



# 2007 League Registration

(Required for participation in any 2007 League series races)

NorCal High School Mountain Bike League  
 2342 Shattuck Ave. #361  
 Berkeley CA 94704  
 (510) 644-4950  
[www.norcalmtb.org](http://www.norcalmtb.org)

- 1) Please print e-mail addresses *very carefully* to receive League news and updates. Keep in mind it can be hard to discern the difference between characters like – and \_ or o and 0 or l and 1.
- 2) You must have a 2007 USA Cycling license to register. See <http://www.norcalmtb.org/join/index.htm>
- 3) This form/payment does not register you for a race. Each race in the series requires separate registration.
- 4) All athletes must read and sign the attached Code of Conduct for League athletes.
- 5) You must include a USA Cycling release, Medical Information Form, and Media Release Form, all signed by a parent/guardian with your registration.

**\*\*BEFORE FILLING OUT THIS FORM YOU MUST READ “RULES FOR CHOOSING CATEGORY” on the following page. Mistakes could lead to race disqualification. E-mail [fritz@norcalmtb.org](mailto:fritz@norcalmtb.org) if you have a question.**

**Registration costs \$30, a \$15 late fee applies for registration postmarked after February 24<sup>th</sup>. Please see the following “League Registration Fee and Discount Merchandise Form” for payment information. For information about League Registration and race entry scholarships, email [Nadine@norcalmtb.org](mailto:Nadine@norcalmtb.org).**

All the below information is required to process your registration. Print neatly, please!

Name:		Birth Date:	Age:
Circle grade: 9 <sup>th</sup> 10 <sup>th</sup> 11 <sup>th</sup> 12 <sup>th</sup>	Circle Gender: Male Female	Circle category the rules assign you to (see “GUIDELINES FOR CHOOSING CATEGORY”): FRESH SOPH F/S JV VARSITY	
Address:		City:	Zip Code:
Student E-mail:		School:	
Parent 1 Name:		Parent 2 Name:	
Parent 1 E-mail:		Parent 2 E-mail:	
Parent 1 Cell Phone:		Parent 2 Cell Phone:	
Home Phone:		Work Phone:	
USA Cycling License #: <i>This is required. You can get your USA Cycling license on-line, see <a href="http://www.norcalmtb.org/join/index.htm">http://www.norcalmtb.org/join/index.htm</a> for instructions</i>			Past # years in League: 0 1 2 3
<b>I've read and understand the League Rules, including “Rules for Choosing Category.” Signed X</b>			

As a reminder, you are ready for the first race when you:

- 1) Have a USA Cycling License
- 2) Register for the League (this form and payment)
- 3) Register for the first race (a different form and payment), see Race #1 at [www.norcalmtb.org](http://www.norcalmtb.org)

*While these are all available at Race #1, we highly appreciate you registering in advance.*

# RULES FOR CHOOSING CATEGORY

Read carefully, e-mail [fritz@norcalmtb.org](mailto:fritz@norcalmtb.org) if you have a question.

## BOYS

9<sup>th</sup> Graders: Must join FRESH category.

10<sup>th</sup> Graders: Must join SOPH category except all 10<sup>th</sup> graders who placed in the top-5 once or the top-10 more than once as 9<sup>th</sup> graders must join JV category.

11<sup>th</sup> Graders: Must join JV category except all 11<sup>th</sup> graders who placed in the top-5 once or the top-10 more than once as 10<sup>th</sup> graders must join VARSITY category.

12<sup>th</sup> Graders: Must join JV category except all 12<sup>th</sup> graders who placed in the top-10 once or the top-15 more than once as 11<sup>th</sup> graders must join VARSITY category. 12<sup>th</sup> graders who were VARSITY last year stay VARSITY.

## GIRLS

9<sup>th</sup> Graders: Must join FRESH/SOPH category.

10<sup>th</sup> Graders: Must join FRESH/SOPH category except all 10<sup>th</sup> graders who placed in the top-3 once or the top-5 more than once as 9<sup>th</sup> graders must join JV category.

11<sup>th</sup> Graders: Must join JV category except all 11<sup>th</sup> graders who placed in the top-3 once or the top-5 more than once as 10<sup>th</sup> graders must join VARSITY category.

12<sup>th</sup> Graders: Must join JV category except all 12<sup>th</sup> graders who placed in the top-5 once or the top-7 more than once as 11<sup>th</sup> graders must join VARSITY category. 12<sup>th</sup> graders who were VARSITY last year stay VARSITY.

**\*All the above is based on placings at 2006 League Races and/or individual placing for the 2006 Overall Series. All results are available at [www.norcalmtb.org](http://www.norcalmtb.org).**

**\*\*Athletes should discuss upgrading categories with their coaches.**

**\*\*\*Those who did not compete in the 2006 League races follow the above rules and must petition for exceptions.**

## **Petition Process for Exception**

**An appeals committee can be petitioned for exceptions from The Rules for Choosing Category (up or down categories). To petition for an exception from these rules go to [www.norcalmtb.org/petition.pdf](http://www.norcalmtb.org/petition.pdf). A committee of five League coaches will consider and vote upon all petitions. It is OK to include your petition along with your registration forms. Send your registration/petition forms to:**

















NorCal HS MTB League  
attn: Appeals Committee  
2342 Shattuck Ave. #361  
Berkeley CA 94704

**Petitions must be submitted with due time for consideration, last minute petitions cannot be rushed – allow one week from the postmark date for approval/disapproval. Meanwhile, you must race in the category assigned by the rules above.**

*We thank you for reading the rules carefully.*

# League Registration Fee and Discounted Merchandise

*Merchandise orders must be received by March 4th.*

ITEM	DESCRIPTION	Quantity	PRICE	TOTAL
<b>League Registration for 2007</b>	 Registraion fee for one individual. Please note: 1. Each race requires separate registration/fee. 2. USA Cycling license is also separate/required	1 Individual League Registration	<b>\$30.00</b>	<b>\$30.00</b>
<b>Late Fee</b>	On time registration helps us manage the large volume of administrative work. Please mail by February 24th. <b>Thanks!</b>	1 Late Fee For all registration post-marked after February 24th	<b>\$15.00</b>	
<b>Donation/ Scholarships</b>	 Race vouchers are available to cover the entry fees at League events for students with economic challenges. Donate here to help us provide these Michael 'Havoc' Sayers race vouchers. Email Nadine@norcalmb.org to apply for race vouchers.	You will receive a letter confirming your tax deductible donation.		
<b>League Jersey by Hincapie Sports</b>	 Hincapie Quadretto fabric, with SmartDry technology, keeps you cool and dry, while the special Sun Smart fiber construction provides a 30+ Ultraviolet Protection Factor to help protect the skin from the harmful effects of UVA and UVB radiation. The exclusive Hincapie Gel-Grip waist, full-length front zipper, comfort-collar and three roomy back pockets	<input type="checkbox"/> Women's Sm. <input type="checkbox"/> Women's Med. <input type="checkbox"/> Women's Large <input type="checkbox"/> Men's Small <input type="checkbox"/> Men's Medium <input type="checkbox"/> Men's Large <input type="checkbox"/> Men's XL	<b>\$65.00</b> <small>(MSRP \$99)</small>	
<b>League Shorts by Hincapie Sports</b>	 Hincapie bib shorts are made with the world's finest 210g Lycra for superior comfort and long-lasting durability. The Hincapie H.A.P. (High Absorbent Pad) Chamois features an anatomical cut with no center seam for increased comfort. The variable-thickness, antibacterial pad provides excellent moisture transfer, heat dissipation and shock absorption.	<input type="checkbox"/> Women's Sm. <input type="checkbox"/> Women's Med. <input type="checkbox"/> Women's Large <input type="checkbox"/> Men's Small <input type="checkbox"/> Men's Medium <input type="checkbox"/> Men's Large <input type="checkbox"/> Men's XL	<b>\$65.00</b> <small>(MSRP \$99)</small>	
<b>League Socks by Defeat</b>	 High-end, breathable socks that should be a part of every athletes wardrobe. Show your support for the League on your feet!	<input type="checkbox"/> Small (-6.5) <input type="checkbox"/> Medium (7-9) <input type="checkbox"/> Large (9.5-11.5) <input type="checkbox"/> XL (12-)	<b>\$7.50</b> <small>(MSRP \$12.95)</small>	
<b>The Better Bottle by CamelBak</b>	 Stay hydrated anytime, anywhere, with the latest technology from CamelBak. The innovative NEW spill-proof Bottle holds 0.75 L of water and is easy to carry, easy to use, and easy to clean.	<input type="checkbox"/> Blue <input type="checkbox"/> Red <input type="checkbox"/> Pink <input type="checkbox"/> Grey <input type="checkbox"/> Orange <input type="checkbox"/> Green	<b>\$10.00</b> <small>(MSRP \$12.00)</small>	
<b>Galaxy Granola</b>	 This granola is one of the finest tasting, highest quality, low-fat, non GMO (Genetically Modified Organism), all-natural granola on the market. Galaxy Granola uses the best organic ingredients available. 1 Bag = 16 OZ.	<input type="checkbox"/> Cranberry Orange <input type="checkbox"/> Vanilla Almond <input type="checkbox"/> Raspberry <input type="checkbox"/> Mocha Fudge	<b>\$5.00</b> <small>(MSRP \$7.99)</small>	
<b>Clif Bars</b>	 CLIF BARS are a great-tasting, convenient source of energy for any activity. Made from healthy ingredients, such as organic rolled oats, and organic roasted soybeans, all of these great flavors are made with 70% organic ingredients. 1 Box = 12 Bars	<input type="checkbox"/> Oatmeal Raisin Walnut <input type="checkbox"/> Black Cherry Almond <input type="checkbox"/> Chocolate Brownie <input type="checkbox"/> Chocolate Chip Crunch	<b>\$12.00</b> <small>(MSRP \$20.28)</small>	
<b>Luna Bars</b>	 This women-specific bar has just 180 calories and contains 23 vitamins, minerals and other nutrients that contribute to a woman's overall health. 1 Box = 15 Bars	<input type="checkbox"/> Peanut Butter Cookie <input type="checkbox"/> Nuts Over Chocolate <input type="checkbox"/> Toasted Nuts 'N Cranberry	<b>\$15.00</b> <small>(MSRP \$26.85)</small>	
<b>Builder's Protein Bars</b>	 A high protein bar made with entirely natural ingredients. With 20 grams of quality soy and nut proteins, a healthy and convenient way to get more protein into your diet. 1 Box = 12 Bars	<input type="checkbox"/> Chocolate <input type="checkbox"/> Peanut Butter	<b>\$15.00</b> <small>(MSRP \$27.48)</small>	
<b>Clif Shot Energy Gel</b>	 CLIF SHOT is a fast-acting, easy-to-digest energy gel with 25 grams of carbohydrates—your body's preferred source of fuel during exercise. 1 Box = 24 Shots	<input type="checkbox"/> Vanilla <input type="checkbox"/> mmm... Chocolate <input type="checkbox"/> Razz Sorbet <input type="checkbox"/> Go Mango	<b>\$15.00</b> <small>(MSRP \$27.00)</small>	
<b>Clif Shot Energy Drink</b>	 CLIF SHOT® Electrolyte is designed to deliver fluids to your body at an optimal rate as you sweat them out. CLIF SHOT® Recoverydrink is designed with protein, amino acids, and antioxidants to speed your post ride recovery.	<input type="checkbox"/> Lemonade - electrolyte <input type="checkbox"/> French Vanilla - recovery	<b>\$15.00</b> <small>(MSRP \$27.00)</small>	
<b>Incredibell</b>	 Make yourself heard on the trail or on the road with this lightweight and simple safety bell.	<input type="checkbox"/> Black Incredibell	<b>\$6.00</b> <small>(MSRP \$10.00)</small>	
<b>Fast Freddie Turbo Blend</b>	 Fast Freddie Turbo Blend®: With the blend's foundation consisting of beans coming from Sumatra, Turbo Blend's lively characteristics present a full bodied and deeply flavored coffee with a smooth, berry finish. 1 Bag = 12 OZ.	<input type="checkbox"/> Turbo Blend	<b>\$10.00</b> <small>(MSRP \$13.00)</small>	
<b>Tecnu Extreme</b>	 Tecnu Extreme is used to remove the poison oil that causes rash and itching within 2-8 hours after exposure to poison ivy, oak and sumac plants in order to prevent the itchy rash.	<input type="checkbox"/> 4 oz. Bottle (Max of 3)	<b>\$5.00</b> <small>(MSRP \$15.00)</small>	
<b>Shipping Fee</b>	 <u>Only for merchandise.</u> Shipping is free for merchandise totals of \$50 or more, otherwise shipping fee is \$5.		<b>\$5.00</b>	?
<b>Write checks to NorCal HS MTB League and mail to:</b>		<b>NorCal HS MTB League League Registration 2342 Shattuck Ave. #361 Berkeley CA 94704</b>	Merchandise orders will be shipped mid-late March.	<b>GRAND TOTAL:</b> <small>(tax is included!)</small>



# Athlete Code of Conduct

## Positive Sporting Attitude

League athletes are expected to display an excellent sporting attitude during all League events and should treat all other riders, coaches, spectators, and officials with respect. Fair play and respectful, kind, supportive behavior is expected of all League athletes. Profanity in any situation is not acceptable.

## Practice Safe Riding

League athletes must practice safe riding techniques and be in control of their bicycles at all times. Riding out of control and with excessive speed will not be tolerated. Athletes that have a reckless attitude or are witnessed taking dangerous risks will not be tolerated and will be disqualified from the race. A dangerous risk is defined as willingly attempting anything that is beyond one's ability to control in a safe manner.

## Ride Only on Legal Trails

As representatives of the League and our sport, League athletes are expected to ride only on authorized trails. League riders caught riding on illegal trails at ANY time, whether on team rides or own their own, will face consequences as follows: **1<sup>st</sup> Offense** = Disqualification from 1 race; **2<sup>nd</sup> Offense** = Disqualification from the League's race season; **3<sup>rd</sup> Offense** = Permanent disqualification from the League.

## Passing Slower Riders

When passing on the race course, do so respectfully and only when it is safe. Actions that purposely compromise the safety of other athletes will not be tolerated. Call out when passing slower racers. "Tracking left" indicates you will be passing on their left, "tracking right" indicates you will be passing on their right.

## No Cutting the Course or Riding off Trail

Except in the case of injury or unfixable mechanicals, League athletes are not allowed to cut the course, ride off course, or engage in any other behavior that would indicate an intention of unfair play. Cutting the course will result in disqualification, and possibly a loss of all League points.

## Wear an ANSI Approved Helmet at All Times

Under no circumstances should a student be on their bicycle without a helmet fastened to their head, even when riding a very short distance. Athletes must also keep their helmet on when walking or running on the course with a mechanical. Athletes will lose all points for the race at which they were seen riding without a helmet – this includes while riding stationary trainers to warm up.

## Headphones

League athletes are not allowed to wear headphones at League events (while riding or racing). Headphones are permitted while riding a stationary trainer (but don't forget to wear your helmet!).

## Mechanical Issues

During the race, flat tires and other mechanical problems should be repaired by the athlete who must carry her/his own tools, tube, pump, etc. If outside assistance is given, a five-minute penalty will be assessed. It is the responsibility of all athletes and coaches to report when outside assistance is given. Also, all athletes will maintain their bikes in GOOD WORKING order to ensure their safe use.

## Banned Substances

League athletes are subject to all USA Cycling and USADA rules pertaining to anti-doping (A list of banned substances is available at <http://www.usantidoping.org/>). In addition to disqualification, use of marijuana or other recreational drugs or under-aged drinking will be reported to both coaches and school administration.

## You Represent the League and Mountain Biking!

Recognize that, as a League athlete, you represent the NorCal High School Mountain Bike League and our sport. This is true at all times, not just at races—particularly when you are wearing your team or League jersey.

DISRESPECT OF THESE RULES MAY LEAD TO A SUSPENSION FROM RACES AND/OR THE LEAGUE.

*My signature below shows that I have read, understand, and will follow the above Athlete Code of Conduct.*

\_\_\_\_\_  
Athlete's Name (Print)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

**2007 USA Cycling, Inc. Event Release Form (Rev 12/06)**

The following entry blank and release form has been approved by USA Cycling, Inc. If reproduced, it must be in a minimum of 10 point type and retain the exact same formatting.

PLEASE COMPLETE THE FOLLOWING INFORMATION

TODAY'S DATE \_\_\_\_\_  
 EVENT NAME NorCal HS MTB League 2007 Race Series  
 EVENT DATE(S) March 4, March 18, April 1, April 22, May 6, May 20-2007. DATES ARE SUBJECT TO CHANGE.  
 RACE(S)/ACTIVITY(IES) ENTERED High school mountain bike races. Races will be held on a variety of terrain: singletrack, dirt and paved roads.

CLUB/TEAM NAME \_\_\_\_\_  
 ANNUAL LICENSE # \_\_\_\_\_  
 NAME \_\_\_\_\_  
 ADDRESS \_\_\_\_\_  
 CITY \_\_\_\_\_ ST \_\_\_\_\_ ZIP \_\_\_\_\_  
 PHONE \_\_\_\_\_ Email \_\_\_\_\_  
 EMERGENCY CONTACT \_\_\_\_\_

EMERGENCY CONTACT PHONE \_\_\_\_\_  
 I ACKNOWLEDGE THAT BY SIGNING THIS DOCUMENT, I AM ASSUMING RISKS, AND AGREEING TO INDEMNIFY, NOT TO SUE AND RELEASE FROM LIABILITY THE ORGANIZER OF THIS EVENT AND USA CYCLING, INC. (USAC), ITS ASSOCIATIONS (THE UNITED STATES CYCLING FEDERATION (USCF), NATIONAL OFF ROAD BICYCLE ASSOCIATION (NORBA), NATIONAL COLLEGIATE CYCLING ASSOCIATION (NCCA), U.S. PROFESSIONAL RACING ASSOCIATION (USPRO), AND BMX ASSOCIATION (BMXA), AND USA CYCLING DEVELOPMENT FOUNDATION (USACDF), AND THEIR RESPECTIVE AGENTS, EMPLOYEES, VOLUNTEERS, MEMBERS, CLUBS, SPONSORS, PROMOTERS AND AFFILIATES (COLLECTIVELY "RELEASEES"), AND THAT I AM GIVING UP SUBSTANTIAL LEGAL RIGHTS. THIS ENTRY BLANK AND RELEASE IS A CONTRACT WITH LEGAL AND BINDING CONSEQUENCES. I HAVE READ IT CAREFULLY BEFORE SIGNING, AND I UNDERSTAND WHAT IT MEANS AND WHAT I AM AGREEING TO BY SIGNING.

In consideration of the issuance of a license to me by one or more Releasees or the acceptance of my application for entry in the above event, I hereby freely agree to and make the following contractual representations and agreements. I ACKNOWLEDGE

substances prohibited by Releasees' rules would make me subject to penalties including, but not limited to, disqualification and suspension. I agree to be subject to drug testing if selected, and its penalties if I fail to comply with the testing or am found positive for the use of a banned substance.

I agree, for myself and my successors, that the above representations are contractually binding, and are not mere recitals, and that should I or my successors assert a claim contrary to what I have agreed to in this contract, the claiming party shall be liable for the expenses (including legal fees) incurred by the Releasees in defending the claims. This contract may not be modified orally, and a waiver or modification of any provision shall not be construed as a waiver or modification of any other provision herein or as a consent to any subsequent waiver or modification. I consent to the release by any third party to Releasees and their insurance carriers of my name and medical information that may relate solely to any injury or death I may suffer arising from the event. Every term and provision of this contract is intended to be severable. If any one or more of them is found to be unenforceable or invalid, that shall not affect the other terms and provisions, which shall remain binding and enforceable.

Signature of Entrant \_\_\_\_\_

AGE \_\_\_\_\_

**CONSENT AND RELEASE OF PARENT OR GUARDIAN**

I am the parent or guardian of \_\_\_\_\_ (Child). My Child is fit for the event, and I consent to my Child's participation. I HAVE READ AND I UNDERSTAND THE ABOVE CONTRACT. In consideration of allowing my Child to participate, I consent to the contract and agree that ITS TERMS SHALL LIKEWISE BIND ME, MY CHILD, my heirs, legal representatives, and assignees. I HEREBY RELEASE AND SHALL DEFEND, INDEMNIFY AND HOLD HARMLESS THE RELEASEES FROM EVERY CLAIM AND ANY LIABILITY that I or my Child may allege against the Releasees (including reasonable legal fees and costs) as a direct or indirect result of injury or death to me or my Child because of my Child's participation in the event, WHETHER CAUSED BY THE NEGLIGENCE OF THE RELEASEES or others. I PROMISE NOT TO SUE RELEASEES on my behalf or on behalf of my Child regarding any claim arising from my Child's participation in the event.

Signature of Parent or Guardian \_\_\_\_\_

## Medical Information Form

*To be filled out by the legal parent/guardian and returned to the League. Please read and check off the following, fill in and sign where indicated.*

I, \_\_\_\_\_ have registered my son/daughter \_\_\_\_\_ for the NorCal High School Mountain Bike League's 2007 race series.

### **Please check all that apply:**

My son/daughter is in good physical and mental health and is able to participate fully in the NorCal High School Mountain Bike League's races. He/she has **NO** medical conditions or allergies.

My son/daughter has the following medical condition(s) and/or allergies, including to specific foods. (Please provide more information on the back of this sheet if necessary).

My son/daughter has asthma and will have an inhaler with him/her at each race. Please provide more information if necessary:

My son/daughter is on the following prescription medications. Please indicate if he/she is or is not able to self-administer these medications while at the races, if applicable.

I authorize the League's staff to give my child Tylenol or Ibuprofen in the event it is needed.

### **Health Insurance Information**

My child has health insurance coverage. Provider: \_\_\_\_\_ Policy #: \_\_\_\_\_

My child does not have health insurance coverage.

### **Please complete the following emergency contact information:**

Emergency Contact #1: \_\_\_\_\_ Tel No. \_\_\_\_\_

Emergency Contact #2: \_\_\_\_\_ Tel No. \_\_\_\_\_

On this form I have provided comprehensive and accurate medical information about my son/daughter to the NorCal High School Mountain Bike League. If the League is not able to reach myself or the emergency contacts I have provided, I authorize the NorCal High School Mountain Bike League's staff to drive my son/daughter to the nearest emergency room to receive emergency medical treatment.

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Sign here

Print name

Date

## Media/Photo Release Form

*To be filled out by the legal parent/guardian and returned to the League. Please read and complete the information below.*

I, \_\_\_\_\_ have registered my son/daughter \_\_\_\_\_  
for the NorCal High School Mountain Bike League's 2007 race series.

**Please check the appropriate line below.**

\_\_\_\_\_ **YES**, I give my permission for the NorCal High School Mountain Bike League and outside media agents (newspapers, television, etc.) to take photographs, video, and otherwise document my child involved in the activities of this program. I give permission for any photographs or video material of my child to be used in publicity about the program and organization (website, promotional materials, newspaper/magazine articles, etc.).

\_\_\_\_\_ **NO**, I do not give my permission for the NorCal High School Mountain Bike League and outside media agents (newspapers, television, etc.) to take photographs, video, and otherwise document my child involved in the activities of this program. I do not give permission for any photographs or video material of my child to be used in publicity about the program and organization (website, promotional materials, newspaper/magazine articles, etc.).

### Permission to Participate in the Collection of Data

\_\_\_\_\_ **YES**, I give my permission for my son/daughter to participate in NorCal High School Mountain Bike League surveys, both online and in print, for the purpose of collecting information about the program, participants, and the impact mountain biking and the League is having on high school youth.

\_\_\_\_\_ **NO**, I do not give my permission for my son/daughter to participate in NorCal High School Mountain Bike League surveys, both online and in print, for the purpose of collecting information about the program, participants, and the impact mountain biking and the League is having on high school youth.

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Sign here

Print name

Date