

Like

# SINGLE TRACK TIMES



2022

ALL THE DIRT THAT'S FIT TO PRINT

## The Finish Line is in Sight!

What a great season it's been! Scenic venues, fun race courses, and near-perfect weather have provided nothing but awesome memories for our entire 2022 Missouri NICA community. If you haven't had the opportunity to make it out to one of our race weekends, you have one more opportunity! Join us this weekend at Two Rivers Mountain Bike Park for our end-of-the-season NICA-ween celebration! A few activities include: Pit Zone trick-or-treating; a Pit Zone tent decorating contest; a student athlete costume contest; face painting; and a campfire and s'mores hosted by the Springfield Youth Cycling Club!

It's been a memorable third season in the Missouri Interscholastic Cycling League. The league finished the season with 489 student athletes and 277 coaches spread across 28 composite and school-based teams. We have lofty goals for the 2023 season: 600 student athletes; 350 coaches; and 40 league-wide teams! We hope you'll consider joining us for all the fun!

As the 2022 season winds down, we have so many people to thank for helping make this season an overwhelming success! We couldn't do what we do without all the help and support of our sponsors, donors, and race-weekend volunteers. A big shoutout and kudos go out to all our league coaches. After all, they are the lifeblood of our organization. The time and devotion coaches provide our student-athletes week in and week out is truly impactful! Our final power-claps go out to our amazing race crew and all of our league student athletes. We're gonna miss you!

We can't wait for the 2023 season to begin!

**Annie, Kerri & Chris**

Associate League Directors

Missouri Interscholastic Cycling League



Photo Credit: Angela Peterson

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## **Our Final Event of the 2022 Missouri NICA Season:**

**The Tussle at Two Rivers**

**October 22nd-23rd**

**Two Rivers Bike Park, Highlandville, MO**

For more information on coach clinics, GRiT rides, Teen Trail Corps opportunities, and other special events, check out our website: [Missouri NICA Website](#)

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## **Race Recaps**



*Photo Credit: Annie Schwartz*

### **Race #3 - Shawnee Bend Showdown (September 25th)**

A new venue for 2022, the Shawnee Bend Recreation Area offered up a beautiful park with a wide lakefront beach and plenty of paved parking areas. Student athletes and coaches alike loved the all new trail system built this year by the coaches of our own Warsaw Wildcats. A huge thank you to Mac, Jenn and the team for creating another amazing trail system for our community to enjoy!

The 4.5 mile NICA race course started on the shore of Truman Lake and wound along the lakeshore on a mixture of singletrack and wider doubletrack with plenty of climbing and fun descents. Rocks, roots and tight turns kept riders on their toes! A highlight of the pre-ride was stopping for the beautiful views from the top of the bluff and checking out the fireplace in an abandoned cabin. With beautiful sunshine all weekend and ample food trucks on-hand, fun was had by all!



Photo Credit: Flannery Allison

## **Race #4 - Binder Lake Bash (October 10th)**

Event weekend #4 returned to Binder Park with an all new venue layout designed to maximize the beautiful lake views and bringing our community closer together. The lake shore Pit Zone area hosted a movie night where students and staff prepared for NICA-ween by enjoying *Hocus Pocus* under the (almost) full moon.

The NICA race loop reversed direction from 2021 and was the most technical course to date with plenty of rocks and roots to challenge even the most experienced riders. The hardest climb came at the beginning of the lap and riders were rewarded by a large cheering section as they returned to the field areas. Each lap had its share of tight switchbacks, narrow trees, and quick flowing descents. The student athletes seemed to enjoy the challenges, even smiling after the brutal finishing climb! A shout out to the Lumberjacks and Jefferson City Parks and Recreation for getting the trails and venue perfect for the race!

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## **Your Final Chance to WIN a 2022 Trek Top Fuel Mountain Bike!**

**Only 8 Days Left to Purchase Entries!**



*Photo Credit: Trek Bicycle Company*

The **2022 Missouri League Trek Bike Giveaway** is a fundraiser to help support league programs and all our teams. The funds raised through this giveaway will be split 50/50 between the teams and the Missouri League. Each team that participates will keep half of the money they raise, and will have full discretion on how to spend to support their team. The other 50% will stay with the Missouri League to help improve our programs and events in 2023 and help families that need financial assistance to participate. The Missouri League is striving to expand our reach to more communities across Missouri and Illinois and to provide the best possible experience for athletes, families, coaches and volunteers who participate in our league activities.

**There's still time to purchase entries! The giveaway runs through October 25, 2022 at 11:59 am CST and the winners will be announced on October 28, 2022 at 6:00 pm CST.**

Please consider purchasing your entries today and supporting our goal of getting #MOKidsOnBikes!

**Please share this link with EVERYONE you know!**

**YES, I Want to Win a Trek Mountain Bike!**

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## **Race Season Habits**

**The Race Information Center**

Looking for information about what to expect at our race events? Check out our Racing FAQ page: [HERE](#)

Looking for our race flyers (race flyers provide a comprehensive guide to each race including a detailed schedule)? How about course previews, race results, or photos of your favorite student athlete? Click [HERE!](#)

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## Meet Our Race Staff!



*Photo Credit: Alex Noguera*

### **GRiT Coordinator: Amanda Thieme**

Have you had fun at the GRiT tent this season? Send Amanda a BIG thank you! She also makes sure that all athletes enter the start corral in the correct order. Make sure you're at staging on time! When she is not at the races, Amanda is also a Coach Supporter and Coach for the St. Charles Bears.

**Fun Fact:** Did you know that Amanda is one heck of an accomplished bike racer herself?

You can contact Amanda at: [amanda@missourimtb.org](mailto:amanda@missourimtb.org)



*Photo Credit: Larissa Johnson*

## **Teen Trail Corps Coordinator: Sharon Taylor Gullett**

Do you love trails and want to give back to your trail community? Come see Sharon at the Teen Trail Corp Tent! Sharon always has an amazingly creative game or activity to engage our community! She is also a coach and GRiT coordinator for Springfield Composite.

**Fun Fact:** Sharon is an interior designer and a pro gardener! You can contact Sharon at: [sharon@missourimtb.org](mailto:sharon@missourimtb.org)



## **Medical Coordinator: Brittania Phillips**

Ever wonder who makes sure our events always have EMS onsite and in the right place to keep everyone safe? Meet Brit! Hopefully you never need to meet her in the medical tent during a race weekend but you can always stop by for a High-Five! When Brit is not patching up student athletes, she can be found coaching for the St. Charles Bears.

**Fun Fact:** Brit doesn't just mountain bike, she also runs, swims and competes in off-road triathlons in her spare time!

You can reach Brit at: [brittania@missourimtb.org](mailto:brittania@missourimtb.org)

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*Photo Credit: Kuat Racks*

## **Volunteer at Our Races to Win a Hitch Mounted Bike Rack!**

We are so thankful for all the volunteers who work tirelessly to make our race weekends a success!

To show our appreciation, league partner **Kuat Racks** has graciously donated a Transfer v2 3x bike rack that one lucky volunteer will win! Each volunteer shift at any of our race events will earn you an entry for the drawing at our State Championship at Two Rivers Mountain Bike Park! Retail value for this awesome prize is \$549.00!

Find a position [HERE](#) and check out the videos describing what you will do on race day. Not only will it prepare you for the big day, but it will get you super stoked to get #MoKidsOnBikes!

Additionally, NICA has moved to all electronic waivers. Please save your emailed copy to show Volunteer Coordinator Barb on race day (it's best to take a screenshot since wifi can be an issue at mountain bike races).

Sign-up for your chosen role [HERE](#). Hurry to get the best spot!

## **Teen Trail Corps**



Photo Credit: Sharon Taylor Gullett

## Have You Stopped by the Teen Trail Corps Tent on Race Weekends?

Teen Trail Corps Coordinator Sharon always has fun activities and educational tools on-hand that promotes advocacy and trail stewardship. For the *Tussle at Two Rivers*, stop by and check out the updated Missouri TTC Leaderboard for student athletes, coaches, and teams.

**October Teen Trail Corps Challenge**: Student athletes are encouraged to support their local trail associations and builders by liking them on social media. Find all the pages and events you can! Social media likes and follows can provide data to city planners who allocate resources to build more trails.



Contact Trailspring for more information

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## GRiT Corner



Photo Credit: Chris Mileski

### GRiT GrownUps TRY IT OUT

When: Saturday, October 22nd at 2:30-3:30 PM

Where: Two Rivers Mountain Bike Park at Race #5

What: Are you not quite comfortable riding with your team but don't want to miss out on all the fun? Bring your bike and helmet and join GRiT Coordinator Amanda at Race #5 for a Try it Out Clinic! This clinic is appropriate for brand new adult riders and will take place during team pre-ride. Details will be at the GRiT tent so stop by and get all the scoop! Questions? Contact:

Amanda Thieme

GRiT Coordinator

[amanda@missourimtb.org](mailto:amanda@missourimtb.org)

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## Student Spotlight: Ronny D. (Sr) Tri Lakes Composite Yetis



*Photo Credit: Tri Lakes Composite*

**What attracted you to join NICA and the Yeti Team?**

My dad. I grew up around my dad racing mountain bikes and I always wanted to ride. My dad asked me one day if I wanted to join a NICA team and I've been hooked ever since!

**What has been your favorite NICA experience?**

My favorite NICA experience is probably the bond I have with my team. We are like a huge family and can count on each other to push and make everyone better.

**What is the funniest thing your coach ever said to you or the funniest thing you ever saw at practice?**

When my coach Jon Sullivan said "Even a long bearded hillbilly can make a winner."

**What bike do you currently ride? What's your dream bike?**

Currently I ride a Trek 9.9 Procaliber. I would have to say my dream bike is a Trek Supercaliber.

**Which mountain bike rider(s) inspire you and why?**

Many people have inspired me throughout my mountain bike journey but the one who has inspired me the most is my dad. He has pushed me to be the best that I can be and to never give up.

**What is your favorite ride food?**

That's my secret!

**What is your favorite post-ride snack?**

Whatever sounds good or looks delicious from the food trucks at our races!

**What is your favorite flavor of ice cream?**

That's easy - cookie dough!

**What are your plans after you graduate this spring?**

My plans after graduation are going to college with my A+ program hours to pursue the diesel mechanic program through OTC. After I graduate, I plan on coming back as a coach for the Yetis so I can still be apart of NICA.

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**Even Though the Season is Coming to an End, Stay  
Up-to-Date!**

[www.missourimtb.org](http://www.missourimtb.org)

Are you keeping up-to-date on the latest league news? Follow us on [Facebook](#), [Instagram](#) and [YouTube](#). Questions? Don't hesitate to reach out by email: [info@missourimtb.org](mailto:info@missourimtb.org)

For more information on GRiT (our Girls Riding together program), visit our [Website](#), [Missouri GRiT Facebook Page](#), or email our GRiT Coordinator Amanda: [amanda@missourimtb.org](mailto:amanda@missourimtb.org)

For more information on Missouri's Teen Trail Corps program, visit our [Website](#) or email our TTC Coordinator Sharon: [sharon@missourimtb.org](mailto:sharon@missourimtb.org)

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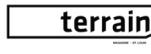
**See You at Two Rivers!**



*Photo Credit: Flannery Allison*

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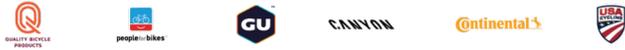
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