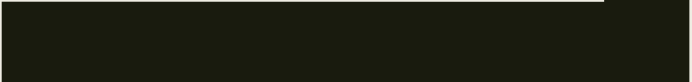






MEET MERCER ISLAND  
MOUNTAIN BIKE  
SPRING 2025



JAN 15, 2025



# MI MTB – OPEN FOR ALL

- Open for all mountain biking skill levels - No experience needed. Beginner to advanced welcome.
- Our program is all-inclusive; everyone gets to ride, compete and have fun.
- Team community – fun and supportive environment
- What you will get - skills development, team support, outdoor recreation, and respect for the community and the environment.
- MI MTB is a composite team – welcome riders from off-island
- Team primarily competes in the Washington Student Cycling League
  - *Grades 6 – 12*
  - *Girls, boys, non-binary, everyone!*
  - *Cross country (XC) race events*
  - *50+ teams across the state*
  - *All rider levels from beginner to advanced*
- Extended competition option
  - *Enduro Race option at the end of season*

- *Club races – Westside MTB (XC)*

# 2025 SPRING SCHEDULE SUMMARY



- 1/15 - Registration Opens
- 2/3 – Meet the team ride + training session/rides begin
- 2/17-2/21 - MISD Mid-Winter Break
- 3/1 - Registration closes
- 3/9 - Daylight savings begins – practice schedule change
- **4/13 – Race 1 WSCL: Fort Steilacoom** ■
- 4/14-4/18 - MISD Spring Break
- **4/27 – Race 2 WSCL: Cle Elum** ■
- **5/4 – Race 3 WSCL: Leavenworth** ■
- **5/18 – Race 4: Winthrop** ■
- **6/1 – Race 5 WSCL: Gig Harbor (State Finals & Relay)**

**Westside Mountain Bike Series**  
Optional series to add racing opportunities (Feb-Mar)

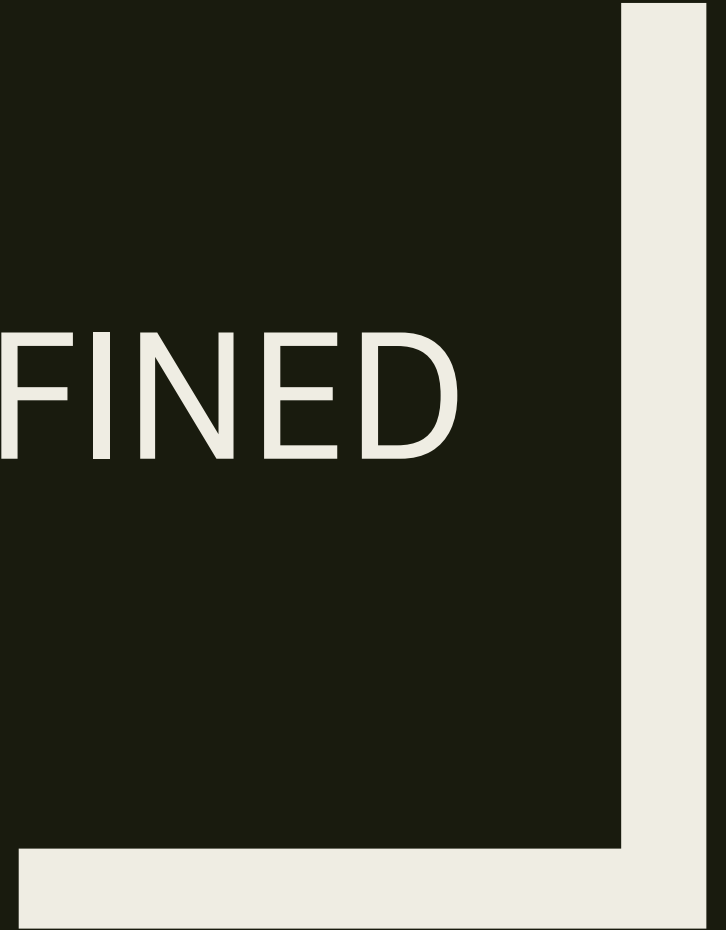
■ **Book Hotels Now** for Cle Elum, Leavenworth, and Winthrop

# 2025 LEAGUE UPDATE HIGHLIGHTS

- State Championships – approximately 20 rider in each category 20 riders,
- Qualification: top 5 finishers, top 10 in fields 20-49, top 20 in fields 50+
- Final race will event will host relay for all riders
- Girls only race continues at same start time as fall
- Open Category continues
- Required category upgrade (place in top 75% of next category)
- Varsity races will be extended (~1 mile) and add technical features
- Update league handbook for 2025
- New rule added: false start | yellow infraction
- 5<sup>th</sup> grade pilot – 25 total riders league wide



BIKE EVENTS DEFINED



# WSCL RACE EVENTS

- Race participation is **recommended** but not required
- Community aspect of the league
- Race village with team tents and food while waiting for your event
- League fee automatically enrolls you for all races
- Pre-ride course on Saturday as a team – highly recommended
- Race day is ~9AM-3PM
- Races categories grade/division
- Race distance – a lap is ~4-5 miles
  - 1 Lap | 6-8th grade & HS Level 1
  - 2 Laps | HS Level 2
  - 3 Laps | HS JV & Varsity
- Start position based on prior race finish
- Series points for individual and team
- Cheer on teammates
- Camping options at WSCL races





# CASCADIA DIRT CUP(CDC) - ENDURO RACES



- Optional season add-on
- Enduro racing requires completion of a full course (up / down) but only specific primarily downhill segments are timed
- Enduro racing is more demanding, check with a coach to validate your equipment is ready and you are ready for this type of racing
- Team support at the selected Cascadia Dirt Cup Race
- Additional registration required for these events with Race Cascadia
- Final weeks of practice (after WSCL season) will pivot to enduro trails
- Number of segments and technical level of trails vary by category
- Learn more about races at [Racecascadia.com](https://Racecascadia.com)



PRACTICES

# TRAINING SCHEDULE – BEFORE DST

Day	Who	Where
Wednesday PM	All	Mercer Island
Saturday AM	All	Regional trails

Schedule details published in TeamSnap

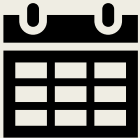
### Weekday

- Wednesday 6:00-7:00 PM (Feb to mid-March)
- Training at MI Boy & Girls Club, allows consistent training during our dark and rainy days
- Mix of cardio and strength training in the MIBGC mat room

### Weekend

- Group ride on regional trails within 30-40 minute drive
- Ride with small group of similar skills
- Saturday 10:00-12:00 (through mid-March)

**Ride Locations**  
Duthie, Grand Ridge, BDOS, Soaring Eagle, Raging River, Tenant, etc.



# TRAINING SCHEDULE – AFTER DST

Day	Who	Where
Wednesday PM	Beginner	Mercer Island
Friday PM	Advanced	Issaquah/North Bend
Sunday AM	All	Regional trails

Schedule details published in TeamSnap

### Wednesday - Beginner

- Wednesday PM – meeting at Mercer Island Country Club
- Focus on skills development and drills

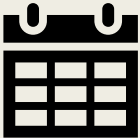
### Friday – Advanced & those wanting to improve conditioning

- Friday PM – Grand Ridge or Raging River trail 5-7 PM (begins after DST & weather permitting )

### Weekend

- Group ride on regional trails within 30-40 minute drive
- Sunday 10:00-12:00 (March +)

**Ride Locations**  
Duthie, Grand Ridge, BDOS, Soaring Eagle, Raging River, Tenant, etc.



# PRACTICES – WHAT TO EXPECT

## Ride Locations

Duthie, Grand Ridge, BDOS, Soaring Eagle, Raging River, Tenant, etc.

### ■ WEDNESDAY (ON ISLAND)

- *Skill development – drills on open fields*
- *Body positioning, cornering, lifts, race situation, and more*
- *All riders can benefit from skills development*

### ■ FRIDAY (GRAND RIDGE TRAIL OR RAGING RIVER)

- *Physical conditioning ride*
- *High intensity ride on an intermediate trail*
- *Appropriate for those with developed skills and ability to ride 1 hour+ with minimal stops on a hilly course*

### ■ WEEKEND RIDES

- *Team breaks into small groups of like skilled riders*
- *Supported by coaches*
- *Mix of trail riding and skill development mixed into the ride*
- *Team regroups at the end for reflection & DONUTS*





READY

# WHAT YOU NEED

## Required

- Quality mountain bike
  - *disc brakes, multiple gears (recommend 1x if possible), front shock*
  - *hard tail bike is just fine*
- Helmet – must be worn anytime you are on a bike
- Hydration (water bottle or hydration pack)

## Recommended

- Biking shoes (five tens, etc. or Vans)
- Knee pads
- Bike gloves
- Evergreen mountain bike alliance membership

## Enduro Racing

- Full face helmet & long travel full suspension bike required



# IS YOUR BIKE READY

- Get your bike ready for the season before the first practice
- Plan early to avoid delays that keep you out of a practice
- Keep it safe – has your suspension been serviced
- Bike check event pending – look for scheduling option in TeamSnap
- Perform the ABC Check before every ride (Air, Brakes, Chain)
- Team discounts at The Line Bike shop for WSCL riders





# TEAM KIT

## 2025 JERSEY AND GEAR

- Code for \$50 use in team store
- Re-use current jersey or size up
- Enabled by team sponsor
- Jersey - youth sizes available
- Race/zip cut or Freeride style options
- Store opening announced on TeamSnap
- Direct purchase and shipment from the store
- Team store link will be posted in TeamSnap
- Additional store option to be provide to order Aloha shirts



**BRIDGENORTHWEST**  
group

Christy Shiers, Real Estate

# REGISTRATION & FEES

- Registration open today – removed need for team code
- Register on the site team site| [mercerislandmtb.org](http://mercerislandmtb.org)
- Team details via TeamSnap following registration
- Registration closes 3/17 – recommend by 2/5
- Re-use same ID to simplify sign-up, Add multiple riders in single transaction
- Fees -
  - *League fee \$256 (covers all WSCL races)*
  - *Financial assistance is available*
- Team donation @ [mercerislandmtb.org](http://mercerislandmtb.org)
  - *Team fees have been kept to a minimum – ask for further support via donation to MI Mountain Biking non-profit*
  - *Donations will support additional services including team affiliation, coach training, additional team bike equipment, and food at events*
  - *Recommended donation of \$50/family*

## Additional Fees - Race registration

*Registration fees from additional XC races \$30-\$35 per race – [belllapproductions.com](http://belllapproductions.com)*

*Endure race \$125 per race – [RaceCascadia.com](http://RaceCascadia.com)*



# HIGH SCHOOL OPTIONS– CLASS CREDIT

## Jr. Assistant Coach

- Minimum age 15
- Leadership opportunity
- Assistant coach in team rides
- Opportunities to join WSCL Student Leadership Council

## PE Class Credit

- Class credit available
- Increase in hours for 2025 – 100 hours
  - *requires attending all events + some optional races to reach 100 hours*
- You must enroll with the district before logging hours
- Hours must be logged and approved by coaches
- Earn 0.5 credits toward P.E. requirement at MIHS
- Complete forms immediately and submit to MIHS Athletics



Requirements Updated

# TEAM EXPECTATIONS

- Mark planned availability for practices and races in TeamSnap
  - *We need to this to ensure we have appropriate coaching coverage*
- Keep your bike in good working order – prevention!
  - *Arrive with a bike that is ready to ride*
- Follow the rules of the trail
- Be a role model for the sport
- Support your team
- Parents - Volunteer at events with the league (staging, timing, etc.)
- Parents - Sign-up for shared food for race events
- Don't be a jerk

# COACHES & VOLUNTEERS

- The team is coached by parent volunteer coaches
- If you want to ride at practices or races you must register as a volunteer coach
- We need more coaches and ride assistants to maintain coach/athlete ratios
- Coach Registration – follow same link/process used for athletes - \$40 cost
- Off the bike
  - *Organizing events*
  - *Race logistics*
  - *Race food*



# HAVE QUESTIONS?

Web: <https://MercerIslandMTB.org>

Email: [MercerIslandMTB@outlook.com](mailto:MercerIslandMTB@outlook.com)

Phone: 425 444 6129

Instagram: @mimtbteam

Facebook:

<https://www.facebook.com/Mercerislandmountainbike>

*Slides are available on the team site*



# FAQS

## **Where does the team ride?**

We practice on the island during the week exploring Pioneer Park, Island Park, and local roads. For weekend rides we meet at nearby trails such as Soaring Eagle, Black Diamond Open Space, Grand Ridge, Duthie, and others. We try to keep the destination within 30-40 minutes and adjust based on weather.

## **Do I need a full suspension bike?**

No. You will see plenty in the league, but a hardtail bike is a great option.

## **How long are the races?**

The distance will vary on the location. Generally, 6-8<sup>th</sup> graders race about 5 miles. High school level races will be longer, on average 10-15 miles.

## **Do races include technical feature likes jumps?**

The races don't include jumps or larger features, however you can expect to find lots of rocks, roots, and bumps. It's not a smooth gravel path.

## **What biking experience is required for the team?**

The team and race events are appropriate for any level of biker. Beginners can expect to get coaching to learn skills. If you have existing skills the coaches will work with you to keep improving and increase your physical conditioning.

## **Where do I stay at out of town events?**

Events will offer camping or you can stay at nearby hotels. A list of recommended hotel locations is available for the 2023 race locations. Parents are responsible for arranging transport to the events.

## **Can I compete in additional races?**

The team is organized and competes as a team only in Washington Cycling League events. Team members are encouraged to explore additional bike events as independent events:

- Westside Race Series | XC MTB Races | January-April on Saturdays
- Race Cascadia | Enduro Races | April – September (events are designed not to conflict)
- Wednesday Night Worlds (Seatac) | XC MTB Races | April-August

# HOTEL RECOMENDATIONS

**4/13 – Race 1 WSCL: Ft. Steilacoom ■**

**Lakewood – local race – most will commute**

**4/27 – Race 2 WSCL: Cle Elum ■**

**Best Western Snowcap Lodge, Suncadia**

**5/4 – Race 3 WSCL: Leavenworth ■**

**Loge, Wyndham, Bavarian Lodge (lots of options)**

**5/18 – Race 4: Winthrop ■**

**Methow Reservations (house/condo), Methow River Lodge**

**6/1 – Race 5: Gig Harbor**

**Best Western Gig Harbor or commute**

Camping options are planned to be available at all venues.  
Watch from options WSCL.





THANK YOU



# APPENDIX

