

Age groups 15/16 and 17/18 can choose from 3 categories of ability.

Categories are based on USAC levels: Cat 1 - Advanced, Cat 2 - Intermediate/Sport, Cat 3 - Beginner. The category correlates to your racing level and your previous results. You can self-select which category to enter. Ideally you should enter the same category listed on your USAC annual license if you have one, but this is not enforced. If you purchase a one-day license, you can self-select which category to enter.

Age groups 10 and under, 11/12, 13/14, and U23 will not be separated into categories of ability.

Your race age is your age on Dec. 31, 2019. For a greater challenge or longer course, you can race up into an older age group.

- This race is sanctioned by USA Cycling and requires a USA Cycling license. Most riders get an annual version, but a one day discount license is available at the race for those who just want to try a race or two. Purchase your annual license online BEFORE you register for the race.

On the annual USAC license, mountain bike categories can be self-selected and do not have strict criteria to upgrade. When you purchase a new license you'll be assigned the lowest category (3). You may request an upgrade if you have the appropriate experience. To do this: Go into your account, select licenses, go to menu, scroll down and select upgrade. There is no strict criteria for MTB category upgrades, but you'll be asked to list a couple of your best results.