



Seventh Annual ICE PICS

Idaho Cycling Enthusiasts Pocatello Invitational Criterium Series
Sponsored by Idaho Cycling Enthusiasts (ICE) and
Idaho State University Campus Recreation and Intramurals
USCF Permit 2003-000635

What: Training criterium.
Where: Idaho State University, Holt Arena Parking Lot.
When: 7 Tuesdays: May 20, June 10, June 17, July 1, July 15, July 29, August 12, 2003
Who: **Racers on road bikes: Novice (Class "C"), Intermediate (Class "B"), & Expert (Class "A")
The event is sanctioned by USCF as a training race, so you must be a member of USA Cycling or ICE.

Why: 1) To make us fast and 2) because it's fun!
Prizes: Bragging rights, the thrill of victory, etc.... Three deep for the total series.
Points 5-deep for 3-Primes (5,4,3,2,1) & Final Lap (10, 8, 6, 4, 2) Overall winner is determined by the TOTAL points accumulated throughout the race, not just the last lap.
This is an instructional Criterium so prizes will be very minimal.
NEW THIS YEAR! ISU Intramural champion t-shirts and other prizes to the top ISU finishers (students, faculty, staff—anyone with a Bengal card is eligible)!

Race times:	Classification	Time
5:30 PM	Course open for warm-up and practice	
6:30 PM	B and C*	40 minutes + 2 Laps
7:20 PM.	A	60 minutes + 2 Laps

*Classes B and C will ride together but will be scored separately.

Fees: \$10 per race or \$30 for the series.

Registration: Parking lot on north side of Holt Arena. Opens at 5:30 p.m. and closes 5 minutes before each scheduled race. **Minors** must have a 2003 USA Cycling Standard release form signed by your parents. So, either bring them along or obtain a form prior to race time. **USA CYCLING MEMBERS:** bring your racing license to the first event! **ISU AFFILIATES:** bring your Bengal card!

RACE RULES:

- * All forms must be read and signed before you ride the course.
- * Race number to be worn at all times while you are on the course!
- * Helmets, ANSI or SNELL approved, must be worn at all times, warm-up & race.
- * Course will open prior to each race for 10 minutes.
- * Sprint laps will be announced with a bell.
- * Points will be accumulated five deep for both primes and finishes.

** For more information contact Rob Van Kirk at 282-2503 or vankrobe@isu.edu or visit www.idahocycling.com