

- Bikes in Cambridge
- A community of bicyclists
- Racing with MIT
- Announcements & upcoming activities

*Best way to get to know us: watch  
cycling-club@mit.edu mailing list and  
come out on a ride!*

Side note: this presentation will be available online; watch for an e-mail on cycling-club@

- Break from schoolwork, opportunity to clear head and stay sane in intense MIT environment
- Meet people outside your classes and department
- Get around the city for free, faster than car or T
- Explore surrounding area/escape the city
- Eat more food!

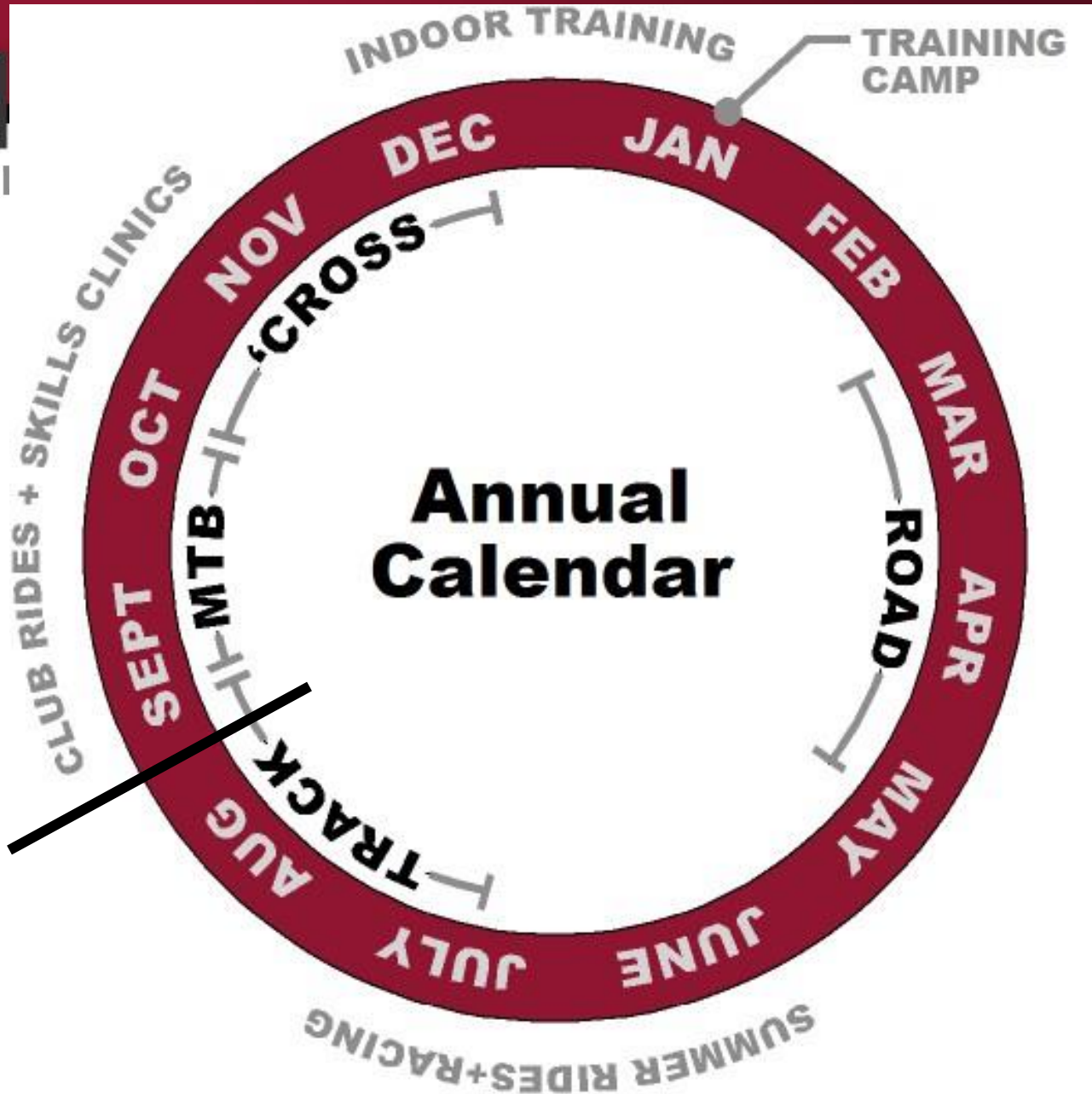
- Rides almost every day:
- Weekend road rides
- Weekday MTB, CX, road rides
- Activities: Hub on Wheels, maintenance workshops
- ...and other rides as they get posted on cycling-club

- [cycling-club@mit.edu](mailto:cycling-club@mit.edu) mailing list
- [crw.org](http://crw.org)
- <http://cycling.mit.edu/www/join.shtml>
- [Strava.com](http://Strava.com)
- New: Strava Route Builder -  
<http://www.strava.com/routes>

- Winter-time indoor (or outdoor!) training
- Skills clinics and coaching
- Sponsorship programs
- Training camps (AZ; CA; CO; NH)
- Racing costs covered



Today



# Racing













Downhill: Timed individual runs on technical course  
Dual Slalom: Head-to-head race down fast bermed track





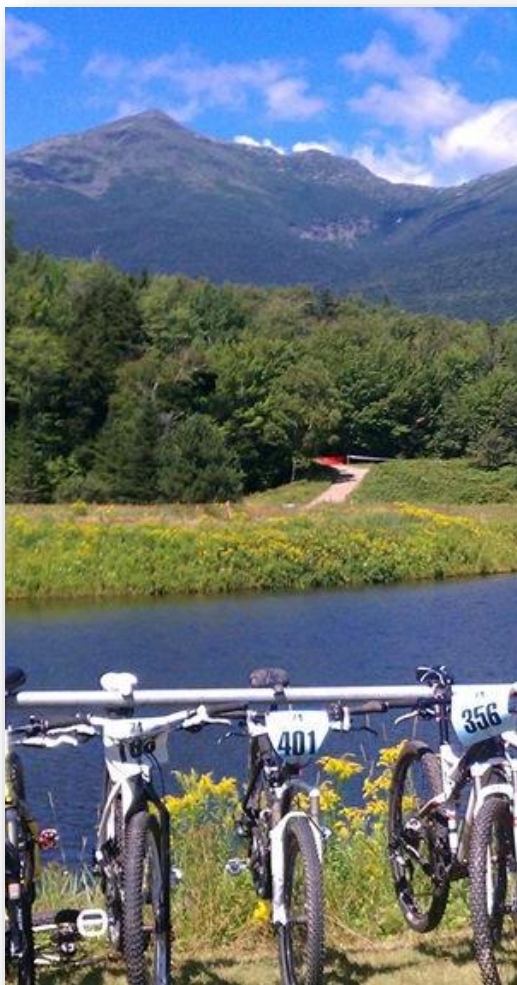
XC: Mixed climbing and descending, about 1 – 1.5 hours  
Short track: 20-30 minutes of short, fast laps, criterium-style







## Beautiful race locations









**Great sport for beginners!**

## **Kickoff Intro Clinic With Coach Psi**

**Tuesday September 9 @ 5pm**

**Outside Student Center**

*No experience necessary  
& you do not need a bike to attend!*



Weekend	Host	Driving Distance
9/6-7	Clarkson	6hrs
9/13-14	Northeastern	2.5hrs
9/20-21	UVM	3.5hrs
9/27-28	Drexel	5hrs
<b>10/4-5</b>	<b>MIT!!!</b>	<b>2hrs</b>
10/11-12	Eastern Championship	1.5hrs
10/24-26	Nationals	

Interested? Talk to Beth  
*bhadley@mit.edu*





## cy-clo-cross

*noun* /'sī-klə,krôz/

: the sport of racing bicycles over rough terrain that usually requires carrying the bicycle over obstacles





Mud



Run-Ups



Sand



Barriers









## **Coach: Al Donahue (cycle-smart)**

- Season training plan
- Clinics/race-day prep
- Email accessibility for advice

## **Teammate led skills practices**

- Weekly sessions (Wed. night)
- Pre-race course ride throughs

## **Community training sessions**

- Mon. Night Hub Practice (intro)
- Wed. Morn. Larz Anderson
- Wed. Night Super Prestige



- **Quadcross:** Sep 7
- **Gloucester:** Sep 27-28
- **Providence:** Oct 4-5
- **Hanover (NH):** Oct 18
- **Canton:** Oct 25
- **Northampton:** Nov 1-2
- **Plymouth:** Nov 8-9
- **Lowell:** Nov 16
- **Fitchburg:** Nov 22-23
- **Stone Point (NY):** Nov 22-23
- **Warwick:** Dec 6-7
- **Austin (Nationals):** Jan 7-11







# Collegiate Road Racing

## 8 Weekends in Spring

Criterium



Time Trial



Downtime  
& Fun



Road Races





Every race weekend has one of each of these...

## Time Trial

- You against the clock
- Wear a funny-looking helmet, make a pain face
- Individual and team versions

## Criterium

- Short course (< 1 mile)
- Tight, technical turns
- Sprinting and teamwork
- Favors 'punchy' riders and good bike handlers
- Usually flat\*

## Road Race

- Long course (20-80 miles)
- Usually some good climbs
- Favors riders with high endurance

\*Unless the course is designed by MIT

## First Road Races (all at MIT)



### How did they get fast?

1. Attend the fall skills clinic  
(First one Saturday 9/13)
2. Ride lots in the fall for fun  
(Club rides every weekend!)
3. Train over the winter
4. Winter training camp in CA
5. RACE RACE RACE





# Fall Schedule (Road)

Date	Activity
This Saturday!	No-drop club ride
Saturday 9/13	Skills Clinic #1: Bike Handling
Saturday 9/20	Harbor to the Bay
Sunday 9/21	Hub on Wheels Volunteering
Sunday 9/28	Skills Clinic #2: Cornering and Sprinting
Saturday 10/11	Skills Clinic #3: Climbing
Sunday 10/25	Skills Clinic #4: Attacking, Counter-attacking, Tactics
Sunday 10/26	Skills Clinic #5: Mock race
Saturday/Sunday 11/8 and 11/9	Weekend Training Trip

And club rides every weekend there isn't something else! 26

- ~10 days training in sunny weather in CA (or AZ or NM?) (Escape the Boston cold)
- Get to know your teammates
- Ride all the time!
- Stay in a big house
- Eat lots and lots of delicious food (...and cook it first)
- Work on your tan lines
- Last week of IAP
- All abilities welcome
- More information in the next few weeks





# Sep 21 Hub on Wheels



- Perks of volunteering:
  - Ride the course for free,
  - Cool t-shirt,
  - Free food
  - Get to ride on Storrow Drive while completely closed to traffic!
- Email will go out soon asking for volunteers

*“It's a fun day in the beautiful Boston autumn, it's a great way to get to know other MIT cyclists early in the year, and it's an important activity for the club” – D.R.Singerman*





- 125 mile charity ride from Boston to Provincetown for AIDS research/treatment
- <http://www.harbortothebay.org/>
- Ride ahead of riders, marshal and sweep the course
- Take ferry back to Boston
- Total cost: ~\$80 (mostly ferry cost)
- All-day event. Not a no-drop ride!
- Look for sign-up information in e-mail shortly



# Sept 20: Mayor's Cup Race

- Watch the “high-speed spectator friendly TD Bank Mayor’s Cup Professional Criterium”
- See MIT cycling club “veterans” take a beating from domestic pro’s
- We’ll organize a group to go watch together





## TRACK RACING









## Kissena Velodrome

Queens, NY

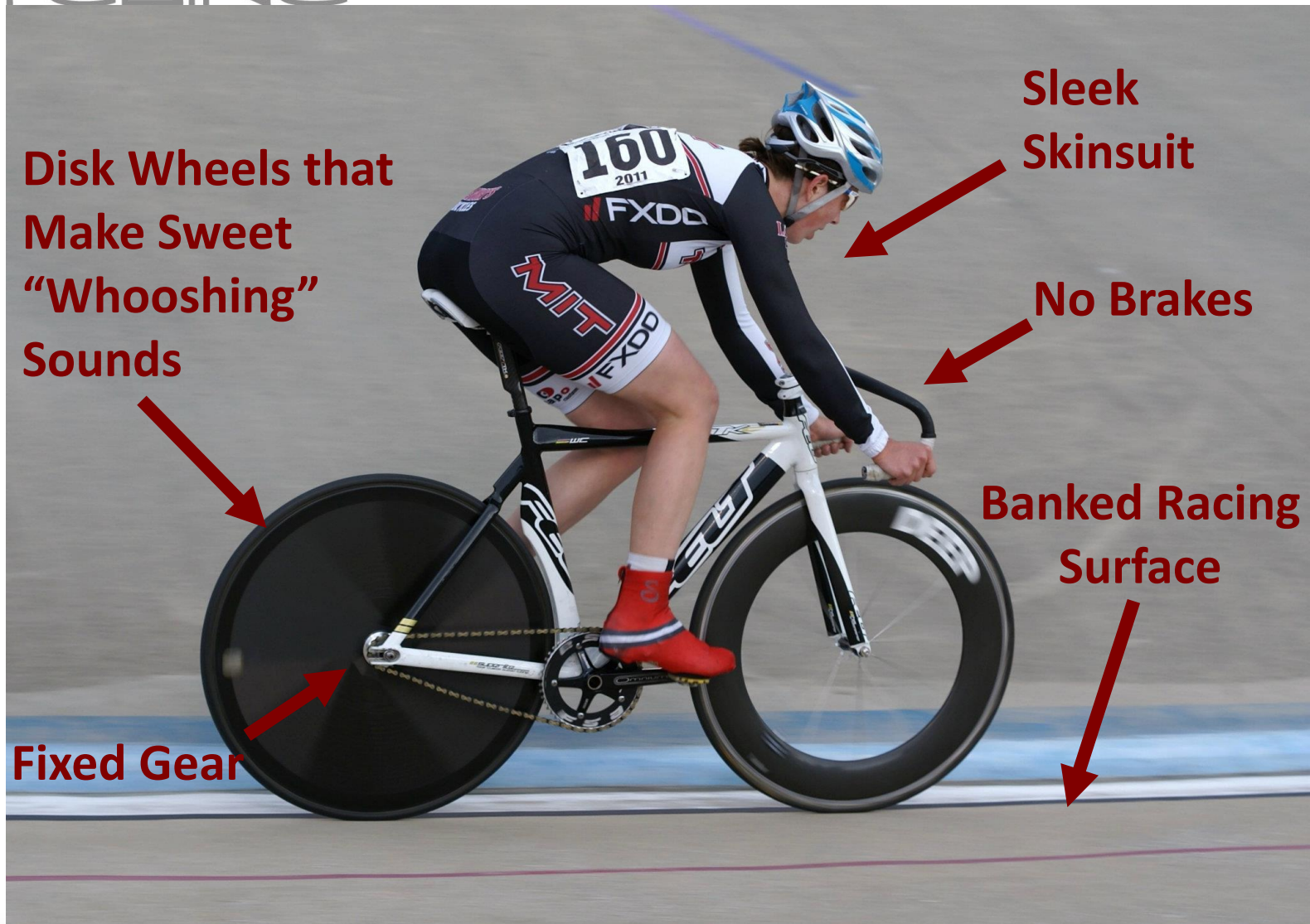
[Kissenavelodrome.info](http://Kissenavelodrome.info)



## Valley Preferred Velodrome

Trexlertown, PA

[thevelodrome.com](http://thevelodrome.com)





### Games, Speed and Tactics



- Short races-all strategy
  - *Ya gotta be smahht, kid!*
- “Devil Take the Hindmost”
- Win a race without finishing first
- THROW your partner into the action
- One-on-One races caught in a stand still – Track Stand style
- “Chess at  $VO_2\text{max}$ ”



### How do I try it out?!?

- **Try-the-track** clinic for new riders
- **Rental bikes** at Kissena (KV)
- **Ask one of us!** 😊

### USAC Season at KV and T-Town (May-Sept)

- **Tuesday Nights:** Super Tuesdays (T-Town)
- **Wednesday Nights:** Twilight Series (KV)
- **Saturdays:** Masters & Rookies (T-Town)

### Collegiate Season – September

#### Training

- A lot of overlap with road
- Master sprints, strategy and pack riding
- “Best intensity training for ‘cross”





# Membership Levels

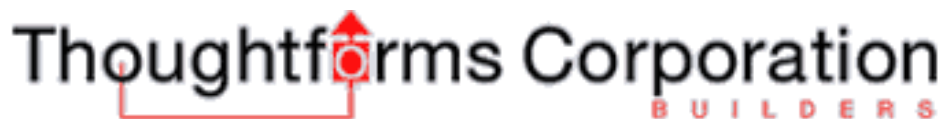
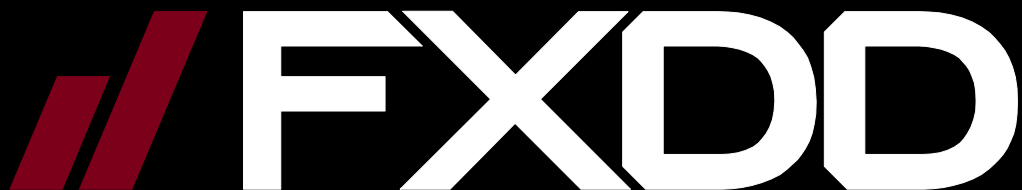
*You can upgrade to a higher membership level later, paying the difference between levels.*

- Club: \$40
  - Discounts at Landry's
  - Clothing discount (membership pays for itself after 1 kit)
  - Some sponsor orders (e.g., rain gear)
  - One free race weekend!
- Limited racing: \$140
  - Larger discounts at Landry's
  - All sponsor orders
  - 6 race days annually across all disciplines (\$300-\$450 value)
  - **Contribute in several material ways to the running of the team**
- Unlimited racing (unlimited race days): \$240
  - Limited racing benefits
  - Unlimited race days (>\$1000 value)
  - **Contribute proportionately more to the running of the team**

- Ways to contribute:
  - lead a club ride
  - host a skills or repair clinic
  - clean up the balcony
  - manage a sponsorship order
  - recruit a new sponsor
  - drive a rental car (or your own) to races
  - consider an officer role
- A guideline: do one of the above for every
  - 3 races
  - 5 rides
- Everybody has to help out in several different ways each year to remain in good standing & eligible to race



- Fill out:
  - club membership/contact info form
  - club NDA
  - liability waiver (from Club Sports)
- Pay dues
  - Payable by check to “MIT Cycling”



**Schlumberger**

Exponent®

*The Branta Group*



# Product Sponsors

**LANDRY'S**  
**BICYCLES**



- **When:** Tuesday September 23<sup>rd</sup>, 6-8pm
- **What:** Visit our sponsor bike shop, short workshop on fit and bike maintenance, place orders for fall Specialized Bike Order\*\*
- **Where:** Landry's (890 Commonwealth Avenue, near BU)

\*\* Note – you must be a dues-paying race member of the club to get sponsor discounts.



## LANDRY'S BICYCLES

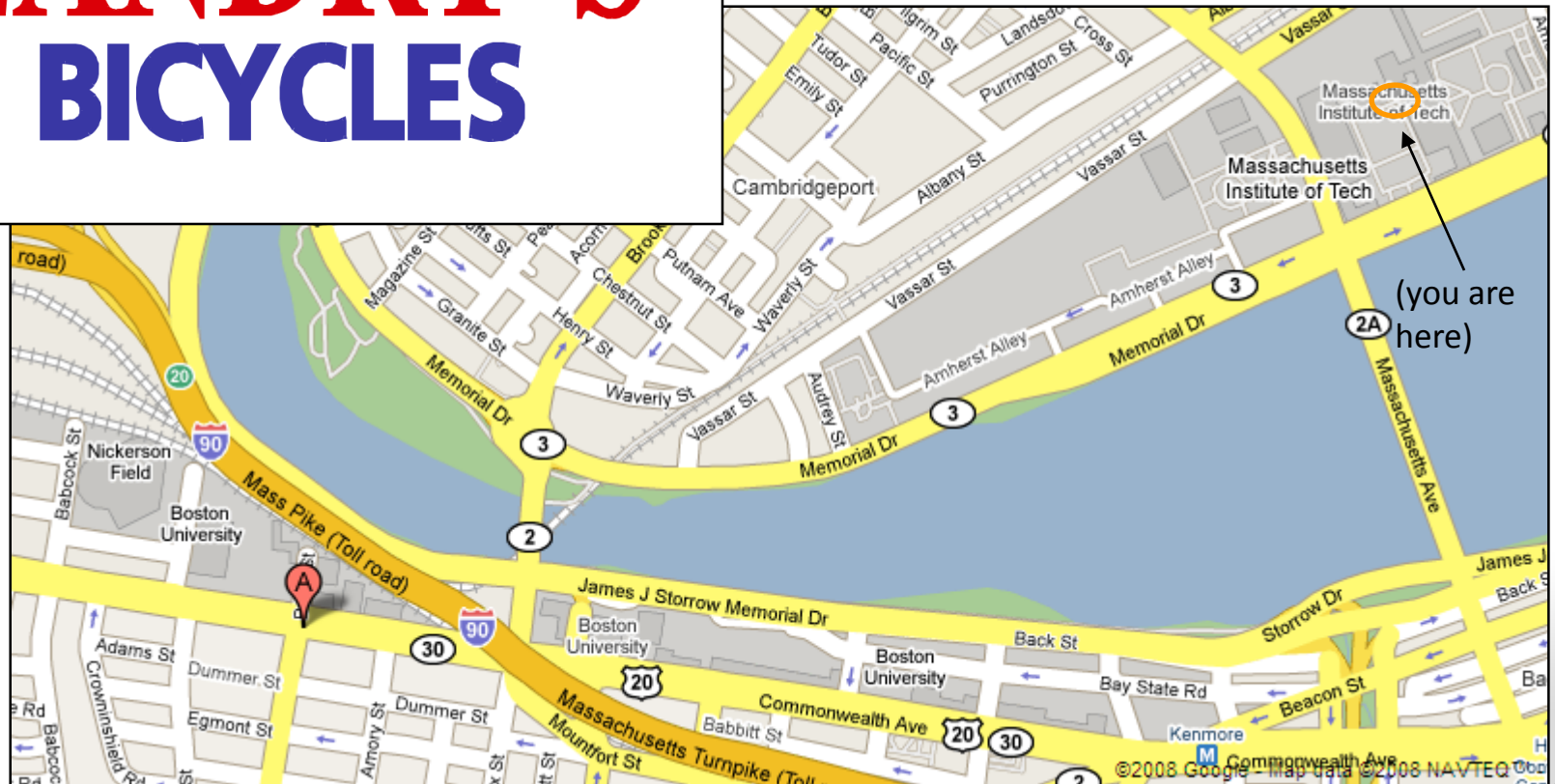
890 Commonwealth Ave, Boston

<http://www.landrys.com/>

Monday–Friday: 10am–8pm

Saturday: 10am–5pm

Sunday: 12noon–5pm



- New: Specialized sponsorship (!); Landry's
- Used:
  - Wheelworks (Somerville, Belmont)
  - Craigslist
  - eBay
  - [http://forum.slowtwitch.com/forum/Slowtwitch\\_Forum\\_C1/Classifieds\\_F2/](http://forum.slowtwitch.com/forum/Slowtwitch_Forum_C1/Classifieds_F2/)



- Tips for Cambridge/Boston:
  - Lights are helpful, lock your bike, don't salmon (don't ride against traffic)
  - Bikes are allowed on T trains except:
    - Green line (all times)
    - Rush hours
- More info:
  - <http://massbike.org/resourcesnew/bike-law/bike-law-update/>

(This presentation will be online.)