

DRAKE



MTB

**PARENT / RIDER
HANDBOOK**

2015 - 2016

Table of Contents

Support Our Sponsors	3-4
Drake High School MTB Team Rules	6
Drake MTB Eligibility Requirements	7
When You Ride With The Team: What to wear & what to bring on rides	8-9
2016 Race Schedule	10
Practice Schedule & Hill Climbs	11
Registration for Team and NorCal (Pit Zone Login), Practices	12
Race Travel and Lodging	13-15
Race Weekend: Packing Checklist/Schedule / Race Prep/Race Staging	16-19
Drake MTB Pit Zone / Volunteering	20
Race Day Nutrition	21-23
Scoring	24-25
Racer Expenses	26
Communication: Useful Links; Coach Contact info	27-28
Caring for Your Gear	29-30
Glossary of Cycling Terminology	31-32
Spirit of HOWDY!	33

SUPPORT OUR SPONSORS

Check them out and use their services!

Primary Sponsors

Breezer Bikes

Designed by Joe Breeze
www.breezerbikes.com

Drake Team Deal:
30% off Breezer Bikes
20% off other products
Only at 3 Ring Cycles

415-259-5704



Redhorse Constructors

www.redhorseconstructors.com

Exceptional Special Services
Builder of Premier Homes
Throughout the Bay Area

415-492-2020

Secondary Sponsors

Michelle Gonzales
Orthodontist to Biking
Stars...Like Ben Enbom,
Dean Lyons and Dylan
Fryer

5th Street in San Rafael
456-3893



Allegiant Partners
Nationwide Commercial
Equipment Financing

Direct Financing Division
www.allegiant-partners.com
888-408-8805

FirstOnScene is a
company with one
focus: building the best
fire department RMS on
the market at the lowest
possible price.

www.firstonscene.com



New Sponsor – Dovetail,
Stephanie O'Brien



Associate

Sponsors

Dolby Means Business

Hear the Difference

www.dolby.com



**Smith & Company CPA–
Larry Smith**

Tax Consulting, IRS
Controversy, Financial
Reporting, Bookkeeping,
Payroll, Sales and Us

www.smathcpas.com



**BILL JOHNSON
REALTOR**

Bill Johnson
Coldwell Banker
Previews International

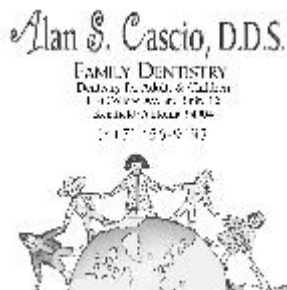
www.gothomes.com

(415) 302-5690

(415) 458-5100

Alan Cascio
Family Dentistry
810 College Avenue,
Suite 12
Kentfield

www.alancasciodds.com



Dan Deffner
Creative Builders
(415) 256-1316

Your Local Contractor based in
San Anselmo

(415) 456-9193



**Nurturing Minds in Africa is a
U.S.-based non-profit organization**
working to change our world
through the education and
empowerment of vulnerable girls
in Tanzania.

www.nurturingmindsinafrica.org

Product

Sponsors

Iron Springs Pub and Brewery

Supporting the Team with Give Back Tuesdays

Ironspringspub.com
485-1005



Sunshine Bicycles

www.sunshinebicycle.com

Next to Iron Springs in Fairfax

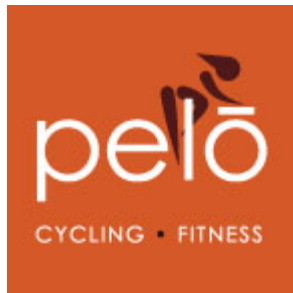
Drake Team Deal:

20% discount for team riders
30% discount on certain Bikes including Trek

Choosy riders choose Pelo.

If you're over chasing the latest trend. If you want quality that lasts the test of time. If you want a real workout and real results, then Pelo is the the place for you.

www.pelofitness.com
(415) 459-7356



Marin Power Yoga

Yoga, Spinning, Massage, and Work-Outs in the Heart of San Anselmo!!

www.marinpoweryoga.com

(415) 683-1191

Drake High School MTB Team Rules

1. Always wear a helmet

This is for your own good! No one wants to be sitting around for a month waiting for a concussion to clear up, let alone having someone spoon-feed you for the rest of your life. Even if you are the brother of a competitor sitting on a bike in the parking lot before a race, you must have a helmet on at all times!! This rule applies to Coaches/Parents/Guardians/anyone associated with the team as well. Additionally, riders at league races caught without helmets, **except on trainers**, will be docked 25 points and/or disqualified from a race.

2. No trick riding

Hopping curbs, jumping off ramps, curling berms and other free-ride dangerous maneuvers during team-sponsored rides puts the whole team at risk as well as yourself. Aside from potentially causing you a lot of pain, there is the liability factor and the team's image in the community.

3. No illegal trail riding

We as a cycling community are working very hard for expanded trail access. Not following the trail access rules, not only affects us as Drake MTB team members, but the cycling community as a whole. This offense may result in suspension or disqualification from the team.

4. No put-downs

Even if you really know the rider who is the target of negative comments, whether you are joking around or not, they may take your ribbing the wrong way. There should be nothing but support between all riders regardless of skill level or gender. Negative comments about team members will not be tolerated.

5. Trail courtesy – Spirit of Howdy!! (See www.spiritofhowdy.org for more information)

When riding on Public Lands always do so with the following in mind:

- Always yield right of way to other users
- Respect other trail user groups
- Control your speed
- Do not litter
- Say Howdy to all users!!!**

6. Communicate

Always communicate with your coaching staff. We cannot read minds and it is important for us to know how you are feeling physically and mentally. Never feel that you don't want to say something for fear of feeling stupid or wimpy. We are here to help you enjoy the sport.

7. Read your email and/or your texts

Email and/or text is the only effective way for us to reach all of you with information concerning everything from events to race day logistics. Last minute changes in schedules and new activities are inevitable, so stay informed.

8. Participate in team fundraisers

Our team is fully self-supporting and it takes everyone participating to make it successful. Please participate in all team fundraisers. If you choose to not participate, you can pay an "Opt-out" fee instead.

9. Have FUN

Mountain biking is one of the best sports there is. It is excellent low-impact aerobic exercise that you can do for a lifetime. You can cover more ground and see more cool stuff than with any other sport.

10. A commitment to two practices per week and three races

All riders must commit to making two practices per week and three races in order to be on the team.

Drake MTB Eligibility Requirements

- Riders are required to attend 2 practices per week and 3 races.
- Drake MTB is committed to helping any high school rider who is willing to commit the time and make the effort to learn the sport of mountain biking and participate in races.
- The Drake MTB hill climb (run as a pre season and postseason event), is an activity used to determine a rider's physical ability, carries a minimum 25-minute completion time. If your rider is new to the sport or has not ridden before, we recommend doing a pre-assessment ride prior to your commitment to team participation. Please contact the head coach or director for more details.
- Mountain biking is a dangerous sport, and riders are exposed to situations and elements that are difficult to control. The team has limited financial and coaching resources and may not have the ability to properly and safely monitor riders that require one-on-one supervision.
- In any situation, we will work with parents to try to come up with a plan, if feasible (and sometimes with additional support from parents or third parties) to allow kids to participate on the team. Participation on the team is not, however, guaranteed.

When You Ride With The Team

Why do you need such special cycling-specific gear?

Cycling is a unique sport in that training takes place over long distances and many hours. Your body is in contact with only a few points on the bike; the handlebars, the seat and the pedals. The hands and seat need padding and protection from pressure and chafing. The shorts and gloves are made with padding designed for comfort over the long rides. Feet are pressing on a very small surface for hours at a time. Cycling shoes need to offer the protection of an inflexible sole, which prevents cramping and increases power while riding.

Riders sweat during long rides, the sweat needs to be wicked away from the body to keep the rider cool when it's hot, and not chill them when they take a break. Cycling jerseys are made from fabric designed to keep cyclists cool when its warm, and warm when its cool.

Cycling specific clothing is designed especially for the challenges facing cyclists, and while it is expensive, it is worth it to be comfortable. Racers spend a lot of time in their clothes on the bike.

At Pelo (weekly spin class), there is a container of clothes that have donated by riders as a donation to help out high school riders. Encourage your rider to take advantage and find some cycling clothing that fits them. This is free cycling clothing!!!

1. Clothing: what to wear on a ride

- Cycling jerseys and shorts – **no cotton or jeans.**
- Arm and/or leg warmers – weather and temperatures can rise and fall during a ride. Be prepared for anything.
- Nylon wind-breaking shell jacket – good for cutting back on chill due to wind.
- Light, water-resistant jacket - if it is raining.

2. Cycling gear: additional essentials

- **Helmet!** Make sure that it fits properly. Two fingers maximum should fit in the slack under the chin when it is buckled up.
- Gloves – gel padding can help prevent numbness. Full fingered gloved recommended for mountain biking to protect in case of crashes.
- Glasses – sport-specific. Do not wear glasses made with actual glass, this can be a hazard in a crash.
- Tools; spare tube, a pump, tire irons and a multi-tool.
- Riders need to be self-sufficient, coaches assist when necessary but riders need to carry extra tubes to be able to fix a flat.

3. Food & Water

- Food, both real food (bars, sandwich, banana) and quick energy food (blocks or glucose tablets). See pages 21-22 for more nutrition and hydration details.
- We are a **PEANUT-FREE TEAM**, so no foods with peanut ingredients or peanut-flavor energy bars. Please check ingredients of the foods you are bringing.
- Water bottle or hydration pack (such as Camelbak) with plenty of water/electrolyte solution.
- A good attitude!

Remember, you must have filled out, signed and turned in the Hold Harmless Agreement and the Tamalpais District Medical Release to ride with the team. These are available on the Drake MTB website www.drakemt看b.org

2016 Race Schedule

Drake MTB is part of the North Conference in the NorCal League

Race # 1- Fun at the Fort

March 5, 2016- East Garrison (South)

March 6, 2016- East Garrison (North)

Race# 2- Granite Bay Grinder

March 19, 2016- Folsom Lake (North)

March 20, 2016- Folsom Lake (South)

Race # 3- Mid Season Challenge (Heavy rain will move race to Ft. Ord. If race changes venue, the race day will flip, North conference will race on Sunday.)

April 9, 2016- Lagoon Valley (North)

April 10, 2016- Lagoon Valley (South)

Race # 4- Five Springs Farm Round-Up. (Heavy rain will move race to Granite Bay)

April 23, 2016- Petaluma (North)

April 24, 2016- Petaluma (South)

Race #5- NorCal Conference Championships

May 7, 2016- Laguna Seca (South)

May 8, 2016- Laguna Seca (North)

Race #6- State Championship

May 21-22 Dirt Club Los Olivos

Weekly Practice Schedule

- Check www.drakemt看b.org for all updates.
- General schedule:

Sundays, 9:00 am	RIDE	Starts January
Mondays, 7:15pm	YOGA	Starts January
Tuesdays, 4:00 pm	RIDE	Starts first Week of Feb
Wednesdays, 3:15 or 4:05pm	PELO Cycling	Starts Mid-Oct
Thursdays, 4:00 pm	RIDE	Starts first Week of Feb
- Rides always meet at Deer Park unless otherwise noted.
- Pelو is located at 171 3rd Street, San Rafael. Carpools often offered from or near school.
- Yoga is located at Marin Power Yoga: 141 Tunstead Ave, San Anselmo.

Hill Climbs

- Check www.drakemt看b.org for all updates.
- In early December the Team has two weekends of hill climbs that take 10 to 20 minutes per rider. Each rider only needs to do one climb. 2015 hill climb dates are November 22 and December 16.
- The climb assesses the general climbing ability of each rider before the season starts. At the end of the season there is the final hill climb, just before the end of the year team party. It is always fun to see how riders have progressed during the season.
- We target a 25-minute minimum completion time to assure riders are able to participate in regular season training rides.

Rider Registration

FIRST: Register your rider with Drake MTB (October)

- 1) Go to <http://www.drakemtb.org/> and set-up log-in.
- 2) Gather all information as prompted, fill out the on-line registration form.
- 3) Download the Parent Waiver Form and return to Team Administrator.
- 4) Pay dues as directed.

SECOND: Register your rider with NorCal-PitZone (January)

- 1) Go to https://pitzone.nationalmtb.org/users/sign_in and set-up log-in.
- 2) Gather all information as prompted before beginning.
- 3) Enter all rider and parent information.
- 4) **You will be required to pay the \$50 registration fee and the \$25 NICA membership fee.**

THIRD: Riders will be registered and paid for races by Drake MTB as a group.

****Key point:** team registers and pays for all rider race fees. **Do not pay race fees on your own,** only the registration fee.

Race Travel

www.norcalmtb.org/events/races posts updated information prior to races. That is the official source for directions and timing. The NorCalMTB.org site and the DrakeMTB.org websites are great resources – when in doubt check them first for information. For lodging, Lori Bruckner will be setting-up some group rates at motels for Drake MTB, as does NorCal, so you will have some choices as the season progresses.

East Garrison Race (near Monterey)

- Travel time: From San Anselmo to East Garrison about 2 ½ hours.
- Directions from Highway 1 (Coming from the north):
From Hwy 1 South take the “Lightfighter” Exit (this exit name changed from “Fort Ord Main Entrance” to “Lightfighter.”) Exit is North of Seaside and South of Marina. Take the Lightfighter exit off of Hwy 1 and continue straight thru 2 stop lights approximately ½ mile. At the third stop light turn right onto Gen. Jim Moore Blvd. Take Gen. Jim Moore Blvd for ¼ mile. At the first stop light turn left onto Gigling Rd. Go straight on Gigling Rd. for 1 mile. After 1 mile on Gigling you come to a stop sign where you need to sign the local land manager’s waiver. Follow the race signs to parking 2.5 miles ahead. PLEASE drive slowly! Do not drive faster than 25 MPH!
- Usual lodging options:
 - ✓ Los Laureles Lodge – starting at \$79 (www.loslaureles.com) 831-659-2233
Make sure to call and tell them you are with Lori Bruckner/Drake Mountain Bike Team and we have a block of rooms.
NOTE – THEY CAN RUN OUT, SO BOOK EARLY!
 - ✓ Carmel Valley Lodge. This is the closest hotel to Los Laureles. Although this is not The Carmel Valley Ranch (very expensive), It is still more expensive than Los Laureles. Group rate is \$165-\$195. Please call directly to book under the Drake Mountain Bike club. Rooms will be held until 2/8. [www://www.valleylodge.com](http://www.valleylodge.com)
 - ✓ Comfort Inn. Range of \$75-\$95. This is further out from race venue, but still a great option. All these hotels are dog-friendly for additional fee.

Granite Bay Race (near Roseville and Folsom Lake)

- Travel time: From San Anselmo to Folsom Lake State Rec Area, approx. 110 miles, 2 hours.

Directions: 101 North to 37 East, then I-80 E to Sacramento. Granite Bay is about 20 minutes east of Sacramento. From I-80 E, take Douglas Blvd exit #103A near Roseville. Go east on Douglas for about 6 miles to Granite Bay, entering Folsom Lake State Recreation Area. Continue along the main park road to the race venue. There is a \$10 parking fee at the gate.

- Usual lodging options:
 - ✓ Orchid Suites, Roseville (916) 784-2222, \$74 for 2-bedroom suite. www.orchidsuitesrosevillehotel.com
 - ✓ Nearby camping: http://www.parks.ca.gov/default.asp?page_id=500
 - ✓ There are many other motel options in the Roseville area.

Lagoon Valley Race (Vacaville)

- information coming soon)

Laguna Seca Race (near Monterey)

- Travel time to Laguna Seca: About 2.5 hours from San Anselmo, 110 miles
- Directions to Laguna Seca: From Highway 1 South exit Highway 68 East. Continue 8.2 miles on 68 East. Turn left at 1021 Monterey-Salinas Highway where you see signs to the Mazda Laguna Seca Raceway.
- Usual lodging options:
 - See Race #1 for Lodging Details.

Petaluma Race **Note: Heavy rain will move race to Granite Bay. 1 weeks notice will be given.*

- Travel time: From San Anselmo to Petaluma about 35 to 40 minutes.
- Directions: Please see the norcalmtb.org/events/races for information.
- Usual lodging options: We will not use a hotel unless we move to Fort Ord.

Boggs Mountain (not a venue in 2016) (near Cobb, CA) some general info @ <http://boggsmountain.net/>

- Travel time: From San Anselmo to Cobb, CA approx. 85 miles, 2 hours
- Directions: 101 N to Santa Rosa. Five miles north of Hwy 12, take exit #494/River Rd. Turn right onto Mark West Springs Rd. In 10 miles, turn left onto Petrified Forest Rd.

Turn left onto Hwy 128 for only .8 miles, then right onto Tubbs Lane for 1.3 miles. Left onto Lake County Hwy, CA 29 to Middletown. Turn left onto Main St. (Hwy 175) for approx. 8 miles. Go thru Cobb about 1 mile to entrance on right for Boggs Mountain State Forest. Follow signs to race.

- Usual lodging options:
 - ✓ Camping is the #1 option for this race. Coaches Sarah and Otis distribute camping info and make a group reservation. It's beautiful, primitive and no water, but a great time with friends. \$10/car charge + \$10/vehicle registration to NorCal.
 - ✓ Small hotels in Cobb, Middletown or Clear Lake. Many riders stay at the twin Pine Casino in Middletown (www.twinpine.com).

Los Olivos State Championships Race (near Buellton and Solvang)

- Travel time: From San Anselmo to Los Olivos, approx. 310 miles, 5 hours
- Directions: Take Highway 101 South, through San Luis Obispo. In 58 miles, take Hwy 154 (Exit #146, just north of Buellton). Cross 101 and take Zaca Station Rd. (to the north). Drive 1.35 miles and turn right thru the simple ranch gate (look for race signage). Follow the dirt road ½ mile to camping and parking.
- Usual lodging options:
 - ✓ Quality Inn Buellton 805-688-0022 (2011 rate approx. \$95 - \$105)
 - ✓ Days Inn, Buellton, 805-688-8448
 - ✓ Camping at race venue. No RV connections. \$20/night per RV or \$10/night per car, payable at entrance (based on 2011 information).

Race Day Checklist

What to Bring:

*Pro tip: use a designated cycling bag for the season.

1. Bike in proper working order:
Derailleur adjusted & shifting accurately, brakes adjusted and not rubbing; wheels true & tires in good condition, chain clean and lubed. Any mechanical problems should get taken care of **before** the race weekend.
2. **NorCal RACING NUMBER PLATE**
3. Tube, pump, basic tools
4. Helmet
5. Cycling shoes/socks
6. Gloves
7. Glasses
8. Cycling clothes (for warm and cold conditions), including current team jersey!
9. 1-3 water bottles (depending on race length) **filled with water.**
10. Race food (riders should bring what they are used to training with)
11. Complete change of clothes
12. Large changing towel
13. Garbage bag (for wet, dirty cycling clothes)
14. **POSITIVE, "HAVE FUN" ATTITUDE**

Race Weekend

Race weekend can be a stressful time for riders and their traveling support crew. It really pays off to prepare in advance, keep travel gear in one place, look through the checklist early, and create a travel routine.

If you are not coming to a race due to illness or other unexpected event, let the coaches know one week ahead of time.

Here's a sample weekend schedule for Sunday Races :

- 9:00 Saturday morning – pack and prepare
- 12:00 Saturday – approx. departure time (drive times are approx. 2 to 3 hours)
- 3:00 Saturday – pre-ride the course with coaches (this is invaluable)
- 5:30 Saturday – shower and prep for dinner
- Sometimes group dinners will be arranged for Saturday night
- Early to bed – BIG race day tomorrow
- Sunday morning – pack-up and get to race site by 8:30 a.m. or 2 hours prior to your race, whichever is earlier, for nutritious hot breakfast. Girl's race always starts first at 10:00am sharp!
- 9:00 a.m. mandatory team meeting
- Races begin!
- Podium at end of the day, around 5 p.m.

The Saturday Races will be more challenging from a planning perspective. If the rider can leave at noon on Friday, we will likely have groups going to the race site leaving at about noon for races #2 and #5 (the Petaluma race, # 4, is only 45 minutes away, so we may be able to leave at 2 to 3 p.m. and get a pre-ride in). It is really helpful to go to the pre-ride as it allows riders ample time to practice difficult sections and think about strategy along the course.

Race Day Timing Countdown

All racers need to arrive at team tent by 9 a.m. for full team meeting. Following is the countdown for **your own** start time.

2 Hours prior to Race Start Time:

Be at race venue and make sure you have eaten. Take care of your feed-zone water bottles and race nutrition needs (see below).

2 Hours to 1h 45m prior to Race Start: Check your registration

Get checked in at the registration desk if you have had any problem with registering. Check in with Coaches Sarah and Otis and so they can mark down that you are there.

1h 45m to 1 Hour prior to Race Start: Equipment Check

Be dressed for racing and get your bike ready. Attach race plate with zip ties. Identify any last-minute bike problems that need attention – chain oil, tire inflation etc. **Make sure** to refer any problems to Team Mechanic. Mechanics will answer questions and provide what help they can during the limited time available before your race. Prep water bottle for feed zone and get your race food ready (see details below).

1 Hour to 30 minutes prior to Race Start: Warm Up

Ride on course, if permitted, or surrounding area or trainers in Drake MTB pit zone.

30 to 20 minutes prior to Race Start: Meeting with Coaches

Strategy, course review, lap review by class.

20 minutes to :00 prior to Race Start: On Your Mark, Get Set

Be at race start 20 minutes before start time to line up by class and get a good position.

:00 GO!!! Reach your Personal Goal.

Before your Race: Prep Water Bottle for Feed Zone

- Riders use 1 to 3 feed zone bottles depending on the weather and race distance.
- All bottles should be clearly labeled (w/ sharpie) with rider name, category and number.
- Bring bottles to the Drake MTB pit zone and put in the appropriate feed zone box.
- Tell feed zone parents if you have any special requests.
- Some use Osmo or an electrolyte drink in their bottles.

Before your Race: Get Your Race Nutrition Ready

- Riders should use non-caffeinated Gu, shot blocks or any other quick food during the race. Always drink fluids after eating products.
- **NO caffeine products allowed.**
- There are a couple of “easy tear off” techniques for Gu packets: screwed into the lid of the water bottle or taped onto the handlebars.
- Carry snack bars in your pocket if you might want them, or request from the feed zone.
- **Remember Drake is a peanut-free team.**

Before your Race: Put the Number Plate on your Bike

- Student-athletes must affix an official NICA league number plate to their bikes at NICA league races. The number plate should be attached with at least three fasteners. Racers are only issued one number plate per season so don't lose it!! **There is anywhere from \$20-\$30 charge for a new plate, also your rider will no longer have a cool printed plate but one with a handwritten number.** We recommend plates are removed after the race and put in the riders' dedicated cycling bag.
- **Number plate attachment:** Use twist-ties or zip ties (provided by team). Our team mechanics nearly always apply the plates so they know that bikes have been checked before the race. Position the plate in front of all cable housing. Cables must not cross in front of plate. Position the plate so that number-spotters at finish line can easily read it.
- **Number-plate storage:** Keep track of your number plate. Take it off the bike before the drive home, if you use a truck or car rack. Put the plate in a set location such as a pocket of your dedicated cycling bag. If you lose your plate you will have to use a hand-lettered plate for the rest of the season and pay a fee.

Race Staging Rules

- Each wave will stage categories in order of race start times.
- Racers can stage up to 20 minutes before their start time.
- Each category in a wave will have a neutral area between categories. No riders are allowed between the end of a category and the staging line of the next category.
- Racers must begin the staging area behind the designated staging line for their specific category.
- Rider positioning (if a rider is not "called up") is based on first-come, first-placed basis.
- All subsequent arriving riders must line up behind those that are in place and be within the boundaries of the starting road surface.
- Riders must remain in their positions and within the confines of the start road surface during advancement to the next staging line or start line.
- Riders must allow enough room for top ten (or 5, 15 or 20) call-ups to proceed to the start line when called up.
- Shoving, pushing or any conduct deemed by the start line official as unsportsmanlike can result in movement to the back of the category or disqualification from the race depending on severity.

Drake MTB Pit Zone

Drake MTB prides itself on having the best Pit Zone in the State. We provide food for the entire family, bike racks, warm-up trainers, recovery drinks, shade, seating and technical mechanical assistance throughout the entire day. This is a group effort that requires major help from parents to keep our team healthy, prepared and race ready!

Prior to each race, spreadsheets are sent out to the Google group for food and work volunteers. We are only successful if each family volunteers to participate and support the team. Please find a job that works for your family! Some people like to do the same jobs every race, some people like to mix it up!

Volunteer categories are:

- Team pit area set-up
- Pit area recycling and garbage handling
- Hospitality / food station maintenance
- Feed zone
- Feed zone spotter
- Water and electrolyte coordinator
- First aid kit coordinator
- Grill master and assistants
- Team photographer
- Team pit area breakdown crew

NorCal also needs parent volunteers for course set-up and takedown, parking coordination, course marshals, registration, scoring, sweepers, etc. There is plenty of opportunity to stay busy and work off that nervous energy! Let's continue to show that Drake always helps out at all times.

**Please be generous with your time.
Our Drake MTB riders truly appreciate it!**

Training & Racing Hydration and Nutrition

Hydration:

Water alone doesn't hydrate, the body needs a little sodium in the water to absorb it well. You will know it is getting absorbed because you won't have to pee so frequently.

Fuel:

Eat properly before training and racing to maximize energy and get the optimal benefits of training. Your body cannot make the adaptations that are the purpose of training if you do not eat correctly before, during and after your training rides and races. Having a mixture of fats, protein and carbohydrate at every meal or snack ensures that your body receives an evenly distributed amount of energy over the day, rather than a quick high from sugar followed by a crash.

Of the various options for protein powders, whey protein is the best bang for the buck, with the most accessible protein for the body.

Training day with 9 a.m. morning ride:

Prepare:

Eat a breakfast that includes protein, carbohydrates and fat.

- Oatmeal with berries, yogurt, banana
- Eggs with toast and butter, banana

Pack water enhanced with 1/16 tsp. salt and 1 Tb maple syrup OR electrolyte solution (Osmo, etc.). No plain water.

Pack food; "real" food (sandwich, Clif bar, trail mix, banana or other bar), **and** simple sugar product (Clif bloks, GU chomps, glucose tablets, etc.)

Ride:

You are expending 180-200 calories per hour.

First hour, hydrate.

Starting in the second hour, hydrate and eat "real" food, not sugar. Real food is always better than bars. Don't wait to feel hungry, use the "nibble, nibble, sip, sip" approach throughout the ride.

Near the end of the ride is the time for sugar, in the form of blocks or glucose tablets. It will give you a final burst of energy to get home.

Recover:

Use the mantra; “Person first, equipment second.” Eat first, then clean your bike and gear. You have a 30-minute window to consume some protein in order to optimize your absorption of carbohydrates later. If you don’t, your training will not have the effect you want. Not enough protein keeps your stress hormones elevated.

As soon as you step off the bike, the clock starts ticking for your 30-minute window.

You need 20-30 grams of protein after a ride. Girls need more than boys.

You can drink a commercial recovery product, such as Osmo Acute recovery, or chocolate milk with a scoop of protein powder, plain Greek yogurt with some berries or made into a smoothie, or anything that is easy to digest that has the correct amount of protein. You can also choose to eat a real and full meal in this 30-minute window.

To find out the amount of protein in real food, look on the label or you can look up whole foods online. Search “egg protein content”, for example (6 grams, by the way).

Within 2 hours, eat a real meal that includes protein, fat and carbohydrates. Avoid sugar.

Training day with 4 p.m. after school ride:

Same preparation as morning training day, with the following additions:

Eat a lunch that includes protein, carbohydrates and fat.

Just before your ride, eat a snack. Perhaps an almond butter and jelly sandwich or something similar. Prep ahead of time, and keep with your clothes that you have set out to ride.

Race day: Think of it the same as a training day, with some changes – read above.

Prepare:

Know the course ahead of time so you can plan ahead where you can eat and drink.

Eat the same breakfast you always eat, don’t change anything up on race day.

Race:

If your race is within 2 hours of breakfast, no need to eat more. Hydrate and fuel during the race. Leave sugar products to the end, giving you energy to attack and sprint at the end.

Prepare:

If your race is later, eat a substantial snack within 2 hours of the race. For example, toast with butter, a sprinkle of salt, and avocado, or a small sandwich.

Race:

Hydrate in the first hour, then hydrate and eat real food during hour 2. Use glucose tablets or blocks in the last 15 minutes for quick energy to attack and sprint.

Recover:

Recover with the same schedule as a training day. Protein within 30 minutes, followed by a real meal within 2 hours.

Avoid:

Gel products:

Gels use sugars from maltodextrin and fructose, which are difficult for your body to digest and assimilate. The undigested maltodextrin causes generalized inflammation, which you are actively trying to avoid. For sugar needs, use products with glucose and sucrose, which are more easily accessed by the body.

Gels also cause dehydration by putting a concentrated carbohydrate into the small intestine without adequate water, forcing the body to pull water from tissue to deal with it, leading to dehydration.

Advil:

Avoid Advil in or around training. If it must be used, use at night only.

Also avoid other NSAIDs 3-4 hours after training.

Resource:

- Recipes for “real” food for athletes: www.Runningonrealfood.com
- Recipes suggested by Stacy: <http://ohsheglows.com/2014/08/26/back-to-school-21-portable-allergy-friendly-snack-recipes-vegan-gluten-free-with-nut-free-options/>

Notes for women:

Hormonal changes affect our bodies and the ability to make hard efforts in training and racing.

- 5-7 days before menstrual period you might need a little extra carbohydrates if you are experiencing fatigue.
- Branched chain amino acids are also helpful if you are making hard efforts in the 5-7 days before your period. 3 grams before training, 5 grams after training.
- Increase your protein intake during your menstrual period.

Scoring

(For complete NICA Rulebook, refer to

<http://www.nationalmtb.org/wp-content/uploads/NICA-Rulebook.pdf>)

Everyone (especially new riders) should scan through the rulebook – it is packed with information!

Divisions

Drake competes in Division I in the NorCal League in the Northern Conference. Division I teams have 12 or more riders while Division II teams have 11 or fewer. There is no distinction between divisions in terms of skill level. The divisions compete together, with staggered start times for larger fields.

Scores for Riders: Individual Races

A rider earns **individual points** for each race that he/she *completes* (no points if you DNF, do not finish). Medals are awarded to the top five finishers in each of eight fields: Girls and Boys Freshman, Sophomore, JV and Varsity. To see the points awarded for placing in each field, go to the NICA Handbook (norcalmtb.org/events/races). This year, for a full field, the top scoring for Frosh/Soph is 500 points, JV 550 and Varsity 600 (this is different from 2013). This year any top 15 varsity finish scores more than a 1st place Freshman – so there is more emphasis on JV and Varsity riders from a points perspective. At each race, scoring officials post results as soon as they are available. There is often a local IP address where you can get a feed of results fairly quickly. Results are posted to the NorCal site after about two days.

Scores for Riders: Overall Series

Each racer is also competing for an Overall (cumulative) NorCal Northern Conference ranking. Five NorCal races are scheduled for 2014. Riders who complete all five races get 25 “Season Bonus Points.” For NorCal’s final overall ranking, the lowest score of the five is dropped. Thus, the rider’s season score is a sum of four best races plus bonus, if any. A missed race would be the lowest score dropped.

During the season, the top-ranked 10 (usually, depends on field size) racers in each group get “call-ups,” positioning them at the front of their field at the starting line.

Scores for Teams

Each team earns **team points** at each race. A Division I team’s points are the sum of its eight highest individual scores and must include scores of at least two girls and at least two boys (possibilities are GGBBBBBB, GGGBBBBB, GGGBBBBB, GGGGBBBB, or GGGGGBBB). Top-scoring teams have strong finishers in a range of fields.

At each race, team prizes are awarded to the 3 teams earning the most points. Because of the complexity of the scoring system, we usually can't tell what team won the race until the announcements are made. This makes the awards ceremonies exciting right to the end.

Overall Team Score

Teams compete for the NorCal Championships. The lowest team score is not dropped in determining the series winner.

California State Championships

This is a single day of racing. It is scored separately, both for individual rankings and for team rankings. The top 80% of NorCal and SoCal riders are eligible to participate.

Racer Expenses

Mountain biking is a unique sport in that it is resource intensive. The following information is provided so that you might have a good idea of how much it will cost an individual to race for one season in the NorCal High School Race Series. We have been trying to keep costs down, but the team is fully self-supporting, with no school funding. We have our Piggybackr fundraiser, Biketoberfest raffle and various other fundraisers to defray our costs.

For Drake (required fees only)

Each rider is required to purchase their own jersey as required riding during the races.

To order kits and other Drake accessories such as leg warmers and long sleeve jerseys, go to:

<https://shop.kitorder.com/DRAKEMTB>. There are certain times when ordering will be available. Talk to coaches for more information.

Jersey	\$64	
Long-sleeved jersey	\$80	(optional)
Shorts	\$80	(optional, but recommended)
Arm Warmers	\$27	(optional)
Tamarancho Pass	\$5	(new racers only, unless rider lost it)
Team Dues/Race Fees*	\$300	(includes race fees for 6 races, pre-paid to Drake MTB)

*2015- dues are subject to change from year to year depending on fundraising success.

For NorCal League (required fees only)

Pit Zone Registration	\$50
NICA Membership	\$25

Travel to Races

5 Weekends \$ 750 (1 night hotel, gas, food approx. \$150 each)

There are some camping options. Same-day travel and carpooling may help minimize costs. We assume no costs to travel to Petaluma.

Recommended

Please donate to the Drake Fund!!! This fund does so much for every student. The fund usually helps out the team every year with equipment needs.

Gear

Bike, helmet, shoes, light, travel tools, bike maintenance

Clothing: shorts or bibs, arm / leg warmers, socks, jacket, long sleeve jersey, sweatshirt

Total

Minimum of \$1,325 (assuming travel to all races with a caregiver) to an unlimited maximum.

It's great that we LOVE the sport!

Communication

Drake MTB Website

- www.drakemtb.org: Home of the calendar, announcements, ride-change announcements, news, etc.

Drake MTB Google Group – This is our primary means of communication for all parents and riders!

- <http://groups.google.com/group/drakemtb>
- You will be automatically added to the Google group when you register for the team.
- All announcements & sign-up spreadsheets are posted here for food, volunteering, etc.
- If you're buried in messages, go to "Edit my membership" and change the setting to "Digest mail" or "Abridged mail".
- When replying to emails, if you want to reply only to the sender, you need to reply from within Google Group site; select "Reply to Sender."

Drake MTB Parent Advisory Committee - Google Group

- <https://groups.google.com/forum/#!forum/drake-mtb-parent-advisory-committee>
- If you're interested in the administration of the team, this is the site for you to add.

NorCal site info (Pit Zone, Events, Results, etc.)

- www.norcalmtb.org
- NorCal posts event schedules, results, etc.

NICA Rulebook

- <http://www.nationalmtb.org/wp-content/uploads/NICA-Rulebook.pdf>

Drake MTB Parent Contact List

- <http://groups.google.com/group/drakemtb> - set-up Google doc w/ approved info.
- Includes name, address, phone contact, personal email for rider families.
- Please use with discretion and only share information within the team.

Staff Emergency Cell Numbers

Please use with discretion and try to find the answers for yourselves before calling or texting coaches.

Head Coach Sarah	415-531-5172
Head Coach Otis	415-250-2585
Coach Kevin	415-686-0730
Coach Eric	415-250-3396
Coach Dan	415-720-5690
Parent co-president Margot Enbom	415-699-8979
Parent co-president Alexis White	415-250-3030

Caring for your gear

Tip 1: IMPORTANT: MARK ALL OF YOUR GEAR – especially clothing. The whole team has the same thing! Make sure that you have everything that you brought before leaving the race venue.

Tip 2: Take proper care of your gear – it will last a lot longer!

Tip 3: Keep Your bike in peak race condition

It is critical that your bike be in top condition for a race. There is nothing worse than putting out a great effort only to have it negated by a mechanical failure. Plan early to get your bike into Sunshine Bikes or other repair shop for a tune-up prior to the first race—and any other time during the season that you suspect something is not quite right with the bike. Don't wait until the day before the race to get your bike tuned up, plan several days in advance. Our team mechanics are available for emergency repairs at the race but cannot perform tune-ups and regular maintenance at races.

Tip 4: Washing

Muddy Self: If you come home muddy after a ride and you are cold, get inside, get wet clothes off and get yourself warm before taking shower.

Muddy Bike: If it is not too cold, try a quick spraying-off outside with a garden hose, in your clothes. This gets most of the mud off you and your clothing. Standing in a basin of warm water helps.

Muddy Shoes: Clean shoes with hose, inside and out. Stuff wads of newspaper into shoes to wick out the water. Remove newspaper when it is saturated; repeat as necessary.

Muddy Clothes: Pre-rinse in a basin outside—no soap. Fill basin with water, immerse clothing to rinse, repeat as needed with fresh water. Very muddy spots can be spot sprayed with Shout or equivalent, and scrubbed vigorously by grabbing the fabric on either side and rubbing back and forth. Then bring clothing inside and wash with mild detergent in cold water in the washing machine. Hang clothing to air-dry. Cold water and air-drying will help the lycra fabric last longer. (If you have bib shorts, mesh bags will keep them from getting stretched in washing machines.)

Tip 5: Washing Tips for Bikes

You can spray off your bike with a garden hose with sprayer nozzle – but be careful. Hose down both sides of the bike. Do **not** direct water at any bearing seals: fork bearings, crank bearings, and wheel bearings. (If in doubt, ask an expert.) After initial hosing, go over the bike with a soft-bristle brush to remove dirt adhered to frame and parts. Hose off again. Bounce the bike to remove most of the water. At this stage, it's helpful to spray on a silicone product such as Bike Lust, which will protect frame finish and make your next cleaning easier. Wipe cleaned bike down with clean towel. Immediately, towel-dry the chain and lubricate it. Oil the derailleur pivots with a product such as Tri-Flow, with fine-drop applicator.

Glossary of cycling terminology

29er: A bike with 29" circumference wheels. This is larger than 26", the standard size for many years prior. There is also a 27.5" wheel available.

Arm/Leg/Knee warmers: Cycling specific removable sleeves useful in changing weather conditions. Leg warmers extend to the ankle, knee warmers extend just below the knee.

Bib shorts: Cycling specific shorts with suspender-like attachments.

Bonk: to completely run out of energy due to lack of food and/or proper hydration. Very bad feeling.

Chamois (shammy): A pad sewn into cycling shorts to decrease chafing and sore spots in tender areas. In the distant past, these were made of chamois leather, hence the name.

Clipless pedals: Pedals that cycling shoes click into, similar to ski bindings. The name is derived from the advance in technology from toe-clips, like little cages for your feet, that were used in the 19th and 20th centuries to hold your feet onto the pedals. These newfangled pedals introduced in the 1980's were "clipless", yet you do clip/click into them. Sorry for the confusion!

Feed Zone: Designated area on race course where racers can get water bottles or food from designated feeders. Feeders are parent volunteers.

Full or Dual Suspension: A mountain bike with suspension in the rear as well as on the fork.

Hardtail: A mountain bike with no rear suspension, only suspension on the front fork.

Jersey: Cycling specific shirt made from synthetic fabric to wick moisture from body, zipper to adjust ventilation, and pockets to store food and extra gear.

Kit: Cycling uniform with team logos for cycling. Kit items might include jersey, shorts, arm warmers, leg or knee warmers, socks. All these come emblazoned with Drake team logo. Jersey is the only item required.

Multitool: A tool that has multiple allen wrenches and screwdriver heads that fold up. For repairs or adjustments to your bike on the ride.

Pit Zone: Designated area for each team. Includes food prep and serving area, seating for athletes, bag storage, waste management, and shade.

Trainer: A stationary mechanism that a bike is attached to, allowing riding while staying stationary. Trainers are used to warm up for races, useful when there are no trails or roads available for warming up. They are set up in the Pit Zone and are provided by the team.

HOWDY!

**It takes dedication and commitment
to do what we do, but behind the hard work
we also have the “howdy” spirit.
And what that means is Drake MTB
is a community that cares about each other,
looks out for each other
and looks beyond each other.
That’s at the core of who we are.
That’s why it works!**

Website on the Spirit of Howdy

www.spiritofhowdy.org

revised 2/3/2106