



DONATE

Primarily individual donors who see the value of encouraging our youth to participate in this healthy life-long sport fund the League. With the help of your donation, we will continue to provide the best cycling programs for young athletes in our high schools.

The League can also give old gear new life! We appreciate the donation of serviceable and complete mountain bikes as well as serviceable cycling clothes. For more information on donations e-mail vance@texasmtb.org.

The League is a 501(c)(3) non-profit corporation; all donations are 100% tax deductible.

Enclosed is my \$ \_\_\_\_\_ donation to the Texas High School Mountain Bike League.

Name(s): \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Please tell me how I can volunteer.

Please don't mention my/our name(s) on the League supporter web page.

My employer, \_\_\_\_\_, will match this gift.

Please make checks payable to:  
**Texas High School Mountain Bike League**

Mail to:

**Texas High School Mountain Bike League**  
805 Camelia Street  
Berkeley, CA 94710

The Texas High School Mountain Bike League is a chapter of the National Interscholastic Cycling Association (NICA), a 501(c)(3) non profit organization, Tax ID# 13-4234305.



WALK TALK

Join the  
High School  
Mountain  
Biking  
Revolution!



[www.texasmtb.org](http://www.texasmtb.org)





## THE LEAGUE

The Texas High School Mountain Bike League was founded to support the involvement of high school (grades 9-12) student athletes in the sport of mountain biking. The League will serve all high schools in the entire state of Texas. We are a project league of the National Interscholastic Cycling Association (NICA – [www.nationalmtb.org](http://www.nationalmtb.org)) whose other chapters include the NorCal, SoCal, Colorado and Washington leagues among an expanding network of high school leagues across the country. A NICA League provides a well-defined training and racing season for high school students and assists in the formation of mountain bike teams at public and private high schools.

The League, with cooperation from local race organizers and sponsors, is part of the best cross-country youth mountain biking program in the United States. Programs include riding camps, races, coaches' clinics, and trail advocacy. As the League grows, it remains committed to providing access, through scholarships, to students with financial hardships. We believe that mountain biking is an excellent way to empower young people and get them involved in the life long sport of cycling.

NICA athletes have gone on to succeed at international mountain biking events, road racing, and collegiate cycling. More importantly, athletes are having fun while making new friends, gaining skills, and becoming the next generation of highly active cyclists.



## COACHING

Join the fun! Starting and/or coaching a team in your community can make a big difference in the lives of many kids. One NICA coach said, "After twelve years of racing myself, I wanted to stay involved. Coaching has kept me on the bike, has all the excitement of racing, and it's been immensely rewarding." E-mail League Director Vance McMurray at [vance@texasmtb.org](mailto:vance@texasmtb.org) to get the latest news or find out about the next Leaders' Summit (coaches conference).

## RACING

NICA has been providing interscholastic high school competition since 2001. In 2011, Texas will introduce a two race point series in April and May, increasing to a four race point series running from March through May in 2012. Riders compete for individual and also overall school team standings. Early season races are designed with "first-timers" in mind. League races are a great place for both beginners and experienced racers! See [www.texasmtb.org](http://www.texasmtb.org) for the full racing schedule.

## CAMPS

Instructed by NICA coaches and renowned skills instructors, our camps are a great place to learn mountain biking skills for fast and safe riding. Camps may include:

- Beginner/Intermediate Summer Camps
- Invitational Summer Camps
- All-Girls Camps
- Day Camps

In addition to high school students, some camps may be open to riders in grades 7-8.

Check out [www.texasmtb.org](http://www.texasmtb.org) for exact dates and information.

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