



*Creating strong mind, body, and character through
an equal and inclusive sport.*

What is the Oregon Interscholastic Cycling League?

The Oregon Interscholastic Cycling League was founded in 2017 as a non-profit 501(c)3 Project League of the National Interscholastic Cycling Association (NICA). We facilitate the development of high school and middle school teams/clubs for grades 6-12 and provide the education, training, licensing, and insurance for coaches and volunteers. We also produce high-quality mountain bike events and races that emphasize the value of participation, camaraderie, positive sporting behavior, and well-being over competition.

Who can participate?

Students in 6th-12th grade can join a team or compete as independent racers. Everyone is welcome and there are no team tryouts or team cuts. A student who prefers not to race may still participate with the team at practices, training rides, and other events. The league will follow the same categories as other high school sports (Freshman, Sophomore, JV and Varsity) with boys and girls competing separately for individual points as well as for team points. Middle school racing features separate categories for male and female riders in each grade.

How do I start a team?

Starting a team might seem like a lot, but many others have done it and you can too! The Oregon League is here to help you through every step of the process. Currently there are over 750 teams across the United States that have gone through the process of starting a team from the ground up and there are tons of NICA resources that the Oregon League will put in your hands.

How do I become a coach?

Coaching a team will be one of the most rewarding experiences of your life and **no prior coaching experience is necessary**. The Oregon League will provide all the training that you'll need to jump right in and start coaching a team. There will be a Leaders' Summit held in April plus online webinars and opportunities statewide that will provide all the information and certification necessary.

What does a typical team practice look like?

Team practices usually include some skills instruction and riding and go anywhere from 1-2hrs long. It's not necessary to have immediate access to trails in order to have a fun practice. You'd be amazed at how an empty field can be turned into a skills course or short track for a mock race. Depending on coach availability, teams will practice between 1-4 times a week during the season.

What if a student has never raced or ridden a mountain bike before?

About 90% of NICA student-athletes have never raced before and 76% have never ridden on trails. We welcome any middle or high schooler to try this out and will teach them everything from the basics of how to ride a mountain bike, what to wear, what to eat, etc. To us, “race” is an acronym for really awesome challenging event.

How many races are there?

We produce 4-5 races from September through early November in venues around the state.

What does a race weekend look like?

Teams typically come out on the Saturday before the race to pre-ride, hang out, and camp. Races occur on Sundays from 9-1:30pm. The race course will be anywhere from 3-6mi long and have no more than 600ft of climbing. Depending on the category the student-athlete is participating in, they will do anywhere from 1-5 laps per race.

How much does it cost?

Season fees for a student-athlete costs \$285 and covers all pre-season (April-June) and in-season (July-November) practices, pre-rides, race entries, and some race venue camping. The annual fee per coach is \$60.

Are there scholarships available?

Yes. The Oregon League is committed to making mountain biking accessible, and we have an ongoing scholarship application where students, parents, and coaches can apply for financial assistance.

What if somebody wants to join but doesn't have a bike?

We have partnerships with local shops and organizations to find good homes for donated mountain bikes and can help riders and coaches find bikes.

How do I learn out more?

Go to www.oregonmtb.org for more information. If you'd like to ask a direct question, email the Oregon League Director, Heather Wolfgang: heather@oregonmtb.org