

Stanford University Cycling Club



New Riders' Manual
2005-2006

Overview

The Stanford University Cycling Club is an organization committed primarily to intercollegiate bicycle racing within the National Collegiate Cycling Association (NCCA.) The cycling team competes in road racing, track racing, and mountain bike racing. Stanford is part of the Western Collegiate Cycling Conference (WCCC), and competes against schools across California and Nevada.

Though the Stanford Cycling Team is competitive, with some members becoming All-Americans, winning national champions, and eventually joining pro teams, the club is not based on high-level competition alone. There are a handful of racing classes, ranging from Beginner to Expert. We race primarily because it's fun, but it also happens to be fun to win.

The Stanford Cycling Team is a club sport, not a varsity sport. So you can pat yourself on the back, because it's most likely you didn't get into Stanford on your biking skills. Being a club sport, we don't get varsity funding. We don't have big recruiting power. We also don't have as many rules to follow. Our organization is entirely student-run.

The cycling club promotes cycling within and around the Stanford community. Club events include training rides, helping with bicycle safety programs on campus and at local schools, fundraising, and social gatherings. All cyclists, including beginner and recreational cyclists, are welcome to join the club. All racing team members must be part of the club. Club benefits include access to club events, available coaching, Stanford Cycling clothing, sponsorship, and meeting a lot of cool people.

Racing

The season for road racing is the spring, so fall and winter are the seasons for road training. The pavement events include Team Time Trials, Criteriums, and Road Races. Regular group rides are posted to the website and to the newsgroup.

Mountain bike season is in the fall, and training is year-round. Off-road events include Cross Country, Downhill, Dual Slalom, Super D, and Short Track Cross Country. Mountain rides are posted on the website and through the email list, as many mountain rides require a car for transportation.

Though road and mountain racing are the main attractions, track racing also has a team presence. Typically, track races have taken place Wednesday nights and Fridays or Saturdays at the Hellyer Park Velodrome in San Jose. Track racing season is mainly in the summer, starting in April.

In both road and mountain biking, races are held typically every weekend during their respective seasons. The team will usually target certain races in a season, and often avoid the races that require the most traveling. Four hours of driving is most common for a commute to a race. And of course, EVERYONE goes to the Stanford-hosted races.

A major benefit of being a club sport rather than varsity is that everyone contributes to the success of the team. Both men's and women's points are combined in the team's rankings, and all classes of racers, from beginners to experts, contribute points to the team.

Dues and Reimbursement Policies

Dues are \$55 per quarter or \$125 per year. If you pay only for a quarter at first, you can later upgrade to an annual membership for the difference.

What do your dues cover? If you race, the team will pay for your gas to and from races, as long as you don't drive alone, and hotel expenses when necessary. We will also cover your collegiate entry fees. Race just twice—once if it's far away enough—and you will have easily made back your quarterly dues. And you must pay dues to be eligible for sponsor orders.

For racing and non-racing members alike, paying dues allows you to purchase team clothing at discounted prices, and receive our shop discount at Menlo Velo.

Club Jobs

To remain a club member in good standing, and therefore to be eligible to race and to order from sponsors, you need to complete a total of three volunteer jobs during the year. At least two of these must be working in some capacity at a race: one day each at our home mtb and our home road race. You are expected to volunteer once for each race (rare exceptions can be made based on your own racing schedule; so while it is not recommended, some people may end up having to work two days at one race).

Newsgroup and Mailing Lists

The best way to stay informed about club activities and events is to subscribe to the [newsgroup](#). For more updates and ride postings, join our mailing lists. To subscribe to the mailing lists, send an e-mail to majordomo@lists.stanford.edu and in the body of the message write "subscribe stanford_cyclists" or "subscribe mtb-cyclists" and you should receive a confirmation e-mail shortly after you send the message.

At the moment, the [Newsgroup](#) is the basic method of communication between club members. All Stanford cyclists should join the [newsgroup](#), while those more interested in racing and group rides for road and/or mountain biking should join the road- and/or mountain- specific mailing lists as well. Anyone subscribed to the mountain bikers' list can post rides and other announcements to the list directly. Road rides usually follow a preset [schedule](#), but rides are often posted to the Newsgroup too.

Group Rides

Regular group riding opportunities follow the schedule posted on the website, but more spontaneous opportunities are posted to the newsgroup and mailing lists as well, as mentioned above.

What to bring:

- You— frequent practicing is the basis of skill and fitness development. Newer road bikers should be training 4+ times a week, with one ride being as long in duration as possible.
- Helmet— but of course. And be sure you've signed your life away on one of our waivers.
- Maintained Bike— mechanicals are a bad thing. Try to avoid them. And on the rides, no one gets left behind. Be sure your tires have enough air and are in good

condition; your drive train (i.e. derailleurs) works so you can shift into all your gears; your front and rear brakes work well, and pads are not overly worn.

- Water– 1 oversized water bottle is good, 2 are better, and a Camelbak can be best.
- Food– take food if you will ride for more than 2 hours.
- Pump– a frame pump *securely* attached to your bike, or carried in a pack
- Spare Tubes– 1 is good, 2 are better.
- Tire Levers– take at least 2.
- Patch Kit– you need more than those 2 spare tubes.
- Spare Clothes– consider taking a light rain jacket as the weather can surprise you on some of the longer rides.
- Money– to buy your teammates beer, or to buy food on a detour.

What to also keep in mind on group rides and at races:

- Obey traffic laws. Cyclists get tickets too.
- If you are wearing a Stanford jersey, you are representing Stanford Cycling.
- Ride on the right side of the road– the RIGHT side. Bike versus car: car wins.
- Unlike in other sports, in cycling, we like Berkeley.
- Party. There are many benefits to going to races with lots of other schools...
- Be on time to rides. Otherwise, the ride may leave without you.
- Love biking. Biking is fun.

Sponsorship

The Stanford Cycling Team is fortunate enough to have a number of sponsors for high quality products. Our current sponsors are Menlo Velo, Specialized, Speedplay, Azonic, Marzocchi, Clif, Park Tool, Profile Design, ATOC, and Kurt Kinetic. Orders typically happen once a year for each sponsor, though some sponsors allow more frequent orders. You must be a club member in good standing, having paid dues and fulfilled the club jobs requirement, to order from our sponsors. Most orders are restricted to racing members, but all members are eligible for Menlo Velo discounts and benefits.

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