

SPECIAL 2012 PROGRAMS

- I. IMBA TRAIL WORK FOR POINTS PROGRAM - A racer may earn 30 points by completing 4 (four) hours of IMBA or I. Cup trail approved maintenance. TEAM POINTS: A team may earn up to 100 points by donating 100 "member hours" of IMBA trail approved trail maintenance. Trail work must be completed 2 weeks before the final event. Racers and teams are responsible for checking to see if points have been added to their total.

DISCOUNTS ARE AVAILABLE WITH MAIL-IN ENTRIES ONLY

II. **FIRST TIME BEGINNERS:** First time beginners will receive a \$5 discount on their first BEGINNER (not sport or expert) race.* (Mail-in entries only)

III. **Family Discounts:** Immediate Family members will receive a \$5 discount after two (2) full paying family members.* (Mail-in entries only)

IV. **Bring a Friend:** Introduce a first-time beginner (not sport or expert) to a series race and receive a \$5 discount to your race entry. This must be acknowledged by both parties on their entry forms.* (Mail-in entries only)

VI. **Multiple Race Entry Discount:** Get \$3 off each race when registering for four (4) or more races at a time on the same form.

Note: Race entries are non-transferrable to another person or to another race and are non-refundable.

* **Only one (1) discount may be applied per event.**

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VI. **Custom number plates** available for \$25. Email: icupracing@yahoo.com.

VII. ON-LINE REGISTRATION: See www.intermountaincup.com .

VIII. Female racers in the 9 & Under and 10-12 year old categories will receive 1st, 2nd and 3rd place points for their placing among the other females.

A Few Race Guidelines

1. Each rider is classified according to their age on December 31 of the current year (this is your racing age).
2. Racers need to carry their own health insurance. Pre-riding and racing is dangerous and at your own risk. If you feel you cannot be responsible for your own actions, please do not pre-ride or race.
3. New team members may only be added before July 15. Your team name must be on every entry form to get team points.
4. **At all times** when participating in, preparing for or mounted on a bike, you shall wear a securely fastened helmet that meets the US DOT standards or the CPSC standard for bicycle helmets.
5. A Beginner (Cat.3) rider must advance to Sport (Cat. 2) and a Sport (Cat.2) rider to Expert (Cat. 1) after placing in the top 5 in 5 races with a field size of 20 or more. Riders may advance as quickly as they wish but may not downgrade unless approved by the ICS director. *Challenge yourself by bumping up before you have to. You will become a strong and highly skilled racer.*
6. Racers are permitted to race in a more difficult category. i.e. 40 year olds can race against the 30 year olds or teens against 20's.
7. iPods or any headphones are NOT permitted during a race. Ignorance of the rules is not admitted as an excuse.

- 8.** All repairs should be performed by the individual racer. Be sure to carry your own tools & tubes.
- 9.** A rider will be suspended from the race or series for damaging or destroying public or private property or littering on the course. Use a flask or throw your litter to an aid station. (Gel and Gu packets included)
- 10.** Only riders officially entered in the event may compete on the designated race course and they must wear their number plate and helmet at all times.
- 11.** Dogs and bikes don't mix. It is strongly advised to leave your hound at home. If you must bring the pup, please keep it on a leash at all times. All of your fellow racers will thank you.
- 12.** All I. Cup races will be counted for final points calculation.