



## Equipment & Gear Costs

The expense of cycling varies greatly between athletes, depending on the amount of equipment each rider already has and what their goals are within the sport. Everyone, however, should be able to participate. Be aware that, for safety reasons, Student-athletes must compete in NICA events using mountain bikes that have 26- to 29-inch wheels with knobby tires (slicks not allowed) not narrower than 1.75 inches. Cyclocross, BMX, Road, or other bike types are not allowed. See the NICA Rulebook for clarifications. In non-NICA events any size mountain bike wheel is allowed. The specifics above do not apply to other events or for younger athletes on smaller bikes.

Please consult the coach director before you buy anything so you can be sure to get the right gear and minimize the cost.

The main bike question is how much do you really need? You can spend between \$100 and \$10,000 on a mountain bike. Yes, \$10,000! Does it even matter? It can. There are very real functional differences between the bikes, and if you don't have enough bike for the job it can be frustrating and even dangerous on tricky terrain. Most racers are well served by bikes that, when they were new, retailed for \$800 to \$2000. Below \$800 retail, and you're out of the racer zone and more into a recreational zone. Above \$2500 is only truly needed if you're pretty hot stuff and you want to compete with the state's best. But those are retail numbers, and we have better options than that. One of the most common options is to take advantage of the discounts offered to NICA racers from our local bike shops. If you're patient on Craigslist or Facebook Marketplace you can find something race-worthy for as low as \$500. There are still more options of course, to explore them you just need to talk to us! We may have free gear people have given the team, and other things available to loan. Let us help you find what you need.

Bicycles and helmets must be inspected and approved for function and safety, then re-inspected at regular intervals. We get nice discounts from our local bike shops. We may have free gear people have given the team, and other things available to loan. Let me help you find what you need.

Riders are required to wear a NICA team jersey that will be provided for race day. If you are on the Race Team, you will be required to wear a team kit (SLS Jersey & bib/shorts) for any SLS supported races which are included in the team fees for 2023 for the race team or can be purchased for \$60 for youth sizes or \$100 for adult sizes for ride group athletes.

The following is a list of additional equipment that your athlete may find useful throughout the year. The asterisk items are required.

<b>Equipment</b>	<b>Approximate Costs</b>	<b>Notes:</b>
*Mountain Bike	\$500 - \$3K	Must meet the requirements of the 2023 NICA Rulebook
*Helmet	\$25 - \$200	Mountain Biking Specific helmets are recommended.
*Cycling Gloves	\$10 - \$50	Protects the hands in minor crashes Drink about 1 bottle per hour of exercise
*Cycle Specific Water Bottles (2) (Hydration packs also acceptable)	\$5 - \$10	Drink about 1 bottle per hour of exercise
*Spare Inner Tube	\$4 - \$7	Each athlete must carry one during training rides.
CO2 Cartridges	\$4 each	Much faster and easier to use than a small bike pump.
Bugspray	\$8	Makes riding with bugs more manageable
Sunscreen	\$8	Protect your skin!
Eyewear	\$20 - \$120	UV, Dust & Dirt protection.
Bike Computer	\$30 - \$300	Tracks progress through workout, and through season
Rain Jacket	\$30 - \$80	A thin, lightweight, inexpensive rain jacket will keep you warm
Windbreaker	\$45 - \$50	Protection on cool windy mornings
Arm and Leg Warmers	\$22 - \$25 each set	We practice from the heat of July through the cool end of October.
Upper Body Base Layer	\$30	Helps with warmth on cool mornings
Cycling Light for fall riding	\$30-\$200	Helps when riding in the fall and dusk comes earlier

**No student has been denied participation due to a lack of resources.**