

Race Weekend 101

What should I do before the race?

- Get race gear together the night before (jersey/helmet/gloves/shoes/water bottles/etc.) Lay out and then pack it so you don't forget anything.
- Eat a good meal the night before and morning of... Avoid the "three evils": Greasy, Fatty, Fried. Trust us, you'll feel better. Great options are fruit, smoothies, oatmeal, cereals (go easy on the milk), granola. Avoid items with a lot of protein. This will make you feel heavy and tired. Save the protein for after the race. No soda or sugary drinks the day before.
- Hydrate. Hydrate. Hydrate! Start drinking water at least 3 days before the race.
- Check the race schedule. Located [here](#) We are in the WEST Conference. Each race has its own page with an interactive map, lodging and venue information.
- Bring a change of clothes for after the race.
- PLEASE sign up to bring a food or beverage item. A sign-up link is in each race day on our schedule in TeamSnap.
- Only vehicles with Pit Passes (not parking passes) are allowed in Pit Zone. If you are planning to bring a tent, large cooler, or other difficult-to-carry items, please contact a Head Coach or Team Director to consolidate your supplies to be dropped off in Pit Zone.

****ATHLETES ARE NOT PERMITTED TO CONSUME ANYTHING CONTAINING CAFFEINE AT THE RACE. THIS WILL DISQUALIFY THEM. ****

When should I arrive?

- Arrive early! Please **arrive at least 90 minutes before their staging time (found on each race day's schedule [here](#)** - select "Wave Times" tab). Parking may get backed up. Parking is \$10. Please use cash and exact amount, if possible, it helps move things along. Arriving early will allow time to get the kids settled in, race numbers on, get their hydration/nutrition plan down, and warm up.
- Pit Zone will be restricted to vehicles with Pit Passes. Please plan on walking into the Pit Zone. Some walks are longer than others so please keep that in mind. Wagons are extremely helpful.

Ok, we're here...now what?

- Coaches will hand out race plates and bibs in our Pit Zone. Plates MUST go on their bike vertically, and in front of any cables. Their paper race bib goes on their jersey pocket or low on a Camelbak.
- Have them relax and enjoy the venue. There are food trucks, hourly raffles, merchandise, etc. Go check those out!
- All athletes need to be back in our Pit Zone at least 40 mins before their race. We need to corral them and take them to warm up, then to staging.
- We need parents to help volunteer. Please ask one of our coaches for ways to help.

- Athletes should always practice proper race etiquette (i.e. no riding or “skating” in Pit Zone, negative comments about others). If you need a refresher on GCA rules, please read the [2023 Rule Book here](#).
- Parents, please be mindful of your children who are not racing; they should always be supervised. Additionally, you are not allowed to leave the venue and leave your child unattended on the property. Please do not put that burden on another adult. Dogs, just like children, should be supervised and on leash (the dogs, not the kids). Please be aware that at Race #3 (Dauset), dogs are NOT allowed.

The race is about to begin. Where can I be?

- This is the FUN part. Walk to the side of the trail and take photos - PLEASE! We can't be everywhere, but love seeing great shots of the kids. GCA's Race Info tent can direct you to ideal viewing areas. Please respect GCA staff/volunteer directions.
- Middle Schoolers all do 1 lap. Their time to complete the course should be less than 45 minutes.
- High Schoolers do multiple laps - at least two. Depending on their speed, race times could be anywhere from 45 to 120 mins
- There are course marshals and medical response staff at the event. GCA's safety plan is incredibly robust. There is always a registered coach in the back of each race group so no one gets left behind. There are always eyes and ears on the kids.

At the Finish Line...

- Congratulate your athlete for racing! It's a significant challenge, not to be taken lightly. Coaches will have a cooler with water and Gatorade for them at the finish.
- Please let them come off course completely, then you can go to them.
- They will be tired; take their bike. Walk them back to the tent and let them rest. Have a treat for them afterwards. Most of our kids hit up the ice cream truck.

At the end of the racing day

- After all racing is finished, we begin breaking down our Pit Zone. PLEASE help us! It goes very fast when we all pitch in. It's a struggle when it's only a handful of folks.
- All race plates and bibs MUST be returned to the team before you leave. We hold on to them for safe keeping. They are \$25 to replace, and are a nice end-of-season keepsake for riders. If you take it and it gets lost, you will pay for the replacement. Let the team take on that responsibility.
- After we are packed up, please stay for podiums and awards. We encourage everyone to attend and support the team - even if your athlete did not make the podium. Everyone cheers for everyone - it's amazing to see!
- Afterwards, head home and recover! It's just as intense for parents as the kids! Post on social media and tag us. You can send photos to allatoonacreekmtb@gmail.com for us to share on our social media.