

Mountain Bike Season!

Written by John Romanishin

Monday, 09 May 2011 19:08 - Last Updated Monday, 09 May 2011 19:10

Cyclists,

As the collegiate road season is coming to its end I would like to ask you to consider training and racing on the mountain bike team. While our team traditionally dominates the other three types of collegiate cycling, mountain has been historically been kind of an afterthought. I would like this to change for the 2011 season. We have no excuse for not doing well; we have a large number of incredibly talented and strong riders which is more than enough to bring our domination to the trails.

I will lead a ride Thursday May 12th at 5:15pm to the fells leaving from the student center to celebrate the ending of classes and the beginning of the summer training season.

Expect the ride to take about two to two and a half hours. Ride will be no-drop.

Racing:

The mountain biking season lasts for a six weeks starting in early September and ending with nationals in the middle of October.

There are two principle types of racing, cross country style racing which is competed with a standard mountain bike and includes

short and long races over rolling terrain, and downhill style racing, which involves riding very fast down the sides of mountains.

There are many people on the team with more skill than I who will help coach XC racing, and Romi Kadri MIT '14 (romi@mit.edu) will coach downhill racing.

Training:

There are actually many great places to ride around MIT. The most popular and closest is the Middlesex Fells Reservation <http://www.fells.org/> which has many miles of amazing trails

and is just six miles north from MIT. There are many locations that are a bit further away ~12 miles, which include Lynn woods, and the Blue Hills. And even further ~30 min drive there are too many places to name that reportedly have wonderful trails.

My plan for training this summer is to lead several rides a week to the Fells with one being a ride for all skill levels, and several others being fast-paced training rides. The schedule for the rides is up in the air, and I will try to schedule them so everyone can come to at least one. Additionally I would like to plan one or two rides every couple of weeks to someplace other than the Fells getting there, either by car, public transportation, or by riding there.

I am also considering trying to schedule one or two overnight camping trips with multiple days of mountain biking and good food and a campfire to a more distant destination.

Why should you race mountain?

- You get to race and train in beautiful places throughout the northeast.
- Scientific studies have proven that mountain racing is at least 3 times as cool as all of the other disciplines of cycling combined.
- Although we don't go as fast as road or track, it feels much faster because of all of the trees.
- Racing occurs in a very relaxed and welcoming environment.

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If you are interested please fill out the following google spreadsheet survey to give me some idea for planning the upcoming season.

<https://spreadsheets.google.com/ccc?key=0AvUKngitSMIOdHpSekxhVE5VaXZGNE1MZ1A2TVZVNxc&hl=en>

If you want to ride/race but don't have a bicycle please fill out the survey and mark what size of bicycle you need.

I will do my best to see if we can find bicycles from other people who might lend them out to others over the summer.

please email or call (contact information on the spreadsheet) me if there is anything that I can do to get you riding and racing with us.

I hope to see as many people as possible out on the trails.

-John Romanishin

2011 MIT Cycling Team Mountain Captain.