



MBSEF Junior Race Cycling Program

MBSEF is excited to expand our program to include a race team with more training days, more opportunities to race and the chance to work with Bart Bowen of Rebound Sports Performance Lab. The Team component will include both mountain and road sessions and is intended for riders age 12 and up. The emphasis will be on fitness and strength, proper technique, group riding skills, race strategy and athlete education on the principles of endurance training.

The Foundation has a limited quantity of loaner road bikes available; please contact the office for more information.

Team Sessions will run M, W, Th and S and/or Su depending upon race schedule and Adventure Days.

Team Meeting Times: -- April to June 10: M and Th training is from 4:30pm – 6:00/6:30pm – subject to change depending upon workouts and daylight. Wednesday Training will be from 3pm to 5/5:30pm or meeting at 4:45 on evenings of Crit or TT's. June 11 to August 18 training will be 9am to 11am/12pm.

Team Schedule:

Week 1: April 28 – indoor session at Rebound.
Week 2: May 2, 4, 5 (Wed Night STXC), 8 (Chainbreaker MTB)
Week 3: May 9, 11 (Wed Night TT), 12, 14 (PPP Practice ride)
Week 4: May 16, 18 (Wed Night TT), 19, 21 (PPP)
Week 5: May 23, 25 (Wed Night Crit), 26, 28 (Bend Don't Brake RR) and 29 (Sisters Stampede MTB)
Week 6: May 30, June 1 (Wed Night Crit), 2
Week 7: June 6, 8, 9 and 11 (Adventure Day)
Week 8: June 13 – 19 -- Training Camp, the 15th is a Wed night Crit
Week 9: June 20, 22 (Wed night Crit), 23, 24 (NWX Crit), 25 (Tumalo Circuit Race), 26 (Pickett's Charge MTB)
Week 10: June 27, 29 (Wed Night Crit), 30
Week 11: July 4,6 (Wed Night TT), 7, 9 -10 (High Desert Omnium Rd)
Week 12: July 11, 13 – 17 (MTB Nationals, Sun Valley)
Week 13: July 25, 27 (Wed night TT), 28
Week 14: August 1, 3, 4 and 6 (Adventure Day)
Week 15: August 8, 10, 11 (Wed Night Crit Finale) and 13 (OBRA Crit Champs, NWX)
Week 16: August 15, 17 (Wed Night TT Finale) and 18 (Cascades Gran Fondo)

Racing Opportunities: Team athletes will have weekly opportunities to participate in both Road and Mountain bike races in a variety of formats (Road races, criteriums, cross-country, and short track style races). Each athlete should obtain an OBRA license. Junior Licenses are \$5 for the year, forms can be found here - http://www.obra.org/pdfs/membership_app.pdf. Athletes interested in racing the Mountain Bike Nationals Championships in Sun Valley, ID must have a USA Cycling competitors license, cost is \$30 for the season, forms can be found here - http://www.usacycling.org/news/user_story.php?id=579.

Junior Coach Internship – Team riders age 14-18 will have an opportunity to act as junior coaches for the Club MTB program. As a junior coach they will assist our coaches in working with our younger riders. The goal of this program is to expose our older riders to teaching bike handling skills, trail etiquette, etc. in a supported and familiar environment. To truly master a skill is to be able to teach that skill to another. Junior coaches will also serve as role models and “big brothers and big sisters” to younger riders at practices, adventure days and races.

Junior coaches will receive a \$200 discount on the Race program tuition. They will act as junior coaches one day per week with the Club MTB program and will participate as race team athletes the remaining training days.

For 2011 registration forms visit
www.mbsef.org