Fall Team Meeting 2018
We are undergrads, and grads, who like bikes. Some of us like to cruise, some of us like to race, all of us like community.
To develop competitive and ethical racers, enthusiasm for riding, equality in racing, and foster a local biking community.
Bike Cycle Rides!

Monday  
Ice Cream!

Tuesday  
SGR
NHBC

Wednesday  
Devil’s Gear

Thursday  
Jim’s

Friday  
The Saturday

Saturday  
Women’s
Jim’s

Sunday

bring:
• helmet
• water
• snacks
• flat kit

• $ for ice cream
• sense of adventure
Monday ice cream ride
A relaxed 18 mile round-trip to Wentworth’s ice cream. Starting 6 pm this Monday. Coordinated by Alex Bruch

Intro rides
Will be announced via email. Goal is to bring everyone up from ice-cream-level riders to being capable of any group ride in the area, namely the Saturday ride. Coordinated by Catherine Amaya and Michael Grome

Intro clinics
Will be announced via email. Put on by our coaches.

Femme / Trans / Women’s ride
Sundays, leaving from Café Romeo at 8:30 am Length will vary, led by Samantha Andrade
rides

**Saturday Ride**
No classes, ride bikes! There are usually several groups riding at different paces. Routes include the canonical Guilford loop (55 miles) and Little City (70 miles), but we’re adding a ~25 mile – 35 mile group whose route will depend on who shows up and what they want to do. Andy is usually on the 55 or 70 mile, but Chaos is the real ride leader. Longer routes involve a 10-mile paceline / race-y segment on a straight section of road before regrouping.

**Sleeping Giant Ride(/race?) SGR**
The antithesis of a no-drop ride. Race without entry fee (and no road closures!). Great practice. Leaves Sleeping Giant at 6 pm on Tuesdays (moves to Sunday during winter). Coordinate riding up to the park with other riders over email/text/groupme

**Jim’s Friday / Sunday rides**
Excellent rides put on by Prof. Levinsohn. Watch your emails or speak with Jim when you see him at the Saturday ride
Team Equipment

Short-term Loaner Bikes:

• Cyclocross (**2014 CAADX 7 Sora**, Size 51, 54, 56)
• Mountain (**Cannondale Trail 7**, Sizes S, M, L)
• Track (three **All City** track bikes, 48, 52, 56)
• Road (borrow from Prof. David McCormick – sizes 52, 54, 56, 58)

Trainers:

• Available to limited/unlimited members for race warmups, rainy days, and winter spinning

Helmets

• Available to racers participating in ITT and TTT during road season
Bike Shops

- Keep up with regular maintenance on your bikes.
  - Change chain every 2000 miles
  - Don’t use road tires on trainers for too long
  - Make sure shifters are working
  - Clean bike after every ride...

- Both Devil’s Gear Bike Shop & College Street Cycles are our local sponsors. **Limited members** receive 20% off most store products.
Sponsorship
Single Largest Financial Donor - Fully supports all your race fees, travel, and team events

Sponsorship Coord. Supports getting you sweet deals

Expect emails from Adam telling you what he’s set up, any discount codes, etc. Sponsorship deals are only for dues-paying student members at the limited/unlimited levels.
Kit order will be open soon and run for ~1 week. We’ll send out designs once we have them.
**Cycling Listserve (open to public)**
- General listserve used for alumni connections, recruitment, and local ride posts
- Team rides stop posting here in October

**Racers Only Listserve (Club Members)**
- Posted rides and training events
- Skills clinics
- Winter indoor spin classes
- Social Events
- Loaner bikes

**Sponsorship Listserve (Limited/Unlimited Members)**
- Access to sponsorship deals, goods, and team trainers
- Access to team training plans (set up by team coaches)
Coaching

Monthly Clinic / Seminars
These will start out broadly focused in the fall on general riding skills, before moving into more advanced topics as we get closer to road season. Examples include:
Basic Bike Handling, Group Riding Nutrition On and Off the Bike, Team Racing Technique: An introduction to team tactics, mockraces, and lead-outs, etc..

Race-Weekend Guidance
We’ll occasionally swap out a clinic or seminar in favor of Aidan/Hunter joining us for a race weekend. On-site and on-point mentoring!

Coaching Sponsor: CCNS
Aidan Charles (top) & Hunter Provonost (bottom)
LT Testing / Fitting / Training Plans

LT Testing
- Beginning of winter spinning season
- $98 after coach subsidy (team occasionally helps too)
- Gives you (power/metabolic) info to train smart over winter

Individual Coaching ($159/month, instead of $239/month)
- Absolutely Unlimited Consultation. Intensive contact is a must!
- Weekly Training Programs
- Less than 24 Hour Response time to any questions or emails.
- Full Nutrition Analysis with Diet Planning for Weight Management
- All Inclusive Performance Testing at no additional Charge
- Bike Fitting as needed at no additional Charge
WTF do we do in the winter…?
Spinning

If there’s no race and it’s wet/freezing, Andy will be inside.

Spin is generally Tuesdays and Thursdays in PWG when it’s too wet/cold to ride outside; typically Dec - Feb. We occasionally mix in a Saturday spin with a movie projected on the wall.

Supposedly the spin room just got redone and the bikes/sound system are both more-fly than previously.

Supposed to be for limited/unlimited members, but if there’s space then ’club memebership’ level club members are also welcome 😊
Membership Levels

**Club Membership ($45 per year)**
Access to racers-only listserve
Discounts on team kit orders
1 fully funded race weekend

**Season/Limited Membership (as above, plus) ($120)**
Access to sponsorship listserve
Preference at winter indoor spin sessions
7 fully funded race weekends

**Unlimited Membership (as above, plus) ($240)**
Unlimited fully funded races
Fully funded trip to Nationals of any season
Team Leaders receive automatic upgrade to this level from limited

See the website for more info
You can upgrade at any time by paying the difference!
NHGP + Connecticare Gran Fondo

See: newhavengp.com/connecticare-gran-fondo/

10, 31, & 62 mile routes with full support + meal at the finish!

Non-early bird (now) registration is $75, but... Students (undergrad / grad) who pay dues (any level) get free registration thanks to CCAP having our back!

So... pay $45 for all the normal awesome team stuff, get a bonus meal + supported ride which normally costs $75! [note, that is an exclamation point, not a factorial
Leadership Positions

- Men’s Captain*
- Women’s Captain*
- Kit Manager*
- Equipment Manager
- Director of Sponsorship & Social Media*
- Spring Logistics Coordinator*
- Intro coordinator
- Cyclocross Director
- Track Director
- Mountain Director
- Treasurer*
- Social Chair

Positions marked with (*) are two year positions; first year shadowing, second year official

Elections (if needed) will be held at our Winter meeting

All team leaders are automatically upgraded one level of membership, free of charge (eg. limited to unlimited)

Women’s captain, social chair, and cx director are open. Additionally, it’d be good to have people shadowing Bruch (Treasurer), Aaron (Kit Manager), and myself
How racing works

The team covers costs!!!
Specifically:

● All collegiate race entry fees (NOTE: cancelling requires prior notice)
  ○ Club Members: 1 free race weekend
  ○ Limited Members: 7 free race weekends
  ○ Unlimited Members: unlimited free race weekends

● Mileage reimbursement to drivers of full cars for all team travel
  • NOTE: a full car is one that contains 3 or more people, unless fewer than 3 are attending a race.

● Hotel rooms (4 racers per room – we share beds)
● More peanut butter than you can stomach
Mountain (Sept. – Oct.)

<table>
<thead>
<tr>
<th>Dates</th>
<th>Race</th>
<th>Location</th>
<th>Events</th>
<th>Pre-Reg Results</th>
<th>Standings</th>
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</thead>
<tbody>
<tr>
<td>Sept 8-9</td>
<td>UVM Mountain Bike Weekend</td>
<td>Catamount/ Sugarbush, VT</td>
<td>XC, STXC</td>
<td>Bikereg</td>
<td>Catamount Waiver</td>
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<tr>
<td>Sept 15-16</td>
<td>NU Wild Western Mass Weekend</td>
<td>Holiday Farm/Thunder Mtn., MA</td>
<td>XC, STXC</td>
<td>Bikereg</td>
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<tr>
<td>Sept 22/23rd</td>
<td>Clarkson MTB Weekend</td>
<td>Potsdam, NY</td>
<td>XC, STXC</td>
<td>TR, DS, DH</td>
<td></td>
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<tr>
<td>Oct 6-7</td>
<td>UNH-Easterns Mountain Bike Weekend</td>
<td>Highland Mtn Park, NH</td>
<td>XC, STXC</td>
<td>TR, Enduro, DH</td>
<td></td>
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Coordinators: Brian Thompson & Will Vester
Cyclocross (Oct. – Dec.)

Last year’s schedule:

<table>
<thead>
<tr>
<th>Dates</th>
<th>Race</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct 21</td>
<td>Hanover CX</td>
<td>Hanover, NH</td>
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<tr>
<td>Oct 22</td>
<td>Keene Pumpkin Cross</td>
<td>Keene, NH</td>
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<tr>
<td>Oct 28/29</td>
<td>HPCX</td>
<td>Highland Park, NJ</td>
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<tr>
<td>Oct 29</td>
<td>Wicked Creepy Cross*</td>
<td>Bennington, VT</td>
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<tr>
<td>Nov 5</td>
<td>West Hill Shop Cross</td>
<td>Putney, VT</td>
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<tr>
<td>Nov 11</td>
<td>Bubble Cross</td>
<td>West Milford, NJ</td>
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<tr>
<td>Nov 18/19</td>
<td>Supercross</td>
<td>Suffern, NY</td>
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<tr>
<td>Nov 26</td>
<td>NECX Championships</td>
<td>Fitchburg, MA</td>
</tr>
<tr>
<td>Dec 2/3</td>
<td>NBX**</td>
<td>Warwick, RI</td>
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Coordinator:
Open position! Our resident cyclocross champ has a bit much on his plate this semester.
Road (March – May)

<table>
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<tr>
<th>Dates</th>
<th>Race</th>
<th>Location</th>
<th>Events</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mar 17-18</td>
<td>Philly Phlyer</td>
<td>Philadelphia, PA</td>
<td>TTT, RR, CR</td>
</tr>
<tr>
<td>Mar 24-25</td>
<td>Mansfield Madness</td>
<td>Storrs/Stafford Springs, CT</td>
<td>TTT, RR, CR</td>
</tr>
<tr>
<td>Mar 31-Apr 1</td>
<td>NYC Metro Showdown</td>
<td>Valley Cottage, NY/Piscataway, NJ</td>
<td>Circ, CR</td>
</tr>
<tr>
<td>Apr 7-8</td>
<td>Central PA Showdown</td>
<td>Huntingdon/Cleversburg, PA</td>
<td>TTT, CR, RR</td>
</tr>
<tr>
<td>Apr 14-15</td>
<td>L-Enfer du Nord</td>
<td>Hanover/Stratford, NH</td>
<td>ITT, CR, TTT, RR</td>
</tr>
<tr>
<td>Apr 21-22</td>
<td>ECCC Championships</td>
<td>Warwick/Turners Falls, MA</td>
<td>TTT, RR, CR</td>
</tr>
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</table>
Usually June-Sept.

Sort of... didn’t happen last year.

If the ECCC doesn’t put anything up this year, we can always just hit the velodrome a couple weekends for fun.
Categories

- **Intro**: A coached racing experience with skills workshops before the race. If you’ve never done a road race or criterium before, everyone should start here (unless you have exceptional past cycling experience).
- **D**: USAC Cat 5 equivalent. An entry level race for those new to racing. ~20-25 miles for Road Races, 20-30 minute criteriums.
- **C**: USAC Cat 4-5 equivalent. For those with experience racing in a pack. ~35-50 mile RRs, 40mn criteriums.
- **B**: USAC Cat 3-4 equivalent. For experienced, strong racers. ~45-55 mile RRs, 50mn Criteriums.
- **A**: USAC 3+. More experienced, stronger racers. 50+ mile RRs, 60min Criteriums.
When racing, you must have

Things you’ll need:
- Photo ID
- Yale Student ID
- Collegiate Cycling License ($45, or $10 to add to a domestic license ($75))
  - Sometimes intro categories can purchase a 1-day license for ~$10
- Yale Team Jersey
- A helmet and bbbiiiikkkkee!
Yale cycling members are "local", organic, grass-fed, and hormone free.

Cheating, is not tolerated

Yale cycling aims to develop a flourishing cycling community

Discrimination, is not tolerated

Yale cycling holds non-members and members alike to these standards

Please contact Andy if you have any concerns, or observe breach of either of these points
All team members, as representatives of the team and University, are expected to follow local traffic laws and conduct him or herself with the utmost respect to pedestrians, drivers, law enforcement, and other riders.

In races, racers shall abide by race rules given at the start of each race, as well as behaving in a manner with which to represent the team well.

Racers shall not:
- harm other racers
- damage another's property
- steal
- curse
- wear explicit or profane clothing or logos
- harass other racers or race officials
- use equipment without explicit permission
- NO ALCOHOL on race weekends/team events

During all travel to and from races, team members are expected to conduct themselves courteously and in a manner which reflects well on the team at all times.

Poor behavior or misconduct while on team travel, or while wearing team apparel, will be addressed by remediation, suspension from all or part of a season, or dismissal from the team & Collegiate Cycling.
Yale Cycling, as a participating team of Yale University, the ECCC, and USA Cycling, does not tolerate sexual misconduct. Sexual misconduct is any misconduct (continued or isolated) deemed to have a sexual tone. Verbal or physical conduct of a sexual nature, unwelcome sexual advances and requests for sexual favors are considered sexual misconduct.

Perpetrators and victims of sexual misconduct can be men or women. However, given that cycling is a sport dominated by men, women may be especially vulnerable. Yale Cycling prides itself on having a highly gender diverse team, and we wish to maintain a safe and active riding experience for people of all genders, providing men and women a safe and welcoming environment for developing as racers advancing their cycling goals.

**Examples of sexual misconduct include:**
- Touching or grabbing of a sexual nature
- Verbal or written sexually charged remarks
- Making sexually suggestive gestures
- Repeatedly making advances at a person when the person has indicated that they are not interested
If you have experienced or observed sexual misconduct, below are resources you can use for support.

1. Contact captain or board members.
   Andy Barentine: andrew.barentine@yale.edu  719-433-2496
   Samantha Andrade: samantha.andrade@yale.edu

You may also wish to go above Yale Cycling leadership:
2. Tim Manzella, ECCC Conference Assistance director at: tim.j.manzella@gmail.com
3. USAC Collegiate Cycling Coordinator: Emily Palmer epalmer@usac.org  719-434-4202
4. USAC Safesport reporting info, form, etc.: www.usacycling.org/resources/safesport?
safesport@usac.org  719-434-4222.
5. The SHARE Center at Yale University: (203) 432-2000.
- All racers are expected to carry insurance adequate to cover their cycling gear.

- Options:
  - Yale Property Insurance:
    - [http://ogc.yale.edu/special-programs-0](http://ogc.yale.edu/special-programs-0)
  - Haylor Insurance:
    - [http://www.haylor.com/college-students/](http://www.haylor.com/college-students/)
  - Velosurance Bike Insurance:
    - [https://velosurance.com/](https://velosurance.com/)
Spring Break Trip

**Spring Break:** Blue Ridge Parkway, Asheville, NC
- 5 days in the Bird’s Nest
- Ride with other university teams
- Climb Mt. Mitchell (6,684 ft)
Spring Break Trip

Previous trip: Waynesboro, Virginia
- 5 days in Airbnb
- Little cold but a lot of riding
Action items:
Determine your level of membership, pay dues, and send us your receipt:

http://www.yalecycling.org/how-to-join/

If racing in fall, obtain USAC/Collegiate License:

http://www.usacycling.org/buy-a-license.htm