

*Welcome to the CU
Cycling Team!*



COLORADO CYCLING

What is CU Cycling?

“We are a social community of committed students who are passionate about racing and riding bikes!”



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

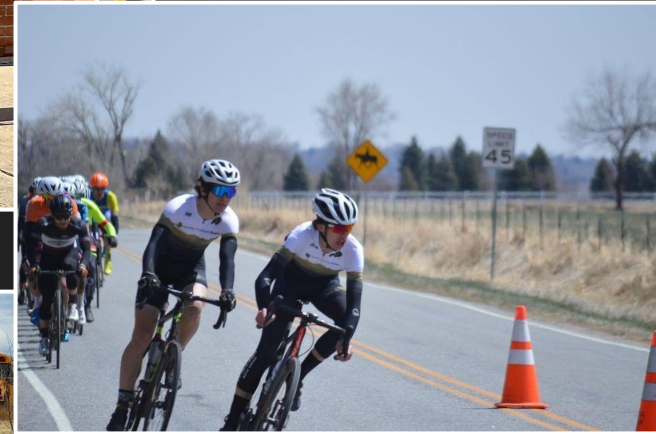
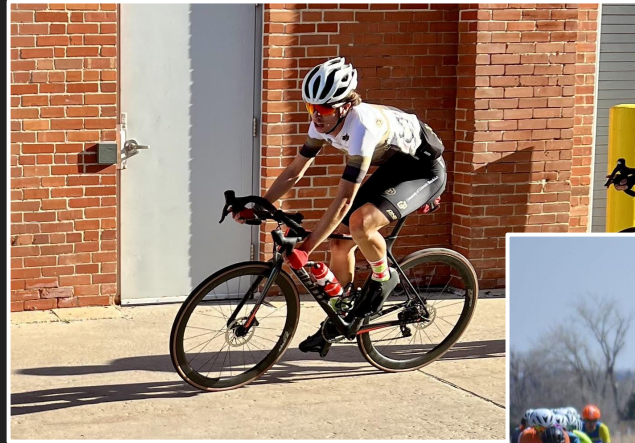
Our Officers

Bryce Pfuetze - Road Co-Captain

Sophomore

Aerospace Engineering

Road, Cyclocross, Track



Simon Abrahamse - Road Co-Captain

Sophomore

Mechanical Engineering

Road, Cyclocross, Track



#Bromance

Our Officers

Ziad Lien - Road Race Director

Senior

Economics & Environmental Studies

Road & XC

Works hard, loves the game, knows Eden

(with assistant/receptionist/provider of vibes

Cole Tamburri)



Our Officers

Grant Ellwood - Road Coach

Graduated Fall 2022

Mechanical Engineering

Road, CX, MTB



Our Officers

Allison Crow - Team Treasurer

PHD Student - ChemE

Energy Research

Road, XC, CX



Our Officers

Kate Indart - Social Media Manager

Junior

Business Management, Sports Media

XC



Our Officers

Jacob Barsness - Mountain Co-Captain

Senior

IPHY, Pre-Med

XC, Marathon XC



Camille Lamarque - Mountain Co-Captain

Senior

Accounting

Downhill, Dual Slalom, Enduro



Our Officers

Doug Snow - Travel Coordinator

Sophomore

Mechanical Engineering

Enduro!



Our Year at a Glance

Mountain &
Track

Cyclocross
December January

Road

Summer
Short Track
May August

Fall

Winter
Break

Spring

Summer

August

December

January

May

August

Fall Results - National Championships

- Club Team Overall - 1st!
- Men's DH - 2nd (Luc Roux) and 16th (Will Doherty)
- Women's DH - 4th (Camille Lamarque) and 10th (Sage Davis + a concussion)
- Team Relay - 1st (Natasha Visnack, Kate Indart, Grant Ellwood, Ben Gattis)
- Men's Short Track - 3rd (Grant Ellwood), 24th (Ben Gattis)
- Women's Short Track - 2nd (Natasha Visnack), 5th (Kate Indart), 6th (Allison Crow), 12th (Isabella Robles), 16th (Ellie Malfeld)
- Men's XC - 3rd (Grant Ellwood), 23rd (Ben Gattis)
- Women's XC - 2nd (Natasha Visnack), 3rd (Kate Indart), 6th (Allison Crow), 10th (Isabella Robles), 15th (Ellie Malfeld)
- Women's Dual Slalom - 8th (Camille Lamarque)
- Men's Dual Slalom - 3rd (Luc Roux), 8th (Will Doherty)

2022 Spring Results - National Championships

- Men's Team Time Trial - 1st (Nikolai Lyssogor, Grant Ellwood, Cole Tamburri, Kylene Solvik)
- Men's ITT - 1st (Nikolai Lyssogor) and 5th (Lucca Trapani)
- Women's ITT - 2nd (Margot Clyne)
- Men's Criterium - 3rd (Reade Warner)
- Club Team Overall - 3rd



2023 Spring Schedule

March

4th - Frostbite TT

18th/19th - Air Force

25th/26th - Maverick Classic

27th-31st - Team Camp

April

15th/16th - Fountain Festival

22nd/23rd - CSU

29th/30th - NoCo+Buff Gold!

May 5th-7th - National Championships - Albuquerque

Our Events this Spring

- April 29th - NoCo Crit and April 30th - Buff Gold
- Volunteering is a membership requirement!!!!
- Team camp
 - Couple of days in Moab week after CMU
 - Paid for by riders attending
 - Say if you're attending before February 12th!

Weekly Road Rides

- Weekday Practice Schedule
 - Friday Coffee Ride
 - 8am at the Buffalo Statue
 - Your Rides!
 - Share when you're riding in the Slack!
- Weekend Practice Schedule
 - Saturday Road Rides
 - 10am at the Buffalo Statue
 - Sunday Skills Rides (TTT, leadout, cornering, etc.)
 - 10am at the Buffalo Statue
- Tri mixer
 - Saturday February 4th
 - 10 AM at the Buffalo Statue



Team Benefits

Sponsors/Discounts - details in Slack →

Team Social Events!

Club Sports Training Center

- Injury assessment and physical therapy
- First floor of Rec Center

Alumni Networking

- Lots of Alumni from CU Cycling Community

Racing Experience

DNA
CYCLING

The Feed.

 **RUDY**
PROJECT

 **STAGES**
CYCLING

skratch LABS

Races: How do they work?

Base Camp Tent

- Area to relax, cool off, recoup after races
- Support to do bike maintenance

Race Day Support

- Access to discounted goods and services from our sponsors
- Discounted travel and lodging in really cool places
- Race photos!



Races: How do they work?

Carpooling

- For each race, we organize a carpool and have a spreadsheet with times and riders
- This helps us to be protected if an accident happens on the way to and from an event.
- If you are driving to a race OR riding with someone you *must* indicate so on the sheet.

Lodging

- For for races that are >2 hours away
- AirBNB split by team, pay at same link as dues
- Spreadsheet for interest in each race - fill this out!



DNA Kit/Clothing Orders

- **Spare kit available Now:** Email cycling@colorado.edu for limited availability
 - Short Sleeve Race Day (Road and XC MTB) Jersey
 - Long Sleeve Freeride (DH) Jersey
 - DH Shorts
 - Socks!
 - Knee Warmers
 - Base Layers
 - Gloves
 - NOTE: First come first serve basis
- **Fall order is made in Spring, Spring order made in Fall**

Anticipated Expenses

Spring Team Dues	\$150
Team Clothing/Gear (approximate)	~\$150
Race Entries/Travel/Lodging	~\$90 per weekend
Nationals Events (per event x 4 Nationals per year)	TBD

If any of these expenses would prevent you from riding please let us know and we will work something out for you!

USA Cycling license subscription period: 1 year (from whenever you purchase)

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

Member Expectations

- **Volunteering** - All members must volunteer once each year!
 - Ride Leaders
 - Setup or Teardown of Basecamp
 - At CU Hosted RMCCC events - Buffaloes in Snowmass!
 - Various other CU Cycling Sponsored Events
- **Equipment & Expenses**
 - Must provide your own bike, helmet, and riding equipment.
- **University Policy**
 - CU Code of Conduct Applies during travel: No Alcohol, Hazing, Harassment, COVID-19 Policy etc.
 - Social Media - **Tagging Rules**
 - Good sportsmanship. We represent CU during travel and training.

Tagging Rules

- No social media posts involving anything about CU with alcohol
- Club sports will end us (we're not joking)
- We all want to be able to keep riding bikes, let's not give them any reason to shut us down

Concussion Protocol

- The **CU Cycling Team Concussion Protocol** is available to members in Google Drive and will be sent out to all members on the list-serve. Each athlete please complete the **HEADS Up** training course published by the CDC. A link will be in the email but it is also easily found on the CDC website.
- Free **BASELINE CONCUSSION TESTING** will be provided by the Recreation Injury Care Center (RICC). Students will be able to sign up for a slot in the first couple weeks of class. More info to be provided soon. This is a brain function test that will help medical professionals if you are seeking treatment for a concussion.
- Riding and racing are high risk activities. Head injuries are very common. Please inform one of your teammates, officers, or Coach Grant if you suspect yourself or a teammate has sustained a head injury. Timely and accurate reporting helps us get the attention and support we need to recover from an injury. The goal is to get back to school and sport as soon as possible.

Team Communication

- **Slack**
 - ALL team communication - get on it!
- **Social Media**
 - **Instagram (primary)**
 - **Twitter (secondary)**



Join the team!

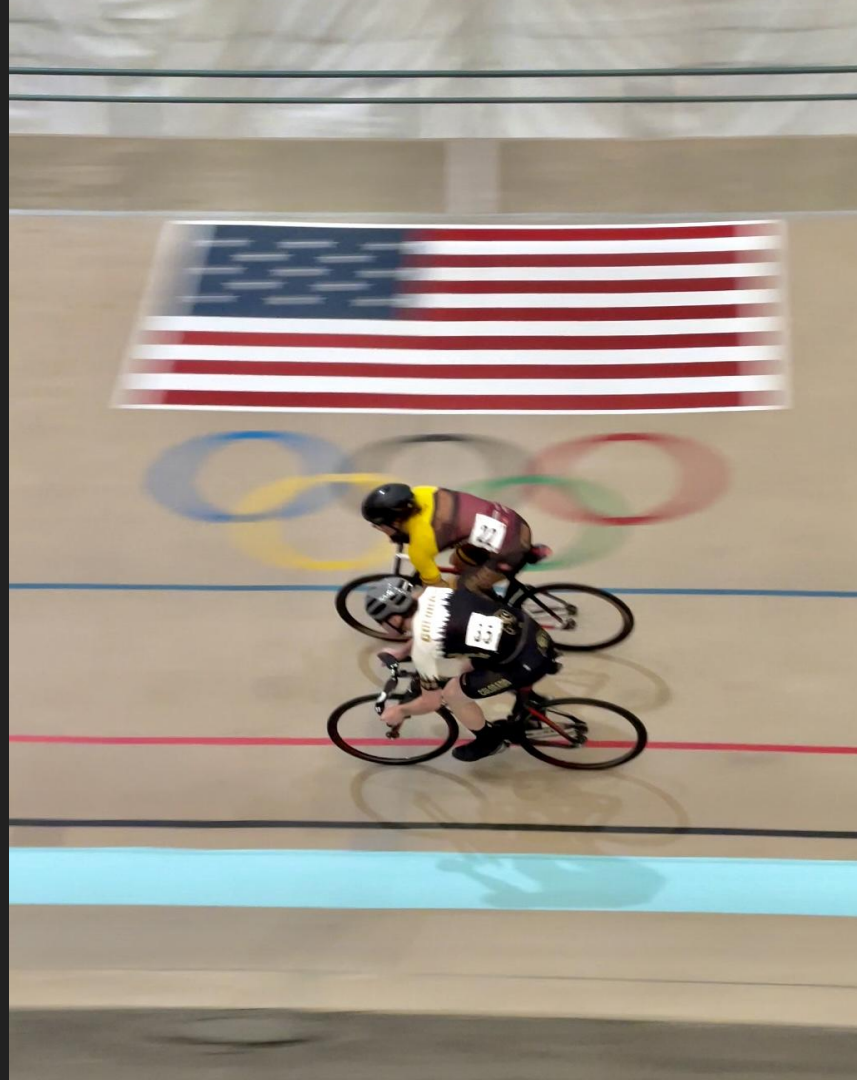
How to Join

Step 1. Fill out Waiver on CU Club Sports website! Complete all steps!

Step 2. Pay Team Dues (\$150 for Road season)

Step 3. Join the Slack

Step 4. Buy USAC Collegiate License (if racing) Free if you already have a USAC license, \$45 to purchase



Renewing your USAC license

- Our club will be active soon...
- When saying what team you're on put EXACTLY:
 - **University of Colorado Boulder**
- Make sure you get a collegiate license! (Collegiate+ not necessary)
- Collegiate riders do NOT need BRAC (Bicycle Colorado?) licenses
 - Anyone who tells you otherwise is lying

Officer Elections

- If you like riding on the CU Cycling team
Consider running for an officer position
- Team officer election information will be sent out in **Early Spring**
- **Critical to making this team happen every year**
- Please contact us if you have any questions about a position or how to do more for the team
- Transition of power: responsibilities during race weekends, on group rides, etc (guided)



Training Plans through Training Peaks

- The training plan is:
 - Free for all students that PAY DUES
 - Meant to cater to all skill levels - I will try and adjust accordingly
 - No pressure for students to try and see if you like it
- You do not have to race because you join the training plan.
- The goal of the training plan is to provide students with resources to improve their fitness and try structured training at no cost.



[Source](#)

How to Sign Up for Training

Step 1: Message Grant in slack and say whether you plan to do one of the following:

- Race road
- Want to follow a training plan but don't plan on racing road
- If you are unsure at the moment reach out and we will figure something out

Step 2: Create a Training Peaks account ([link](#)) - easiest on their website

December 2022

Today



Workout Library



Training Plans

MON 12	TUE 13	WED 14	THU 15	FRI 16	SAT 17	SUN 18
<p> Easy spin 0:45:00</p>	<p> mellow run 0:29:00 ✓ 2.76 mi 31 rTSS P: 0:30:00 👤 x2</p>	<p> Running 0:25:26 ✓ 2.92 mi 34 rTSS P: 0:30:00 Post: Busy day! But I got out for a quick run and felt ok. My back still feels a little weak but hasn't... 😊 6</p> <p> Base ride 2:00:00</p>	<p> Easy spin 0:45:00</p> <p> or run 0:30:00</p>	<p> cadence ramps 1:58:43 ^ 35.3 mi 80 hrTSS P: 1:15:00 4-5 x 30 sec cadence builds from normal to above 120-130 rpm Post: CU ride, I didn't do the cadence ramps, just chatted with some of the CU folks. Felt really good ... 😊 5</p>	<p> base ride with peak power sprints. 3:26:52 ^ 62.2 mi 147 hrTSS P: 2:00:00 10 x all out sprints spread throughout the ride. Hit max power possible inside of 10 seconds. The... Post: Playing around with the fit on my new road bike and haven't gotten things quite right. Legs felt ... 😞 8</p>	<p> Fun day on or off the bike</p>
19	20	21	22	23	24	25
<p> Running 0:25:24 ✓ 3.10 mi 39 rTSS P: 0:30:00 Post: Running with Carrie 👤 x4 😊 6</p> <p> Easy spin</p>	<p> run with pickups 0:34:22 ✓ 4.02 mi 49 rTSS P: 0:30:00 4 x 10 sec flat sprints. Post: Did some pick ups. Felt ok! Happy with it 😊 7</p>	<p> 15 sec on 30 off 2:00:00 An expansion of tabatas. 15 sec at 120% with 30 sec recovery 2 sets of 8</p>	<p> Easy spin 0:45:00</p>	<p> Cadence Builds 1:30:00 warmup 20-30 min. include some short building efforts. (2-3 min in length from base to LT) and se...</p>	<p> Cumulative tempo 1:51:31 ^ 17.9 mi 34 TSS P: 2:30:00 get in 45-60 min of cumulative tempo riding. Break it up however you'd like</p>	<p> Fun day on or off the bike</p>

Uploading Rides

Click “Upload” and find your bike computer and upload the correct file

Please add comments to help me give good feedback and adjust training as needed

SATURDAY January 28, 2023 Fitness 31 Fatigue 12 Form 18

Does not repeat

Base ride

2:00:00 -- mi -- TSS

Warm Up Main Set Build Workout Cool Down

	Planned	Completed	Description
<u>Duration</u>	2:00:00		h:ms
<u>Distance</u>			mi
Average Speed			mph
Elevation Gain			ft
Work			kJ
<u>TSS</u>			TSS
IF			IF
Normalized Power			W
	Min	Avg	Max
Heart Rate			bpm
Power			W
Elevation			ft
Temperature			F

Equipment

Automatically calculate planned values

Post-activity comments

Enter a new comment

Tags

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!



Questions?

Team Email: cycling@colorado.edu

