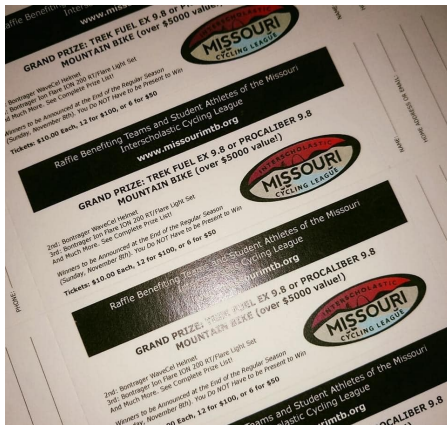




Hello, Missouri NICA Community!

Hi all! I'm Erika Kovach, and welcome to the latest issue of Single Track Times. I've been biking for a few years now, and I'm excited to be a new NICA rider, GRiT ambassador, and author of this newsletter! Each month, I'll be bringing you news, events, tips, and info relative to the MO NICA league. If you have anything you'd like to share or see on this newsletter, reach out at erika@missourimtb.org. I look forward to hearing from you!



It's Raffle Time

Our biggest fundraiser of 2020 is underway! Fifty percent of all money raised through this raffle will fund our league-level scholarship program to support Missouri student athletes and coaches that wish to participate. The other 50 percent will fund future Adventure, GRiT, and Teen Trail Corps programming for league student athletes.

Each student athlete should have their raffle tickets, which can be sold between now and the end of October.

Prizes include...

Grand Prize: Trek EX 9.8 or Procaliber 9.8 Mountain Bike (over a \$5,000 value!)

2nd: Bontrager WaveCel Helmet

3rd: Bontrager Ion 200 RT/Flare Light Set

And so much more! See our final prize list, to be released October 1.

Tickets are \$10 each; six for \$50; or 12 for \$100. Winners will be announced on Sunday, November 8, and you do NOT need to be present to win. Reach out to your local NICA rider to snag your tickets and a chance to win.

A big thanks to Trek for supporting #morekidsonbikes in the Show-Me State!

Welcome GRiT

Ambassadors

Say hello to your MO GRiT ambassadors! GRiT (Girls Riding Together) is a program just for our female shredders out there. These ladies have been nominated by coaches or staff due to their leadership, positive attitude, and motivation. We're stoked to have these female leaders in our MO cycling community and can't wait to catch up with them on the trails soon!



The GRiT girls get sendy at a recent event in St. Louis, Mo.

Huge congratulations to... Ella MacDonald, Sarah Williams, Ella Boehm, Sheridan Sellers, Jane Murr, Giselle Thach, Dylan Pearson, Cydnee Turner, Hazel Middelkoop, Sophia Stoops, Belen Turner, Jillian Starostki, Gabrielle McCarthy, Isabelle McCarthy, Lucy Dirnberger, Erika Kovach, Ava Rau, and Haley Sanders.



Dude, Have You Seen Our Trailer?

We're excited to have taken delivery of our league trailer and are soooo stoked at how amazing it turned out. This Cargo Mate 24-foot trailer was provided by Title Sponsor Luxe Offroad and will hold and store ALL league race production equipment.

Adventure Challenges Launched

Last week, we kicked off our virtual Adventure Challenge series with trail snacks brought by our NICA teams. Each week, we'll have a different task or event your team can participate in together. See the rest of our challenges for the next four weeks down below, and continue to send in photos to our adventure coordinator to show us your team spirit and possibly feature on our socials!

9/14 - 9/20: Wildlife Week

This week, teams will pick a practice to peel their eyes and take notice of their environment. Pay attention to plants, birds, insects, and animals that you can spot while riding. Pool together as a group and try to identify and document as much wildlife as possible.

9/21 - 9/27: GRiT Week

Be sure to celebrate and send extra love to our amazing lady riders out there this week!

9/28 - 10/4: Map Reading Week

For this challenge, each riding group will navigate to coach-designated points of interest within their local trail system or park using paper maps.

10/5 - 10/11: First Aid Week

During a ride this week, coaches will simulate an injury while others should prompt students to respond to the incident. MO medical coordinators will provide a short list of best practices for an on-trail emergency that can be presented to the team during a wrap-up and reflection.

10/12 - 10/18: Trail Explorer

This week, we challenge teams to think outside the box and ride a trail they have never ridden before. Whether that's during a normal weekday practice, or on a special weekend edition, enjoy the allure of seeing what's around the next bend.

10/19 - 10/25: Skills to Pay the Bills

How many riders on your team can pick a water bottle from the ground while riding? Who from your ride group can track stand the longest? Who will win the slow race? This week, we encourage teams to pay extra attention to skills and techniques that can really improve a rider.

**See you on the trails,
The MO NICA Team**



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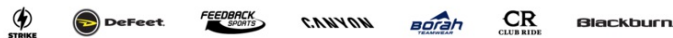
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