateur Practice: All other categories

Bike Park Lift Hours:

Thursday May 16

12pm-6pm

Friday May 17

9am-6pm

Saturday May 18

8am-6pm

Sunday May 19

8am-6pm

Registration Information:

On-site registration available beginning Thursday May 16th 2019 in Mountain Creek Bike Center

Category	Race Entry (Includes: Fri-Sun Lift Tickets)	Thursday Practice Tickets
UCI Elite & Pro/Open Men & Women	\$125	\$25
Amateur Categories	\$95	\$25
Next Gen Youth Race	\$45	

*There is no late fee for on-site registration

**Coaches must sign waivers and are limited to course time congruent with their participant.

Racer Categories

Men

UCI Elite Pro
Domestic Pro/Open

Cat 1 Junior - 18yrs & under
Cat 1 – 19-34
Cat 1 – 35yrs to 49yrs
Cat 1/2/3 Masters - 50yrs & older
Cat 2/3 – 15yrs & under
Cat 2/3 – 16-34
Cat 2/3 – 35-49
Single Crown – All Ages (Unsanctioned)

Next Gen Youth Race

Under 7 (Boys & Girls)
Ages 7-8 (Boys & Girls)
Ages 9-10 Boys
Ages 11-12 Boys
Ages 13-14 Boys

Women

UCI Elite Pro
Domestic Pro/Open

Cat 1 – All Ages
Cat 2/3 – All Ages

Ages 9-10 Girls
Ages 11-12 Girls
Ages 13-14 Girls
Mom Bomb (Adult Females)

Category Adjustments

Mountain Creek Bike Park reserves the right to combine categories if there are not sufficient entrants to fill a podium (at least five per category).

Licensing

As a UCI/USAC sanctioned event, all participants in sanctioned categories MUST possess a license to participate in this event. Either a valid annual license (either UCI or USA Cycling) or a single event license is required. You can purchase a single event license at registration for \$5. You can also purchase a USA Cycling annual license for Cat 2 or Cat 3, **but no Cat 1 or Pro**

licenses will be sold on-site. No UCI licenses will be sold on-site as well. If you want a UCI or USAC Cat 1 or Pro license you should purchase yours online prior to the event.

Pro Prizing Payouts

UCI Pro Men: 1st - \$1,000, 2nd - \$750, 3rd - \$475, 4th - \$375, 5th - \$225, 6th - \$175, 7th - \$150, 8th - \$125
UCI Pro Women: \$1,000, 2nd - \$750, 3rd - \$475, 4th - \$375, 5th - \$225, 6th - \$175, 7th - \$150, 8th - \$125

Domestic Pro Men: 1st - \$350, 2nd - \$250, 3rd - \$175, 4th - \$125, 5th - \$100
Domestic Pro Women: 1st - \$350, 2nd - \$250, 3rd - \$175, 4th - \$125, 5th - \$100

Awards All Classes

Prizing will be given to the top 5 finishers in each amateur category.

Pit/Tech Space

A limited amount of "Premium" Lift-side pit and expo spacing is available at the following rates

10X10 \$150
20X20 \$250
30X40 \$400

Additional free racer pit space is also available in the Cobblestone Parking lot across the street from the lifts accessible via pedestrian bridge.

Course Descriptions

- Mountain Creek Bike Park provide one course for all racers with clearly marked options and/or go around lines for beginner racers where deemed necessary.
- Courses will be marked and taped clearly based on the appropriate technicality level for category.
- Racers are required to perform a course inspection or walk the course prior to riding.
- Course times will vary from just over 2 minutes to over 4 minutes depending on category/racer ability.
- Course map will be available approximately 2 weeks prior to race (or earlier if possible).
- Course will be marked and ready for inspection on Thursday May 16th, 2019.
- Course preview video will be uploaded and available through our Facebook page by Thursday May 16th, 2019 (or earlier if possible).

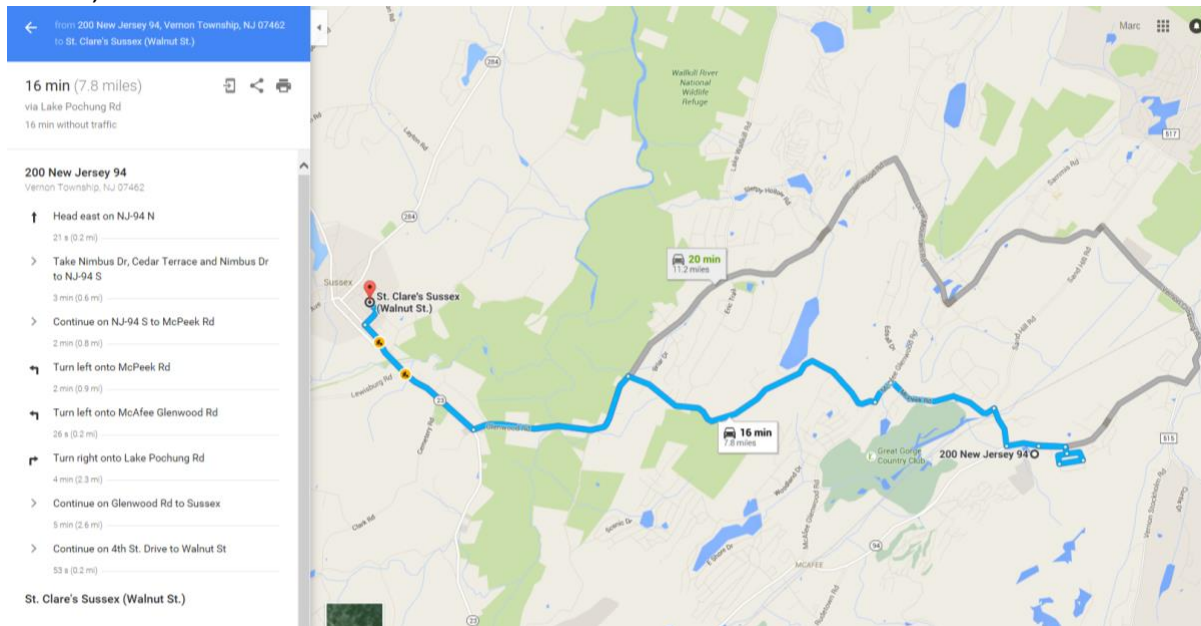
<https://www.facebook.com/MountainCreekBikePark/>

Next Gen Youth Race Course:

The Next Gen Youth race is designed to allow our youngest and beginner racers who might not be ready for the main event, an opportunity to get out and race. Parents/coaches are welcome to follow their racers down the course. The Next Gen race course will take advantage of our existing intermediate bike trails along with some fresh cut/built sections. Course details will be released as we get closer to the event.

Nearest Hospitals:

St. Claires
Walnut Street
Sussex, NJ



Newton Medical Center
175 High Street
Newton NJ 07860

