Welcome to the CU Cycling Team!

COLORADO CYCLING
Mountain Officers

Robbie Reid - Mountain Captain

5th Year Senior
Mechanical Engineering
DH, DS, Super D

Molly Madden - Mountain Captain

Junior
MCDB Major
XC, DH, Road
Road Officers

John Keller - Road Captain
  Senior
  Computer Science
  Road

Michael Kouznetsov - Road Captain
  Junior
  Mechanical Engineering
  Road
Other Officers

Jenny Lucke - Short Track Race Director & Women's Captain

Senior
SLHS
Road & Cyclocross

Megan Percy - Fundraising Coordinator

SUPER Senior
E+ Environmental Engineering
Road & Mountain & Gravel
Sniper mode
Ben Cook - Social Media Coordinator

Junior

Journalism major

Road, XC

Downhill, Enduro
Other Officers + Race Coordinators

Ally Faller - MTB Race Coordinator
Senior
TAM and English Majors
Mountain

Drew Levitt - Road Race Coordinator
Senior
Road
Chem Engineering
Our Road Coach!
Heather Fischer

Before

SMASH

After

Before

Before
What is CU Cycling?

“We are a social community of committed students who are passionate about racing and riding bikes!”
What is CU Cycling?

- **Division 1 Club Program** with the University of Colorado
- We compete in the **Rocky Mountain Collegiate Cycling Conference (RMCCC)**
- Governed by **USA Cycling (USAC)**
Our Year at a Glance

Mountain & Track: August

Cyclocross: December, January

Road: May, August

Summer Jort Track: Summer

Fall

Spring
Racing: What do we do?
We Take Our Sport Very Seriously
But, it's all about having FUN!
We want **YOU**!

No matter what you ride!

No matter what skill level!
Team Benefits

Base Camp Tent

- Area to relax, cool off, recoup after races

Race Day Support

- Access to discounted goods and services from our sponsors
- Discounted travel and lodging in really cool places
- Lots and lots of friends to ride with!
Team Benefits

- Sponsors/Discounts
  - Vafels
  - DNA Clothing
  - Stages Power Meters
  - Skratch Labs
  - Pandana
  - Rudy Project
  - Boulder Cycle Sport
Team Benefits

Social Nights

- Access to team Social Nights
- Located at different community locations around Boulder
- Ways to meet new people and enjoy the team!

Club Sports Training Center

- Injury assessment

Alumni Networking

- Access to Alumni in the Colorado Cycling Community
Races: How do they work?

Travel: Carpooling

- For each race week there will be a carpool document for all riders leaving Boulder
- We leave on Friday Afternoon
- **FILL OUT CARPOOL SHEET IF YOU NEED A RIDE** (Make sure you contact the person driving you if you put your name down for their car- DON’T JUST ASSUME THEY’LL KNOW WHEN/WHERE TO PICK YOU UP!)

Lodging: Hotels or Camping

- More info will be sent out in an email each week from the officers
- Student excuse forms are available through the Club Sports page on the Colorado Rec Center website.
Member Expectations

- **Volunteering** - All members must volunteer once each year!
  - CU Mountain Bike Race (Sept 28)
  - CU Road Bike Race (April 2020)
  - CU Summer Short Track Series (if around for summer)
  - Boulder Roubaix and other CU Cycling Sponsored Events

- **Equipment & Expenses**
  - Must provide your own bike, helmet, and kit.

- **University Policy**
  - CU Code of Conduct Applies during travel: No Alcohol, Hazing, Harassment, etc.
  - Social Media - Tagging Rules
  - Good sportsmanship. We represent CU during travel and training.
Snowmass Volunteering!

- This is our race! It funds us!
- WE NEED YOU!!
- Look for the volunteering sheet and get on it—good spots fill fast
- For every two volunteer slots that you fill, you get a FREE night in Crestwood Condos, Snowmass!
- You MUST attend the volunteer meeting the night before (otherwise it doesn’t count)
Buffalo Bicycle Classic!

- Great Volunteer opportunity!
- Staff a service/aid station
- 5 people
- Scholarship!
- Free entry next year!
## Anticipated Expenses

<table>
<thead>
<tr>
<th>Dues</th>
<th>$80</th>
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<tbody>
<tr>
<td>Team Clothing/Gear (approximate)</td>
<td>$150</td>
</tr>
<tr>
<td>Race Entries/Travel/Lodging</td>
<td>~$100 per weekend</td>
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<tr>
<td>Nationals Events (per event x 4 Nationals per year)</td>
<td>TBD</td>
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Subscription period: August 1, 2019 through July 31, 2020 (1 yr.)

Note: these are some of the cheapest team dues of all club sports. Ex:Crew is $1,000/semester

Mountain weekend race entry fees are capped at $65 if you plan to participate in all the events.
**Fall Team Ride Schedule (on TeamSnap)**

**Weekly MTB Rides** (either hard ride or social no drop ride):

- **Tuesday 4-6pm**: XC focus
- **Thursday 6pm-dark**: DH focus

**Weekly Road Ride**:

- **Saturday @ 10am** - Endurance pace, no-drop (wait at top of hills)

**Women's Social Rides**: At least once monthly, times based on availability
How to Join the Team

**Step 1.** Register for Team and Fill out Waiver on Recreation Services!

**Step 2.** Email List: TEAMSNA!P! if you’re not on it come up afterwards and put your email on the sheet
If you Plan on Racing...

Step 3. Buy USAC Collegiate License!

To race you must have a USA Cycling Collegiate License.

- Collegiate License is an add on to a regular license or $45 as stand alone
- Designate “CU Cycling” as your team

Step 4. Pay CU Cycling Team Dues!

- $80 Base Dues
- Added Coaching Fee for Road Disciplines
Registration and Waiver: Google “CU Rec Center”

First result. Click on the “sports clubs” tab, then “Cycling.”

Click on register for cycling, Log in, and make sure all these tabs are marked as complete
Paying Team Dues

On the same rec center website, click on “Registration and Classes”

Log in, then select sports clubs, then “SC: Cycling Fall Dues” (this amount is for the whole year)
Moving Forwards...

-Knock out the steps from “how to join” ASAP, (you will NOT be allowed to race until these items have been completed)

-Check your email regularly for updates and information.
Road Race Coordinator Position

- Coordinate with Promotor
- Wrangle volunteers/sponsors
- Race-Day operations
Mountain Race Coordinator Position

- Coordinate with third party
- Wrangle permits
- Wrangle volunteers/sponsors
- Race-Day operations
Short Track Race Director

- Biggest fundraiser for the team!
  - Helps get our racers to nationals, ship the bikes, book hotels, pay for nationals race entries, etc.
  - Helps pay for race weekend hotel feels.
  - Allows us to buy more necessary equipment to support our racers.

- You get a TON of experience directing a race and seeing the “behind the scenes” of how a race runs.
- You get to choose how the race is run.
- This race series has been around for 10+ years and is a huge staple in the Boulder cycling community for the summer.
Why be a Race Director?

- Important for Team
  - Hotels/transportation/etc.
  - Tents/trainers/chairs/race day items
  - Sending CU racers to nationals to bring home the bacon

- Get to use Bullhorn
- Good on Resume
- Part of Officer Board
- Dues Waived
- ~5 hours/week in spring
- ~20 hours/week on race day
- Come talk to me after!

Fig 1: Nah, Getting said bacon
Questions?

cycling@colorado.edu

Break into groups for further questions!!