

## **Rochester Mountain Bike Team FAQ**

1. Can I get a letter in mountain biking?

We're working on that. The lettering application has been submitted to the school district. We should have an answer in September.

2. Why are there so many forms?

Most of the forms are due to the school district "independent provider" requirements. We need to be an "independent provider" to do lettering. As a team operating under the National Interscholastic Cycling Association (NICA), there will be more forms coming.

3. Why does it cost so much more than it did in summer?

There are many reasons for the dramatic cost increase. Here are a few.

1. The races are only for high school racing, which means they are only paid for by high school racers.
2. Additional safety infrastructure is implemented at the races.
3. NICA registration expenses for teams and individuals.
4. Adult volunteers must go through NICA training to become licensed coaches.
5. Rochester public schools activity fee (for lettering).

4. What's the NICA rule on caffeine?

No caffeine allowed. This includes practices, races, and any other team events. Make sure you pay attention to your "energy products" for caffeine content.

5. How many other teams are there?

There are 18 registered teams, with more signing up every week. Teams are from all over Minnesota and even from neighboring states.

6. Where can I learn more?

1. Come to the info meeting Wednesday, August 15, 6:50 PM, Eastwood park shelter.
2. <http://www.minnesotamtb.org/>
3. <http://www.nationalmtb.org/>
4. <http://www.facebook.com/RochesterMountainBikeTeam>