

The Northern California Interscholastic Cycling League Presents

RACE 1

FUN AT THE FORT

FEB 21 - REDWOOD AND REPACH
FEB 28 - CENTRAL AND EAST BAY



www.norcalmtb.org

What to know for Fort Ord

All riders must register by Monday, Feb. 9th at midnight

There will not be any same-day registration. Number plates can be picked up at the registration tent on Friday afternoon and Saturday morning. Each student-athlete is assigned a number plate for the season and is expected to use that same racing plate at each race. If you lose it, you can buy a replacement for \$20 at the registration tent. Coaches, parents, and student-athletes can all pick up race plates. Replacement coach plates cost \$20. Please contact jen@norcalmtb.org with any registration questions.

Volunteers – we always need your help!

Our races are made possible because of all the support we receive from our volunteers. Check back later for a link to sign up. We appreciate your help!

Directions – No parking in the neighborhood at the venue entrance

Follow your map to Fort Ord Day Camp: 15301 Watkins Gate Rd, East Garrison, CA 93933. Enter via Watkins Gate Rd. NorCal League staff will help you park in designated parking areas. Please allow ample time to get into this venue. Handicap parking is available. We will not allow traffic into the venue on race day until 6am.

Lodging

There are lots of lodging options near the venue. Marina, Seaside and Salinas are all close.

Misc. Information

- Do not leave bikes unattended in town.
- Mike's Bikes will be providing neutral support (for free!).
- Dogs are allowed as long as they are on a leash and you clean up after them.
- Everyone is asked to leave the venue after the pre-ride on Friday. If you'd like to have a team dinner, we ask that you conclude by the end of pre-ride (6p).
- Cell service is good enough.
- Lots of poison oak and ticks!
- No water on-site.
- Please do not bring RVs to this venue, we do not have much room for parking.
- Tear it Up Catering will be serving tasty burritos, burgers, tacos, etc. Feel free to email Rosa (tearitupcatering@gmail.com) to order ahead.
- We try to host leave-no-trace events, so please help by being prepared to pack out as much of the waste that you generate as possible.

Weekend Schedule

FRIDAY

2 - 5:30p: Pre-ride open for all riders (off course by 6p)

4:30 - 5:30p: NorCal GRiT Pre-ride

4:30 - 5:30p: Adventure Ride

4:30 - 6p: Moms on Bikes Tent Activity and Ride

SATURDAY

7 - 7:45a: Pre-ride open for high school

7:15a: High school coaches meeting

8a - 2:40p: High school racing

10:30 - 11:30a: Pre-ride open for jr. devo

11:15a: Jr. devo coaches meeting

12 - 2:40p: Jr. devo racing

3ish - 3:45ish: podiums

THE SUNDAY SCHEDULE WILL BE THE SAME AS SATURDAY IF WE MOVE THE RACE DAY TO SUNDAY

Attention Pre-Riders:

- All pre-riders must have their assigned NorCal plate fixed to their handlebars and be accompanied by a coach while on the course (coaches must have coach plates)
- Only coaches and student-athletes are allowed to pre-ride
- No pre-riding outside of the designated times mentioned above

Coaches Meeting:

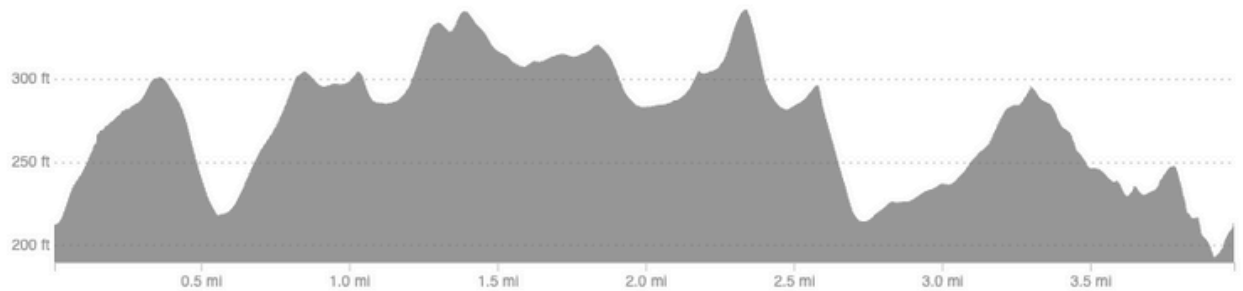
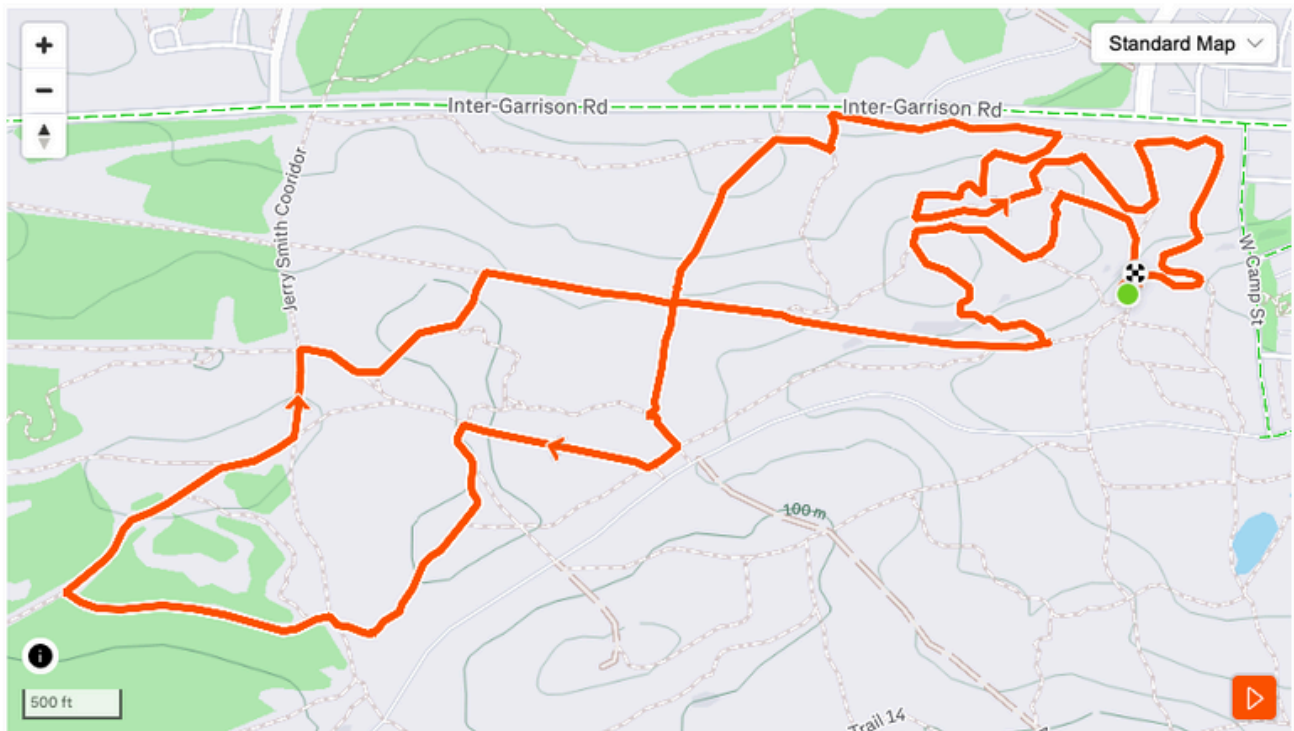
- This is where you'll receive vital information about race day, including updates on any last-minute changes
- It is mandatory that all teams have at least one coach attend the meeting so they can communicate important information to their team
- Coaches meetings are always held at or near the registration tent

High School Course Info

Course Description: This course will be fast and fun, with limited passing room. Make safe and smart passes. [Click here for a link to the route.](#)

Course Length and Elevation: ~4 miles and ~340ft elevation gain.

Route and Elevation

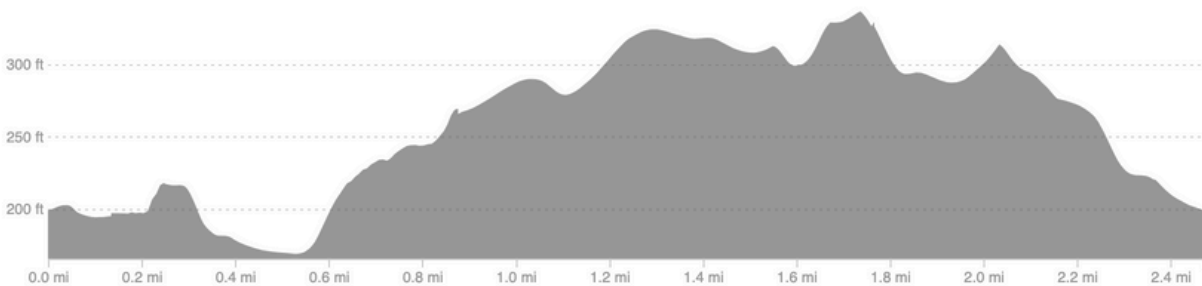
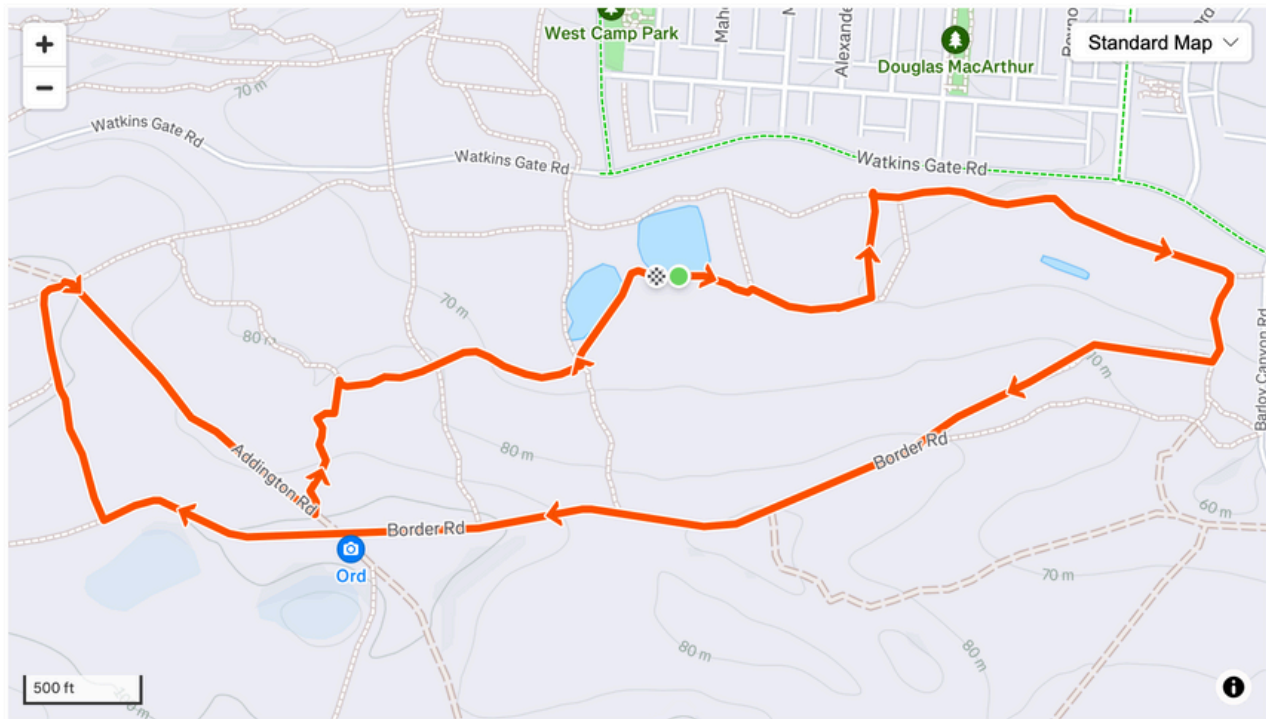


Junior Development Course Info

Course Description: The course will be a super fast lap, with some really fun sections of single track and plenty of passing room on the main climbs. [Link to Strava](#)

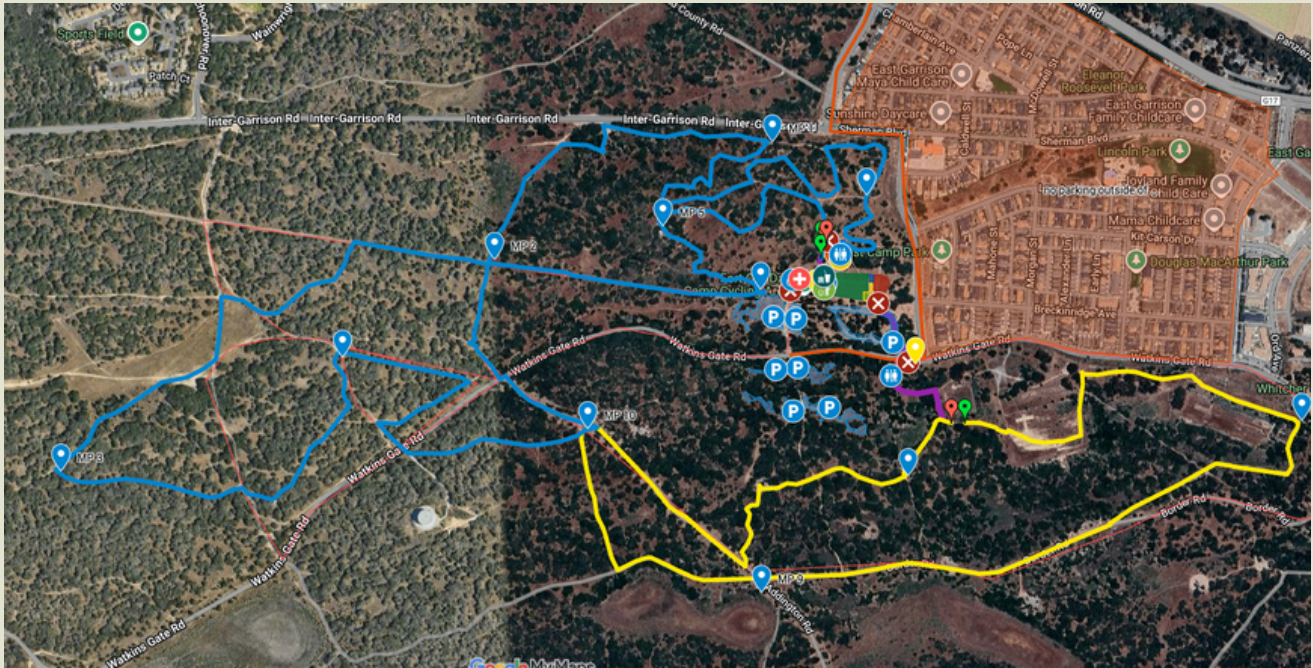
Course Length and Elevation: ~2.5 miles and ~250ft elevation gain.

Route and Elevation



Venue Map

[Click here to look at this Google Map for venue information.](#)



We are working on updating the Pit Zone Priority information and adding it to the Google Map.
Check back later.

Race Schedule - High School

Please arrive at staging 15 minutes before your wave starts. Start times subject to change.

Category	Start Time	Lap Count	Race Plate #
<u>Wave 1</u>			
Varsity Boys	8:00	5	1000's
Varsity Girls	8:03	5	100's
<u>Wave 2</u>			
JV1 Girls	9:35	4	200-399
JV2 Girls	9:38	3	400-599
Frosh Girls	9:41	3	600-799
<u>Wave 3</u>			
JV2 Boys D1	10:55	3	3000-3499
JV2 Boys D2	11:03	3	3500-3999
<u>Wave 4</u>			
Frosh Boys D1	12:03	3	4000 - 4499
Frosh Boys D2	12:09	3	4500-4999
<u>Wave 5</u>			
JV1 Boys D1	1:20	4	2000-2499
JV1 Boys D2	1:26	4	2500-2999

Race Schedule – Junior Development

Please arrive at staging 15 minutes before your wave starts. Start times subject to change.

Category	Start Time	Lap Count	Race Plate #
<u>Wave 1</u>			
8th Grade Girls	11:45	3	8000-8499
7th Grade Girls	11:48	3	7000-7499
6th Grade Girls	11:51	2	6000-6499
<u>Wave 2</u>			
8th Grade Boys	12:48	3	8500-8999
<u>Wave 3</u>			
7th Grade Boys	1:40	3	7500-7999
6th Grade Boys	1:43	2	6500-6999

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Watch for live munitions!

HISTORY

As an active U.S. Army post, Fort Ord's mission was to train soldiers to protect the interests of the United States. An important part of the mission was infantry and artillery training. As a result of this training, unexploded ordnance may remain on portions of the former Fort Ord.

After reviewing the records of past training activities, the Army identified areas where ordnance may still remain and began conducting investigations and removing ordnance from those areas. Cleanup of all identified areas will not be completed for many years.



Examples of Military Munitions at former Fort Ord

Former Fort Ord, California

Military Munitions 3Rs Explosives Safety Guide



If you find an object (or even a piece of one) resembling those shown in this safety guide —

Don't Touch It
Mark the Location
Call 911 to Report the Item

Si descubre cualquier objeto que se asemeje a los que se muestran en esta fotografía —

¡NO LO TOQUE!
MARQUE LA UBICACIÓN
LLAME A LA POLICÍA AL 911!

FORA



Fort Ord Military Munitions 3Rs Explosives Safety Guide

Introduction

The purpose of this pamphlet is to inform you of the military training activities that took place at the former Fort Ord and to raise awareness of the explosive hazards that may exist at the former fort.

As a result of the Army's use of military munitions on the former Fort Ord, unexploded ordnance (UXO) may be encountered during ground disturbing activity on former Fort Ord property.

Users of the former Fort Ord should be aware of the potential for unexploded ordnance to remain after cleanup and be aware of the potential hazards munitions pose. To protect yourself, your family and your neighbors, you should learn and follow the 3Rs of Explosive Safety.

Before You Dig

Any activity within former military munitions areas at former Fort Ord that involves the disturbance of ten (10) cubic-yards or more of soil requires an Excavation Permit from the County or City building department.

The County and Cities have each adopted digging and excavation ordinances that specify special standards and procedures for ground disturbing activities on the former Fort Ord ("digging and excavation ordinances"; Monterey County Code Chapter 16.10, City of Del Rey Oaks Chapter 15.48, City of Monterey Chapter 9 Article 8, and City of Seaside Chapter 15.34, respectively).

The intent of these ordinances is to ensure that site purchasers, developers or workers are aware of the potential that explosive hazards may still be located on these properties, and to ensure that appropriate precautions, including UXO Construction Support, are implemented prior to any ground disturbance.

As a condition for excavation permits, all personnel working on the site must also complete munitions recognition and safety training. If a suspect munition item is encountered, it is imperative that all site workers understand the potential hazards, safety precautions, and protective measures in place.

The 3Rs of Explosives Safety

Recognize — Recognizing when you may have encountered a munition is key to reducing the risk of injury or death. If you encounter or suspect you may have encountered a munition, consider it extremely dangerous. Remember, munitions are sometimes hard to identify.

Retreat — If you encounter or suspect you may have encountered a munition, do not touch, move or disturb it. Immediately and carefully - do not run - leave the area following the same path on which you entered. If you can, mark the general area, not the munition, in some manner (e.g., with a hat, piece of cloth, or tying a piece of plastic to a tree branch).

Report — When you think you may have encountered a munition, notify your local law enforcement — call 911.

DON'T FORGET

Munitions are dangerous and may not be easily recognizable. Never touch, move or disturb a munition or suspected munition.

**Learn and follow the 3Rs
Of explosives safety**



DANGER

Areas where unexploded ordnance may be present are posted with DANGER signs. Do not enter areas where you see signs like the one below. Off-road vehicular traffic is prohibited on the former Fort Ord.



Additional Munitions Safety Resources

The Fort Ord Reuse Authority offers free munitions recognition and safety training through an easy to access eLearning tool. This training is recommended for anyone conducting ground-disturbing activities on former Fort Ord and required for all personnel as a condition for excavation permits.

Munitions recognition and safety training eLearning may be accessed at: www.fortordsafety.com.

More information about munitions safety at the former Fort Ord: contact the Fort Ord Reuse Authority by calling 831-883-3672 or the Fort Ord Base Realignment and Closure Field Office by calling 831-242-7919.

For information about munitions cleanup at the Former Fort Ord, visit www.fortordcleanup.com.



Produced by the Fort Ord Reuse Authority
920 2nd Ave. Suite A, Marina, CA 93933
tel: 831-883-3672 Email: info@fora.org
www.fora.org

Mind the wildlife

Protected Wildlife of Project Area

As a volunteer/participant with MORCA for the trail-marking project, please familiarize yourself with some of the federally and state protected natural resources that occur onsite. This brochure provides information about these resources, including rare animal species, and some measures to follow to avoid breaking the law.

California Tiger Salamander *Ambystoma californiense* Federal Status: Threatened State Status: Threatened

Description & Habitat

- Large (eight inches in length or greater), terrestrial salamander
- Jet black skin often with white, cream, or yellow spots/bars
- Spends most of the year on land, underground in mammal burrows or hiding in cracks within the soil or piles of concrete, rock, or other rubble mixed with dirt. Salamanders may also seek refuge in tree trunks, wood piles, or even manmade structures
- Spends early life period and a portion of the breeding season in aquatic habitats (e.g. ponds).
- They are known to occur on Fort Ord



Eggs & Larvae

Salamanders attach eggs to underwater vegetation, and larvae live underwater until late spring, so no activity should occur in ponded areas.



There are several water bodies at East Garrison that have been known to contain breeding California tiger salamanders

NEVER TOUCH OR MOVE A NEST OR BIRD EGGS

Bird nests can be active between February and August. These are protected by State and Federal laws. Birds will nest in a variety of suitable habitats, such as:

Shrubs and trees



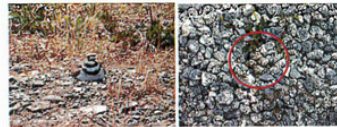
California towhee nest in a coyote bush

Man-made structures



Mourning dove nest on a ladder

- Always inspect work areas and equipment thoroughly for nesting birds, especially if left unused for an extended period of time.
- Some species are ground nesting. For example, killdeer (*Charadrius vociferous*) build nests on the ground in open areas and are especially attracted to piles of gravel. Their eggs blend in very well with the substrate, so be very careful when moving stockpiles or dropping materials in graveled areas.



A few other bird species that nest at Fort Ord



Bewick's Wren



Dark-eyed junco



Chestnut-backed Chickadee

It is illegal to handle, harass, move with hands or tools, pursue, or injure the California tiger salamander or bird nests and eggs.

\$\$\$ Fines for doing so could be significant for you and/or your organization

Avoid breaking the law by being attentive:

- Before you start work examine the work areas, and carefully look under leaf litter where you need to disturb the ground
- **DO NOT DISTURB ANY MAMMAL BURROWS**, and avoid disturbing/walking within any water features.
- Park cars on paved or previously disturbed areas only.
- If you find a salamander, step back and allow the animal to leave on its own.
- If you find an active bird's nest on or near the ground, step away and avoid the area completely.
- Take all trash out of the work area.



Chorus Frog



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California tiger salamander

LOA Contacts:
LOA Main (408) 224-8300
Robert (408) 710-7827
Sarah (408) 768-6762

Change Log:

NONE!..... yet ;)

- **added** (off course by 6p) to pre-ride time