

Howdy All!

Time for another Coaches Update as we get ready to shift gears into racing season.

### **Sunday rides, weekday rides, and Pelo**

The whole team had a beautiful ride up to Big Rock this past Sunday, with spectacular views at the top. San Francisco looked like Emerald City off to the south, and to the northwest we could even make out the snow-blanketed Sierras. Pic below shows one of our riding parents Matt Willis enjoying a quiet break out of the wind.



The days are getting longer, which means that instead of sitting in a classroom on Tuesday afternoons we get to go out and RIDE. We will be doing short team rides leaving Deer Park at 4pm on Tuesdays and Thursdays beginning next week. When daylight and weather allows, these rides will get a little longer so that we can do more interesting loops like Tamarancho or Loma Alto/680.

The coaches are also happy to report that pretty much every rider has been to multiple Pelo sessions. Pelo is a great way for Riders to increase strength and endurance while getting a “feel” for recovering from hard efforts without slowing down (intervals) and to ride for extended periods of time at different thresholds. Please note – if you go to Pelo, make sure your shoes are clean. Tina, the nice lady with glasses, provides a broom at the back of the room, and Coach Rob is in the habit of sweeping up after the 3pm Pelo so that we leave it in pristine condition for others. Justine, Jack, Carson, Ronan have all helped sweep, so don’t be shy with that broom!

**Forms, Forms, Forms at <http://drakemt看.org/parents/>**

Over the summer, your coaching and administrative staff spent a considerable amount of time and effort on a complete rebuild of [www.drakemtb.org](http://www.drakemtb.org) so that you, our extended team, could find information more easily and complete administrative tasks more efficiently.

Curious about Races? <http://drakemtb.org/races/>

What about eating? <http://drakemtb.org/nutrition/>

Who are these Coaches I keep hearing from? <http://drakemtb.org/coaches/>

What do I pack for a Race? [http://drakemtb.org/images/race\\_kit.pdf](http://drakemtb.org/images/race_kit.pdf)

Where and when are we riding this week? <http://drakemtb.org/calendar/>

You get the idea... if you have a question, there is a really good chance you can find the answer quickly and easily on the website. And if not, let us know!

**Make sure you have submitted all forms, paid dues, registered your rider with NICA, and met the Piggybackr fundraising goal by Feb 7<sup>th</sup>, 2017 so that your Rider can continue to train and race... all of these tasks are listed at <http://drakemtb.org/parents/>**

Make sure you have completed each task on the list, and let's get ready to [race](#) !

### **The Kickoff Dinner Drake Student Center 6pm Tuesday Feb 7<sup>th</sup>**

This lovely picture was taken at the kickoff dinner last year. Great picture, but it fails to capture the scene behind the camera, with all of the parents, guardians, siblings, volunteers all gathered in one spot for the first time ever, waving phones and cameras at the smiling Riders. It's a little crazy and crowded, even for the Student Center!



The dinner celebrates why we are here, who our key community supporters are, and the Riders themselves... and helps us shift from planning and training to execution and racing. Join us at 6pm on February 7<sup>th</sup> at the Drake Student Center. Be ready to [share some food](#), [buy some schwag](#), and see the full 2017 team assembled together for the first time. Also be sure to **bring your own plates, utensils, and drinks**, and bring any gently used cycling clothing to donate to other Riders.

### **Trail access is a privilege we earn, every year**

Otis and I just got the annual land use permit for the team for Marin Municipal Water District via email. The annual cost of the permit is \$150 (paid for by the team out of league funds), and is subject to revocation if we, as individuals or as a team, violate the rules. Next time you see someone about to poach a trail, consider the possibility of this permit being revoked for the entire team. Serafina would NOT be happy! Excerpt of this permit shown below; email [DrakeMTBCoaches@gmail.com](mailto:DrakeMTBCoaches@gmail.com) if you would like to see the entire permit.



It is the responsibility of the NorCal League, its coaches, and athletes to know and adhere to all District regulations. Violations of District regulations by NorCal coaches or athletes may result in citation and/or cancellation of this permit. Specific bicycle related regulations are excerpted below:

**9.04.02 Bicycles.**

*(a) No person shall possess or operate any bicycle or similar vehicle on district lands except upon public roads, parking lots or protection roads not signed against such use. Use may be restricted or prohibited on any or all roads at the district's discretion.*

*(b) No bicycle or similar vehicle shall be operated in a manner to endanger or frighten hikers, equestrians or others using district lands. Any bicycle or similar vehicle used in violation of these regulations may be impounded.*

*(c) A person under 18 years of age shall not operate a bicycle or ride as a passenger on a bicycle upon district lands unless wearing a bicycle helmet which is properly fitted and fastened.*

*(d) The district may require permits for use of bicycles on its lands as outlined in Section 9.01.07. (Ord. 388 §1[part], 1999; (Ord. 267 §2[part], 1987).*

**9.04.03 Speed limits.**

*Maximum speed limit for all motor vehicles and bicycles is fifteen miles per hour, unless otherwise posted; however, speeds shall be reduced as conditions warrant. Bicycles are required to slow to five miles per hour when passing others using district lands or approaching blind turns. In no case shall a person operate any motor vehicle, or bicycle, at a speed greater than is reasonable or prudent for safe operation or to protect the safety of others using district lands. (Ord.388 §1[part], 1999; Ord. 353 §1[part], 1994; Ord. 267 §2[part], 1987).*

Watershed regulations in their entirety can be found at:

[http://www.marinwater.org/documents/LandUseReqs2947\\_rev6.pdf](http://www.marinwater.org/documents/LandUseReqs2947_rev6.pdf)