

Register for the Pen Velo 2018 Racing Program, a structured coaching program available exclusively to Pen Velo Cycling Club members.

Program Duration: November 1, 2017 – January 31, 2019

Pen Velo Team Coach – Matt McNamara

The 2018 Peninsula Velo Racing Program (PVRP) is open to all Peninsula Velo members and is designed to support racing at all levels. Our program emphasizes developing athletes at all levels through education, structured training, and multiple opportunities for riders gain experience and confidence.

Becoming a member of the PVRP entitles you to special benefits not available to general club members, including: monthly PVRP meetings with team coach Matt McNamara focused on training and racing topics, structured training programs, skills clinics and team training rides, participating in age/category race planning, race day team support, and eligibility for participation in the Q1 Training Camp, to name a few.

A cornerstone of the PVRP is athlete participation in our Focus Races: race events throughout the season chosen by Pen Velo to help PRVP athletes develop and 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 a minimum of 7 team focus races, women road racers have a minimum of 1 team focus race and all cyclocross racers have at least 2 focus races. As it is often the case that we want to race as a team; this requires at least 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 Peninsula Velo Racing Program, please get in touch with Matt McNamara (sterlingspeed@gmail.com) or Bill Fallis (bfallis@pacbell.net).

Racing Program Membership Fee \$100

The benefits of membership:

- Athlete participation in the 2018 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 7 road events, 1 women's team specific event, 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 team 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. If there is sufficient interest, track and mountain bike specific programs may be offered in 2018.

For 2018, PVRP athletes can choose any of these programs:

- i. **Focus Program:** Built around the seasons targeted team races, this program averages in the 8-12 hours per week range and is built for both a progression of your fitness and a full season racing.
 - ii. **HIT Program:** Best for athletes who can train a maximum of 6-8 hours per week. HIT is still a comprehensive program, but workouts are more focused and time sensitive with an emphasis on Threshold and above efforts.
 - iii. **Development Program:** This program is entering its second season and is built for those with 12-16 hours per week to train. Ideal for experienced Cat 2 and 3 racers looking to move up in racing category and performance. Subscribes to a more polarized approach with approximately 80% of training volume below threshold and 20% at or above threshold
 - iv. **Cyclocross Program:** This program will start on July 1st and carry through the 2019 Masters World Championships in January 2019. Road/track/mountain bike racers may join the program after July 1st provided they have spoken with the Team Coach about a responsible transition to Cyclocross preparation.
- Pen Velo athletes are encouraged to complete “Season Planning” and/or “Season Review” worksheets and schedule, of their own accord, a review conversation with the team coach.
 - Pen Velo team coach will provide a minimum of 5 field skill clinics, including 3 road racing, 1 women’s specific road clinic, and 1 cyclocross clinic in September/October.
 - Team practice rides led by team coach. The purpose of the practice ride is performance, skills, communication and fitness improvement.
 - 20% athlete discount provided by team coach for his services including personal coaching programs.
 - Team Training Camp, Q1 2018: Athlete must be a member of PVRP 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. All participants require coach approval. Separate women's sessions will be held only if a minimum of six women attend the camp.

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 2018.
- Hold a current USA Cycling license with club listed as **Peninsula Velo Cycling Club** and team listed as **Peninsula Velo Racing/Summit Bicycles**.

- Wear the current Peninsula Velo uniform during competition (except current District/National/World champion or national/international event requires the member to wear a different jersey, eg. TEAM USA)
- 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 category upgrade bonuses (to Cat 3 or higher)
- Eligibility for major USAC or UCI results bonuses.
- Eligibility for complimentary uniform (short sleeve jersey and bib shorts) for Cat 1/2* riders.
- Eligibility for travel funds to major UCI or USA Cycling events for Cat 1/2* riders
**Cat 1 MTB, Cat 1 or 2 Road, Cross, Track*

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 sanctioned by USA Cycling for doping violations or similar infractions.
- Athlete actions reflect poorly on Peninsula Velo.

Peninsula Velo Racing Rewards

The Peninsula Velo Racing Rewards Program is intended to reward PVRP racers based on athlete participation. Athletes who qualify for Racing Rewards will be reimbursed 50% of the PVRP fee.

To be eligible for Racing Rewards, an athlete must complete 10 qualified road events **OR** 10 qualified track events **OR** 5 qualified cyclocross events. All athletes must be a member of the Peninsula Velo Racing Program, hold a USAC license with Pen Velo Racing/Summit Bicycles as their team, and compete in the current Peninsula Velo uniform (except current District/National/World champion or when national/international event requires the member to wear a different jersey, eg. TEAM USA). Mixing event disciplines to reach the number of required events is not permitted. Though not required, it is expected that each athlete will race as many of the team focus races in his or her discipline/category as possible.

Events qualified for the Racing Rewards Program:

- 2018 road, track and cyclocross races. (Note: 2018 Cyclocross season concludes in January 2019)
- 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*
- USAC and UCI sanctioned track (sprint and endurance) races with 5* or more starters in your category and/or age group
- Cyclocross races (USAC or UCI sanctioning not required) with 10* or more starters in your category and/or age group

NOTE: volunteering for a team focus race counts towards the minimum in the event of an injury. Qualified events are not limited to team focus races, but may be any qualified event.

* Field size requirements for participation rewards are waived for women and juniors

Athlete Performance Bonus:

The Athlete Performance Bonus is to reward athletes for outstanding race results. Athletes must complete at least 10 qualified races (as described above) to be eligible to receive a Performance Bonus.

	1 st *	2 nd *	3 rd *	4 th **	5 th **
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.

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

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

Travel bonus

Travel rewards for riders racing major non-NCNCA (e.g. UCI, NRC) races may be applied for through the Athletic Director. Any rewards are solely 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). Total payouts for Racing Rewards and Performance Bonuses are capped for the entire team as follows:

Road: \$4,500

Track: \$500

Cyclocross: \$2,500

Total: \$7,500

Note - Individual total cap: \$500