

*2022
Colorado High
School Mountain
Bike League*

Highlands Ranch Junior Cycling
Scott Schnitzspahn – Head Coach / Exec. Director





7 Schools – One Team



PRACTICES

- Aug 1 to Oct 23, 2022
- Mondays / Wednesdays / Most Fridays (No Friday practice Sept 9, Oct 7 & Oct 21)
- 4:30 - 6:30
- Mountain Vista High School, Rock Canyon High School & Other Locations
- Rain or Shine - Watch Team App for last minute location changes
- Riders from all schools combined and divided into ride groups
- Skills, Games, Trail Riding, Time Trial, Educational Clinics



EQUIPMENT

REQUIRED



RECOMMENDED



EQUIPMENT

Discounts

- HRJC – Specialized (BikeSource), Physio Room, Osprey
- Colorado League – Trek bikes, Yeti Cycles gear, Primal clothing, Honey Stinger, Osprey, Feedback Sports, RackStarz, Expert Voice, Squirt Lube, and more
- USA Cycling – Skratch, POC, Rack Attack, Tissot, The Feed, Go Pro, and more

Scholarships

- HRJC can help. Contact Ben Lockett.

Priority Service

- BikeSource / Specialized – Quick Repairs to get back on the trail, but make appointments for large repairs and tune-ups

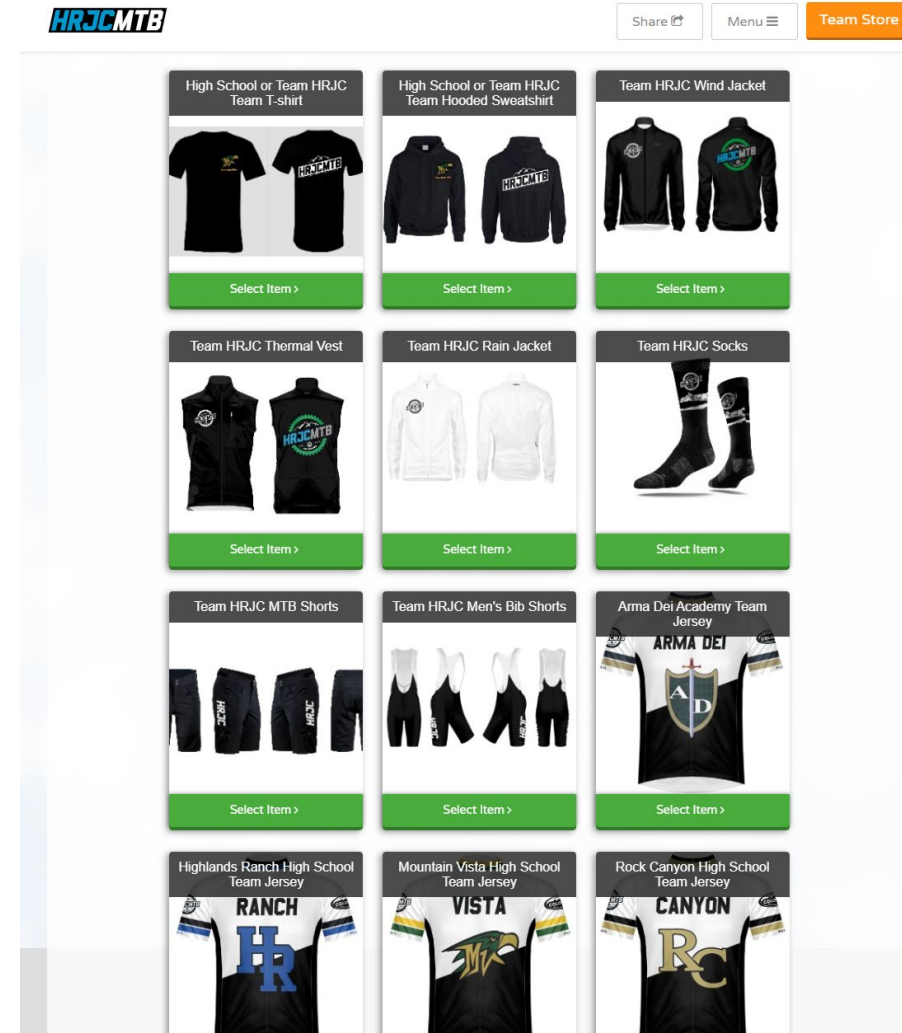


JERSEYS / RACE KIT

Team Store at HRJC.bike

- High School Race Jerseys
- HRJC Race Kit
- Casual Clothing

- All clothing delivered at practice before the first race



2022 RACES

RACE #1

AUG 27-28

FRISCO »

SAT: YAMPA

SUN: CRYSTAL

RACE #2

SEPT 10-11

LEADVILLE »

SAT: CRYSTAL

SUN: YAMPA

RACE #3

SEPT 24-25

SNOWMASS »

SAT: PIEDRA

SUN: CRYSTAL

RACE #4

OCT 8-9

EAGLE »

SAT: CRYSTAL

SUN: YAMPA

STATE CHAMPIONSHIP

OCT 22-23

GLENWOOD SPRINGS »

SATURDAY:

FB | FG | JVB | VG

SUNDAY:

SG | SB | JVG | VB

State Champ race entry is not included in the race series pass.



2022 RACES

**YOU MUST REGISTER FOR
RACES SEPARATELY WITH
THE COLORADO LEAGUE
BY THE PRIOR MONDAY
@ NOON DEADLINE**

2022 RACES

Race Weekend Schedule Overview

FRIDAY

2:00 PM	Pit Zone Open
2:00 PM	Pre-Ride Open
5:30 PM	Venue Closed
5:30 PM	Pre-Ride Closed



SATURDAY + SUNDAY

7:00 AM	Pre-Ride Open
7:45 AM	Coach Meeting
8:00 AM	Pre-Ride Closed
8:05 AM	National Anthem
8:15 AM	Fresh Boys XC Staging
9:40 AM	Soph Boys XC Staging
11:05 AM	Var Boys/Girls XC Staging
12:45 PM	JV Boys XC Staging
2:10 PM	JV, Soph, Fresh Girls XC Staging
3:45 PM	Pre-Ride Open (Sat)
4:30 PM	Awards
5:30 PM	Pre-Ride Closed (Sat)

Race Distances

Varsity = 3 laps / ~18 mi

Freshman, Sophomore, JV = 2 laps / ~12 mi

2022 RACES

Category Placement Criteria

Freshman - 9th Graders Only

Sophomore - 10th Graders Only

Junior Varsity (JV) -

10th Graders who:

- Placed top 5% (boys) / 15% (girls) in any 2 Freshman races last year or the Freshman Conference Race Average Percentile
- Placed top 5% in overall series Freshman points last year

11th and 12th graders who:

- raced JV last year but didn't qualify to upgrade to Varsity

Varsity -

11th Graders who:

- Placed top 5% (boys) / 10% (girls) in any 2 Sophomore races last year or the Sophomore Conference Race Average Percentile
- Placed top 10% in overall series points last year, or raced Varsity last year

11th and 12th graders who:

- Placed top 20% (boys) / 30% (girls) in any 2 JV races last year or in the JV Conference Race Average Percentile
- Placed top 10% in Overall Series Points
- Raced Varsity last year

2022 RACES

Category Upgrade Petitions

Student-Athletes along with the Head Coach may petition the Colorado League to change a rider's category. Petitions must be received 1 week before Race #1 or Race #2 registration deadline.

Call Ups

- Top 16 riders will be called up for each race
- Race #1 - Freshman race Individual Time Trial (no call ups). Soph, JV and Varsity are based on last year's points then randomly and then by petition. 50 bonus points for doing all 4 races are awarded to finishers of Race #1 but can be lost by subsequent DNS or DNF.

2022 RACES

State Championship Qualification

Complete a minimum of 3 of 4 regular season races.

Top Series Rank Point earners from each Region as follows:

- Varsity: Male and Female
24 per Region = 96 Total per Category
- JV, Sophomore, Freshman: Male and Female
40 per Region = 160 Total per Category

Series Rank Points are based on an average of the top 3 of 4 scores. The lowest score is dropped.

Series Rank Points points may include the 50 series bonus points for those who complete all 4 races in the series.

2022 RACES

Legacy Riders

Start at least 1 race every year for all 4 years

246 Legacy Riders in 2022 Colorado League (out of 1600 total riders)

- Highlands Ranch- Jackson Weidner, Jaden Peck, Titan Cox
- Mountain Vista- Collin Gordon
- Rock Canyon- Justin Arni
- Thunder Ridge- Madelyn McCrosky, Nick Disette

2022 RACES

HRJC Race Support

Team Tent

Meeting place, team info and logistics, shade, bike racks, stationary warm-up trainers, snacks, drinks, air pump, tools, spare parts and jerseys

Coaches

Guidance, staging, feed zone, encouragement, tactics

Pre-Ride

Coach led preview of the racecourse on the afternoon prior



2022 RACES

Lodging and Camping

HRJC allows each family to determine and coordinate their own lodging.

Lodging options are listed on the Coloradomtb.org website for each race with some race discounts. Lodging fills up so make reservations early (like now).

Camping is also available at or near each race venue. Again, make reservations early.

REGISTRATION

01



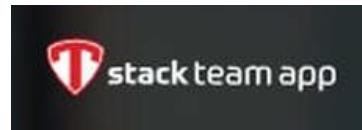
Highlands Ranch Junior Cycling - www.hrjc.bike

02



Colorado League - www.coloradomt.org

03



Stack Team App - www.teamapp.com & App Store

REGISTRATION

01



Highlands Ranch Junior Cycling – www.hrjc.bike

A screenshot of a web browser showing a fundraising site preview for HRJCMTB. The page title is 'HRJCMTB' and the main heading is 'HRJC 2022 Season Registration'. Below the heading is a group photo of cyclists and the text 'We are looking forward to riding with you in 2022!'. The registration details are as follows:

Date: Monday 03/14/2022 to Monday 10/31/2022	2022 HS Season Registration \$250.00 Select Quantity
	Additional Rock Canyon fee Mandatory for Rock Canyon High School students. Do not select this fee if you do not go to Rock Canyon. \$50.00 Select Quantity

Add to Cart

REGISTRATION

02



Colorado League - www.coloradomt.org

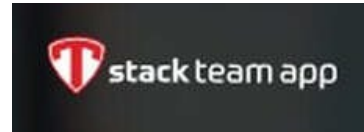
- Arma Dei = Passcode: Arm
- Highlands Ranch = Passcode: Highlands
- Mountain Vista = Passcode: Mountain_Vista
- Rock Canyon = Passcode: Rock_Canyon
- STEM School Highlands Ranch = Passcode: STEM
- Thunder Ridge = Passcode: Thunder_Ridge
- Valor Christian = Passcode: Valor_Christian

REGISTRATION

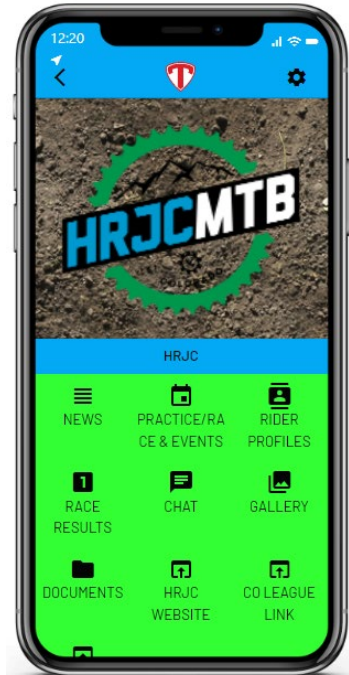
**IF YOU DO NOT REGISTER
WITH BOTH HRJC AND
COLORADO LEAGUE,
YOU ARE NOT ALLOWED
TO PRACTICE WITH US**

REGISTRATION

03



Stack Team App - www.teamapp.com & App Store



FEES

FEES

There are a few separate fees to pay to get you through the season.

\$250

First, there is the team fee, which covers the costs of our Highlands Ranch team. We are lucky to be subsidized by some great sponsors, which keeps your costs lower than they might be.

\$150

Second, there is the Colorado League registration fee that is paid to the Colorado High School Cycling League. This fee covers all riders with insurance at practices and races and helps to fund the fantastic race weekends.

\$70

Third, there is the per-race fee, which technically is optional since racing is optional. But when you enter each of the four races during the season, you pay this \$70 fee (4 race pass save \$10 each race = \$240), which adds your name to the racing roster for each race.

\$58

Fourth, your jersey. If you plan on racing for your high school, you are required to wear your high school's jersey. It's also great to have a uniform that represents your school!

***Scholarships are available for those in need! Please inquire!



INSURANCE

Colorado League

- Covers HRJC and riders, volunteers, coaches, board members, etc.
- All club activities- practices, races, clinics, camps, trail building, etc.
- July 15 until 14 days after regular season
- Excess Accident Insurance with \$1000 deductible, \$25k per person



HRJC

- Covers club activities outside of Colorado League
- \$500 deductible, \$25k per person



USA Cycling

- Junior+ (\$40), Ride (\$69), and Race+ (\$139) memberships offer Spot Insurance. Use Code HRJCMTB to save \$5. Choose HRJC as your club.
- **\$0 deductible \$25k per incident for any cycling related injury** in the U.S.



COACHES & VOLUNTEERS

Head Coach / Executive Director

Parent Volunteer Certified Coaches

- Background Check + Training
 - Level 1 - Ride Group Support
 - Level 2 & 3 - Ride Group Leads

Parent Volunteer Supporters

- Pit Crew
- School Liaisons
- End of Season Banquet Team
- Colorado League Race Weekend (coloradomt.org)



WE NEED YOU!

GET READY!

Team HRJC

- Spring and Summer development team practices
- Pre-Season Kick-Off - July 30, Bear Creek Lake State Park
- Supported Races- HRCA Race Series

Training Plan

- Access a free online training plan on Training Peaks
- <https://www.trainingpeaks.com/my-training-plans/HRJC>

Skills Clinic

- Highlands Ranch Community Association Backcountry MTB Programs

Q&A

