

## 2017 Peninsula Velo Racing and Rewards Program

The 2017 Pen Velo Racing Program (PVRP) is open to all Pen Velo members and designed to support racing at all levels. Becoming a member of the PVRP entitles you to special benefits not available to club members including: Peninsula Velo Race Rewards Program, participation in the Peninsula Velo January Training Camp, monthly PVRP meetings with team coach Matt McNamara and race day team support, to name a few.

A cornerstone of the PVRP is athlete participation in the season-long designated team focus races. These races are targeted team objectives and are chosen to help Peninsula Velo athletes excel. Each discipline's team focus races are chosen by the coaching staff and race team coordinators, selecting a mix of race types and terrain. Men road racers have 10 team focus races, women road racers have 5 team focus races and all cyclocross racers have 5. It is often the case that we want to race as a team; this requires four or more athletes in one category. In order to do this effectively in masters' categories, some athletes may have to race down in age group at certain races. Our goal for team focus races is to help provide opportunities for success and continue to develop teamwork and cohesion among our racers.

If you have any questions about the Pen Velo Racing Program, please get in touch with Matt McNamara (sterlingspeed@gmail.com) or Bill Fallis (bfallis@pacbell.net).

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**Program Duration:** November 2016 – January 2018

**Pen Velo Team Coach** – Matt McNamara

### Racing Program Membership Fee \$100

- Athlete participation in the 2017 PVRP meetings and events.
- The Pen Velo team coach will provide pre-event and on-site support, including race strategies, tactics, and logistics for a *minimum* of 10 "Focus" events. This includes at least 6 road events, 2 women's team specific events, and 2 cyclocross events. When men's and women's "focus" events overlap the coach will be available for both groups at the same race.
- Pen Velo coach will provide several team coaching programs. Each program includes a team specific training/racing calendar, daily workout email, a free Training Peaks "basic" account, and a monthly write up of program focus and goals. Next year we will offer Track and MTB specific programs with sufficient interest.

For 2017 athlete can choose:

- Progression Program:** Best for riders w/less than 3 years of training/racing experience and/or those able to train ~10 hours per week. This calendar will build fitness around two 6-week "racing" blocks. The first runs from late April to mid-June. The second from August to mid-September. Riders are encouraged to race throughout the season recognizing that they will continue to gain fitness as the season progresses.
- Full Season Program:** Best for more experienced racers and/or those who can train 10-14 hours per week. This program is built for those looking to be competitive all season and will mirror the Pen Velo "Focus Race" calendar. Peak fitness will coincide with District Championships.
- Cyclocross Program:** This program will start on July 1<sup>st</sup> and carry through the 2018 Masters World Championships in January 2018. Road/Track/Mtb racers may join the program after July 1<sup>st</sup> provided they have spoken with the Team Coach about a responsible transition to CX preparation.

- Pen Velo team coach will provide a 2017 athlete goals worksheet and review with the athlete his or her 2017 athletic goals worksheet at a meeting or a phone call.
- Pen Velo team coach will provide a minimum of 4 field skill clinics, including two road racing, one women's specific road clinic, and a cyclocross clinic in September/October.
- Team practice rides led by team coach. The purpose of the practice ride is performance, skills, communication and fitness.
- 20% athlete discount provided by team coach for his services including personal coaching programs.
- Regular coaching phone calls. Note: it is the athlete's responsibility to call the coach with questions about their testing or training plan.
- Team Training Camp, January 2017: Athlete must be a member of the Pen Velo Racing Program to be eligible for the Team Training Camp. Pen Velo team coach Matt McNamara with guest coaches, mechanic and staff will coordinate the training camp. There will be a fee for each athlete attending the training camp.

Peninsula Velo is pleased to offer all USAC licensed athletes on the PVRP roster a Rewards Program. This is a letter of understanding and intent of your commitment to the PVRP. Please read this carefully! To join the Pen Velo Athlete Reward Program, contact the Pen Velo Athletic Director or Team Coach.

**As an active athlete of Peninsula Velo Racing Program, you are committing to fulfill the following expectations:**

- Be a current member in good standing of Peninsula Velo in 2017.
- Hold a current USA Cycling license with club listed as **Peninsula Velo Cycling Club** and team listed as **Pen Velo Racing/Summit Bicycles**.
- Volunteer to support in the planning or race day execution of the Burlingame Criterium.
- Set personal athletic goals and objectives at the beginning of the season.
- Strive for athletic excellence in performance aligned with personal and team goals and objectives.
- Attend and actively participate in PVRP meetings.
- Communicate with Team Coach and Athletic Director:
  - Any changes in your race category status or contact information.
  - Strategies and goals before each race.
  - Any changes in your health status. (E.g. if you are sick, injured, or currently not training, etc.)
- Work to develop excellent sportsmanship and encourage one another's development.
- Have fun!

**Annual benefits include:**

- Eligibility for Racing Rewards Program
- Eligibility for a one-time uniform crash replacement
- Eligibility for complimentary uniform (short sleeve jersey and bib shorts) for Cat 1 and 2 riders.
- Eligibility for category upgrade bonuses (to Cat 3 or higher)
- Eligibility for travel funds to major UCI or USA Cycling events (cat 1 and 2 riders only)

- Eligibility for Major USAC or UCI result bonuses.

**Disqualifications or Consequences (at the discretion of the Athletic Director):**

- Athlete is not in good standing with Peninsula Velo (must volunteer for Burlingame Criterium or equivalent).
- Athlete changes team, races for another team or in another jersey any time in the season.
- Athlete does not communicate with teammates, Coach or Athletic Director in a timely manner.
- Athlete is suspended by USA Cycling for any performance enhancing drug positive or similar occurrence
- Athlete actions reflect poorly on Peninsula Velo

**The Peninsula Velo Racing Rewards are intended to reward PVRP racers based on athlete participation.**

Expectation is that the athlete will attempt to race the 10 road team focus races (for men), 5 road team focus races (for women) or 5 cyclocross team focus races.

**Events qualified for the Race Rewards Program:**

- 2017 road, track and cyclocross races. (Note: 2017 cyclocross season concludes in January 2018)
- Valid events are USAC and UCI sanctioned road races and criterium races with 20 or more starters, time trial races with 10 or more starters in your category and/or age group\*
- Valid events are USAC and UCI sanctioned track (sprint and endurance) races with 5\* or more starters in your category and/or age group
- USAC and UCI sanctioning not required for Cyclocross races with 10\* or more starters in your category and/or age group
- Athlete must do 10 or more road events or 5 cyclocross events and will be reimbursed 50% of the PVRP fee. These events must be in the season of the athlete's discipline to qualify. It is not allowed to mix event disciplines.

NOTE: volunteering for a team focus race counts towards the minimum in the event of an injury.

The 10+ qualification events are not limited to team focus races, but may be any qualified event.

\* Field size requirements are waived for women and juniors

**Athlete Performance Bonus:**

	1 <sup>st</sup> *	2 <sup>nd</sup> *	3 <sup>rd</sup> *	4 <sup>th</sup> **	5 <sup>th</sup> **
USAC/CX races	\$30	\$15	\$15	\$5	\$5
NCNCA series ranking (BAR)	\$75	\$75	\$75	\$50	\$50
NCNCA District Championships	\$50	\$25	\$25	0	0
USAC National Championships	\$150	\$150	\$150	\$50	\$50
UCI world Championships	\$300	\$300	\$300	\$100	\$100

- Category upgrades to Cat 3 or higher: \$100.
- No Payout for completing fewer than 10 qualified races.

\* Field size for women/juniors must be at least 5

\*\* Field size for women/juniors must be at least 10

**Travel bonus**

Travel rewards are meant for riders racing major non-NCNCA races and are disbursed at the discretion of the Athletic Director. Only category 1 and 2 racers are eligible. Athletes must apply a minimum of 30 days in advance of an event.

- Non-NCNCA races: \$100
- Nationals: \$300
- Worlds: \$500

All payouts are at the discretion of the Athletic Director and can be adjusted as necessary (with approval by the Peninsula Velo Board of Directors). Payouts capped for the entire team as follows representing participation and performance:

Road: \$4,500

Track: \$500

Cyclocross: \$2,500

Total: \$7,500

Note - Individual total cap: \$500