

State Championship at Liberty Bell HS

Sunday June 4th 2023



Pre-Ride

Saturday from 2:00 pm to 5:00 pm and on race day from 7:00 am to 8:30 am, please do not start on the course after 8:30.

Girl Boss Ride Saturday 3:00 pm at GB Flag. Two riding groups for GB!
We recommend that all riders pre-ride the course, ride with your race plate and ride with others!

Neutral Support

Neutral support this spring will be provided by local Trek stores across the state. Alex with Trek Bicycles Silverdale will be on site in Winthrop. Neutral support mechanics will be on hand to provide free mechanical assistance for any student-rider with a bicycle emergency. Student-riders are expected to come to each race with a fully functional, race ready bicycle.

Camping

Camping on-site at Liberty Bell High School is now full. For other lodging options, visit [Methow Reservations](#).

Food Truck!

We will have Mtn. Meals Food Truck coming on Sunday to provide food for sale in Winthrop. They will have hotdogs, hamburgers and other goodies...Come hungry!

Volunteer Sign-up

We wouldn't be able to put our races together without the ample help from volunteers. We need 86 volunteers this race to meet our needs and the parks requirements! Please visit our sign-up [here](#). This season, we have been provided gloves from gripit to give out to three volunteers a race, so sign up and grab your own funky pair.

Don't Forget

Dogs are allowed as long as **kept on a leash**

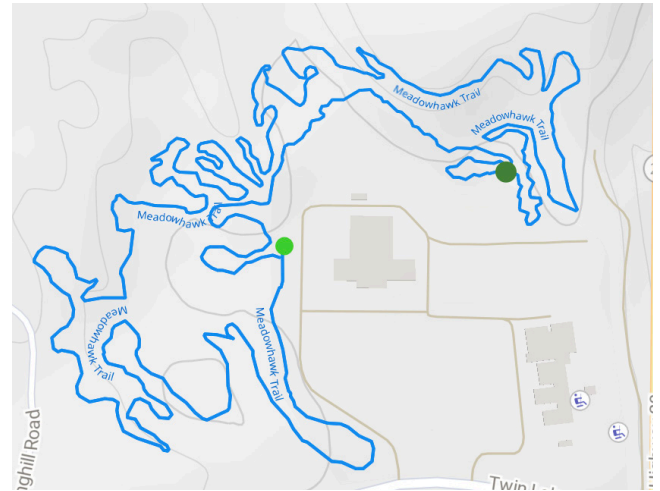
-lots of off leash dogs at past races

No bike riding in the village

Always wear a helmet when on a bicycle

No drones or helmet/bike mount cameras

Please pack out your own trash!



The Course

Mileage: 4.5 miles

Elevation: 450 feet

Directions

[Liberty Bell High School](#)

18 Twin Lakes Rd, Winthrop, WA 98862

Lap Breakdown

Varsity & JV _____ 3 Laps

Intermediate, Adv. Mid. _____ 2 Laps

Beginners | _____
8th Grade | _____
7th Grade | _____ 1 Lap
6th Grade | _____
Open | _____
(non competitive)



Race Day Schedule



Time

Description

7:00 - 8:30 AM (hard cap)

Course opens for Pre-Riding

8:15 AM

Course Marshall Briefing for first shift

8:30 AM

Coaches Meeting at Start Line (1 coach from each team must be present)

10:45 AM

Course Marshall Briefing for second shift

Race

Categories

8:45 - 9:00 AM

Open Non-Competitive

Rolling start

Riders must be on the course by 9:00 am.

9:45 AM

7th Grade Boys

9:30 AM Staging

6th Grade Boys

7th Grade Girls

6th Grade Girls

11:00 AM

Beginner Boys

10:45 AM Staging

8th Grade Boys

Beginner Girls

8th Grade Girls

12:30 PM

Varsity Boys

12:15 PM Staging

JV Boys

Varsity Girls

JV Girls

Intermediate Boys

Advanced Middle School Boys

Intermediate Girls

Advanced Middle School Girls

