

DRAKE



MTB

PARENT / RIDER HANDBOOK

2014 - 2015

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Nurturing Minds in Africa is a U.S.-based non-profit organization working to change our world through the education and empowerment of vulnerable girls in Tanzania.

www.nurturingmindsinafrica.org

Casa de la Esperanza
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Drake High School MTB Team Rules

1. Always Wear A Helmet

This is for your own good! No one wants to be sitting around for a month waiting for a concussion to clear up, let alone having someone spoon-feed you for the rest of your life. Even if you are the brother of a competitor sitting on a bike in the parking lot before a race, you must have a helmet on at all times!! This Rule applies to Coaches as well. Additionally, riders at League races caught without helmets, **even on trainers**, will be docked 25 pts and/or disqualified from a race.

2. No Trick Riding

Hopping curbs, jumping off ramps, curling burms and other Free Ride shenanigans during Team Sponsored rides puts the whole Team at risk as well as yourself. Aside from potentially causing you a lot of pain, there is the liability factor and the Team's image in the community.

3. No Illegal Trail Riding

Again, we are talking about the Team's image in the community. If you get caught, especially if you are wearing a Drake MTB jersey, we don't know you and you probably stole the jersey. We are a pretty large target for anyone out there that wants to create a legal nightmare for us.

4. No Put Downs

Even if you really know the rider who is the target of negative comments, whether you are joking around or not, they may take your ribbing the wrong way. There should be nothing but support between all riders regardless of skill level or gender. Negative comments about Team members will not be tolerated.

5. Trail Courtesy – Spirit of Howdy!! (See www.spiritofhowdy.org for more information)

When riding on Public Lands always do so with the following in mind:

- | | |
|---|---|
| <input type="checkbox"/> Always Yield Right of Way to Other Users | <input type="checkbox"/> Control Your Speed |
| <input type="checkbox"/> Respect Other Trail User Groups | <input type="checkbox"/> Do Not Litter |

6. Communicate

Always communicate with your coaching staff. We cannot read minds and it is important for us to know how you are feeling physically and mentally. Never feel that you don't want to say something for fear of feeling stupid or wimpy. We are here to help you enjoy the sport.

7. Read your email and/or your texts

Email and/or text is the only effective way for us to reach all of you with information concerning everything from events to race day logistics. Last minute changes in schedules and new activities are inevitable so stay informed. If you haven't received an email or text from the coaching staff in a week then contact us and find out why.

8. Participate in team fundraisers

Our team is fully self-supporting and it takes everyone participating to make it successful. The Tamarancho 1000 fundraiser is critical to our income. If you choose to not participate, you can pay an "Opt-Out" fee instead.

9. Have FUN

Mountain biking is one of the best sports there is. It is excellent low-impact aerobic exercise that you can do for a lifetime. You can cover more ground and see more cool stuff than with any other sport.

10. A Commitment to Two Practices Per Week and Three Races

All riders must commit to making two practices per week and three races in order to be on the team.

Drake MTB Eligibility Requirements

We cannot accommodate every situation

Drake MTB is committed to helping any high school rider who is willing to commit the time and make the effort to learn the sport of mountain biking and participate in races.

If a rider needs a significant amount of coaching attention the Coaches may deem a rider ineligible to participate on the team.

Mountain biking is a dangerous sport, and riders are exposed to situations and elements that are difficult to control. The team has limited financial and coaching resources and may not have the ability to properly and safely monitor riders that require one on one supervision.

In any situation, we will work with parents to try to come up with a plan, if feasible (and sometimes with additional support from parents or third parties) to allow kids to participate on the team. Participation on the team is not, however, guaranteed.

When You Ride With The Team

1. What to wear

- Weather can change rapidly in the winter and spring months in Marin, so be prepared. **No Cotton & No Jeans!** Wearing cotton is like wearing a sponge; cotton will soak up water that will cool next to your skin and sap warmth/energy out of your body. Wear items of synthetic fabrics designed for activity:
 - ✓ Cycling jerseys and pants.
 - ✓ Arm and/or leg warmers.
 - ✓ Nylon wind-breaking shell type jacket
 - ✓ Light, water-resistant jacket if it is raining.

2. Cycling Gear

- **Helmet!** Make sure that it fits properly.
- Gloves
- Eye protection
- Tools, basic things like a spare tube, a pump, tire irons and a multi-tool.

3. Food & Water

- Food, preferably energy bars and hard candies (Jolly Ranchers) or Gummy Bears. If you are a big eater bring a sandwich.
- Water Bottle or Hydration Pack with plenty of water.
- A good attitude!

Remember, you must have filled out, signed and turned in the Hold Harmless Agreement and the Tamalpais District Medical Release to ride with the team. These are available on the Drake MTB website www.drakemtb.org

2014 Race Schedule

Drake MTB is part of the North Conference in the NorCal League

February 23 [North on Sunday] - East Garrison

Brought to you by Santa Cruz Bicycles

March 8 [North on Saturday] - Granite Bay Grinder

March 23 [North on Sunday] -East Garrison Challenge: course changed from race #1

April 5 [North on Saturday]- Petaluma Ranch Round-Up

April 26 [North on Saturday] - Boggs Conference Championships

Brought to you by Levi's GranFondo

May 11 - State Championships [North & South race Sunday]- Laguna Seca

WEEKLY PRACTICE SCHEDULE

Check www.drakemtb.org for all updates.

General schedule:	Sundays, 9:00 am	RIDE	Starts January
	Tuesdays, 4:00 pm	RIDE	Starts first Week of Feb
	Wednesdays, 3:50 pm	SPIN	Starts January
	Thursdays, 4:00 pm	RIDE	Starts first Week of Feb

HILL CLIMBS

Check www.drakemtb.org for all updates.

In early December the Team has two weekends of hill climbs that takes 10 to 20 minutes per rider. Each rider only needs to do one climb.

The climb assesses the general climbing ability of each rider before the season starts. At the end of the season there is a second climb. It is always fun to see how riders have progressed during the season.

RACER REGISTRATION

FIRST: Register your rider with Drake MTB (October)

- 1) Go to <http://www.drakemtb.org> and set-up log-in
- 2) Gather all information as prompted, fill out the on-line registration form
- 3) Download the Parent Waiver Form and return to Team Administrator
- 4) Pay dues as directed

SECOND: Register your rider with NorCal-PitZone (January)

- 1) Go to https://pitzone.nationalmtb.org/users/sign_in and set-up log-in
- 2) Gather all information as prompted before beginning
- 3) Enter all rider and parent information
- 4) **You will be required to pay the \$50 registration fee, print waiver and mail to NorCal**

THIRD: Riders will be registered and paid for races by Drake MTB as a group

RACE TRAVEL

www.norcalmtb.org/events/races posts updated information prior to races. That is the official source for directions and timing. The NorCalMTB.org site and the DrakeMTB.org Website are great resources – when in doubt check them first for information. For lodging, Lori Bruckner will be setting-up some group rates at motels for Drake MTB as does NorCal, so you will have some choices as the season progresses.

Races #1 and #3 East Garrison (near Monterrey)

- Travel time: From San Anselmo to East Garrison about 2 ½ hours
- Directions: DIRECTIONS FROM HWY 1 (North of Monterey):
From Hwy 1 North of Monterey, or heading South toward Monterey take the “Lightfighter” Exit (this exit name changed from “Fort Ord Main Entrance” to “Lightfighter.”) Exit is North of Seaside and South of Marina. Take the Lightfighter exit off of Hwy 1 and continue straight thru 2 stop lights approx. 1/2 mile. At the third stop light turn right onto Gen. Jim Moore Blvd. Take Gen. Jim Moore Blvd for 1/4 mile. At the first stop light turn left onto Gigling Rd. Go straight on Gigling Rd. for 1 mile. After 1 mile on Gigling you come to a stop sign where you need to sign the local land manager’s waiver. Follow the race signs to parking 2.5 miles ahead. PLEASE Drive slowly! Do not drive faster than 25 MPH!
- Usual lodging options:
 - ✓ Los Laureles Lodge – starting at \$79 (www.loslaureles.com) 831-659-2233 Make sure to call and tell them you are with Lori Bruckner/Drake Mountain Bike Team and we have a block of rooms. NOTE – THEY CAN RUN OUT SO BOOK EARLY!
 - ✓ Carmel Valley Lodge. This is the closest hotel to Los Laureles. Although this is not The Carmel Valley Ranch(very expensive), It is still more expensive then Los Laureles. Group rate is \$165-\$195. Please call directly to book under the Drake Mountain Bike club. Rooms will be held until 2/8 Link below <http://www.valleylodge>
 - ✓ Comfort Inn. Range of \$75-\$95. This is further out from race venue, but still a great option. All these hotels are dog friendly for additional fee.

Races #2 Granite Bay (near Roseville and Folsom Lake)

- Travel time: From San Anselmo to Folsom Lake State Rec Area, approx. 110 miles, 2 hours.
- Directions: 101 North to 37 East, then I-80 E to Sacramento. Granite Bay is about 20 minutes east of Sacramento. From I-80 E, take Douglas Blvd exit #103A near Roseville. Go east on Douglas for about 6 miles to Granite Bay, entering Folsom Lake State Recreation Area. Continue along the main park road to the race venue. There is a \$10 parking fee at the gate.

- Usual lodging options:
 - ✓ Orchid Suites, Roseville (916) 784-2222, \$74 for 2-bedroom suite. www.orchidsuitesrosevillehotel.com
 - ✓ Nearby camping: http://www.parks.ca.gov/default.asp?page_id=500
 - ✓ There are many other motel options in the Roseville area.

Race #4 Petaluma

- Travel time: From San Anselmo to Petaluma about 35 to 40 minutes
- Directions: please see the norcalmtb.org/events/races for information. This is a new venue and we do not have information yet about this location.
- Usual lodging options: We will not use a hotel.

Race #5 Boggs Mountain (near Cobb, CA) some general info @ <http://boggsmountain.net/>

- Travel time: From San Anselmo to Cobb, CA approx. 85 miles, 2 hours
- Directions: 101 N to Santa Rosa. Five miles north of Hwy 12, take exit #494/River Rd. Turn right onto Mark West Springs Rd. In 10 miles, turn left onto Petrified Forest Rd. Turn left onto Hwy 128 for only .8 miles, then right onto Tubbs Lane for 1.3 miles. Left onto Lake County Hwy, CA29 to Middletown. Turn left onto Main St. (Hwy 175) for approx. 8 miles. Go thru Cobb about 1 mile to entrance on right for Boggs Mountain State Forest. Follow signs to race.
- Usual lodging options
 - ✓ Camping is the #1 option for this race. Coaches Sarah and Otis distribute camping info and make a group reservation. It's beautiful, primitive and no water, but a great time with friends. \$10/car charge + \$10/vehicle registration to NorCal.
 - ✓ Small hotels in Cobb, Middletown or Clear Lake. Many riders stay at the twin Pine Casino in Middletown (www.twinpine.com).

State Championship Laguna Seca (between Salinas and Monterey)

- Travel time: From San Anselmo to Laguna Seca Raceway, approx. 130 miles, 2:15 h
- Directions: Take Richmond Bridge to 80 West (south) to 880 S to 101 S heading for Los Angeles. In Salinas, take the sixth of seven Salinas exits; it is signed as "Monterey Peninsula" (exit #326B, but not signed as such) and leads you to Sanborn Rd. Go right (west) on Sanborn to South Main St. / Hwy 68. Turn left onto Hwy 68, go west approx. 10 miles. Laguna Seca's main (barely noticeable) entrance will be on the right, 1/3-mile west of Laureles Grade. Follow signs to race.

Directions Option 2: If you're checking into your hotel first, you might want to follow the directions above, but from Hwy 101 South, take exit #336/Hwy 156 West to Monterey Peninsula. Continue onto Hwy 1 South. Take exit #410 "Reservation Rd".

- **Usual lodging options** – Team usually stays in Marina area, north of Monterey.
 - ✓ Camping available at Laguna Seca <http://www.laguna-seca.com/camping>
 - ✓ Comfort Inn, 140 Reservation Rd.. Marina 831-373-3081, www.comfortinn.com, (holding rooms, double room \$124)
 - ✓ Howard Johnsons Express, 831-394-8566
 - ✓ Econo Lodge Bay Breeze Seaside, 831-899-7111
 - ✓ Ramada Ltd. (next to Comfort Inn) 831-375-9511

If you prefer the Salinas side:

- ✓ Best Western Salinas Valley, Salinas
- ✓ Howard Johnson, Salinas

RACE DAY CHECKLIST

What to Bring

1. Bike in proper working order: Derailleur adjusted & shifting accurately, brakes adjusted and not rubbing; wheels true & tires in good condition. Any mechanical problems should get taken care of **before** the race weekend.
2. **NorCal RACING NUMBER PLATE**
3. Tube, Pump, Basic Tools
4. Helmet
5. Cycling Shoes
6. Gloves
7. Eye Protection
8. Cycling clothes (for warm and cold conditions)
9. Camel Back/Water Bottle (If you have Water Bottle Cage on Bike) FILLED
10. Race Food (Cliff Bar, GU)
11. Complete Change of Clothes
12. Large Changing Towel
13. Garbage Bag (for wet dirty cycling clothes)
14. POSITIVE "HAVE FUN" ATTITUDE

RACE WEEKEND

Race weekend can be a stressful time for riders and their traveling support crew. It really pays off to prepare in advance, keep travel gear in one place, look through the checklist early, and create a travel routine.

Here's a sample schedule for Sunday Races:

- 9:00 Saturday morning – pack and prepare
- 12:00 Saturday – approx. departure time (drive times are approx. 2 to 3 hours)
- 3:00 Saturday – pre-ride the course with coaches (this is invaluable)
- 5:30 Saturday – shower and prep for dinner
- Sometimes group dinners will be arranged for Saturday night
- Early to bed – BIG race day tomorrow
- Sunday morning – pack-up and get to race site by 7:30 - 8:30 (2 hours prior to your race time) for nutritious hot breakfast. Girl's race always starts first at 10:00am sharp!
- 9:00 a.m. Team meeting
- Then we're off . . .

The Saturday Races will be more challenging from a planning perspective. If the rider can leave at noon on Friday, we will likely have groups going to the race site leaving at about noon for races 2, and 5 (the Petaluma race, number 4, is only 45 minutes away so we may be able to leave at 2 to 3 and get a pre-ride in). It is really helpful to go the day before for the pre-ride as it allows riders ample time to practice difficult sections and think about strategy along the course.

Race Day Timing Countdown

All racers need to arrive at team tent by 9 am for full team meeting. Following is the countdown for **your own** start time.

2 Hours prior to Race Start Time:

Be at race venue and make sure you have eaten. Take care of your feed-zone water bottles and race nutrition needs (see below).

2 Hours to 1h45m prior to Race Start: Check your registration

Get checked in at the registration desk if you have had any problem with registering. Check in with Coaches Sarah and Otis and so they can mark down that you are there.

1h45m to 1 Hour prior to Race Start: Equipment Check

Be dressed for racing and get your bike ready. Attach race plate with zip ties. Identify any last-minute bike problems that need attention – chain oil, tire inflation etc. **Make sure** to refer any problems to Team Mechanic. Mechanics will answer questions and

provide what help they can during the limited time available before your race. Prep water bottle for feed zone and get your race food ready (see details below).

1 Hour to 30 minutes prior to Race Start: Warm Up

Ride on course, if permitted, or surrounding area or trainers in Drake MTB pit zone.

30 to 20 minutes prior to Race Start: Meeting with Coaches

Strategy, course review, lap review by class.

20 minutes to :00 prior to Race Start: On Your Mark, Get Set

Be at Race Start 20 minutes before start time to line up by Class and get a good position.

:00 GO!!! Reach your Personal Goal.

Before your Race: Prep Water Bottle for Feed Zone

- Riders use 1 to 2 Feed Zone bottles depending on the weather and race distance.
- All bottles should be clearly labeled (w/ sharpie) with rider name and number
- Bring bottles to the Drake MTB pit zone and put in the appropriate feed zone box
- Tell Feed Zone parents if you have any special requests
- Some use Gu or recovery drink in their bottles

Before your Race: Get Your Race Nutrition Ready

- Riders should use non-caffeinated Gu during the race. NO Caffeine allowed.
- There are a couple of “easy tear off” techniques for Gu packets: screwed into the lid of the water bottle or taped onto the handlebars.
- Carry snack bars in your pocket if you might want them, or request from the Feed Zone

Before your Race: Put the Number Plate on your Bike

Student-athletes must affix an official NICA league number plate to their bikes at NICA league races. The number plate should be attached with at least three fasteners. It must be on the bike for the pre-ride and should also remain on the bike at any time the student-athlete is riding the bike at the event (before and/or after competing and including the pre-ride). Racers are only issued one number plate per season so don't lose it!!

Number plate attachment: Use twist-ties or zip ties (provided by team). Position the plate in front of all cable housing--cables must not cross in front of plate. Position the plate such that number-spotters at finish line can easily read it.

Number-plate storage: Keep track of your number plate. Take it off the bike before the drive home, if you use a truck or car rack. Put the plate in a set location such as a pocket of your team duffle bag. If you lose your plate you will have to use a hand-lettered plate for the rest of the season.

RACE WEEKEND(cont'd)

Race Staging Rules

1. Each Wave will stage categories in order of race start times.
2. Racers can stage up to 20 minutes before their start time.
3. Each Category in a Wave will have a neutral area between categories. No riders are allowed between the end of a category and the staging line of the next category.
4. Racers must begin the staging area behind the designated staging line for their specific category.
5. Rider positioning (if a rider is not “called up”) is based on first come, first placed basis.
6. All subsequent arriving riders must line up behind those that are in place and be within the boundaries of the starting road surface.
7. Riders must remain in their positions and within the confines of the start road surface during advancement to the next staging line or start line
8. Riders must allow enough room for top ten (or 5 or 15 or 20) call-up's to proceed to the start line when called up.
9. Shoving, pushing or any conduct deemed by the start line official as un-sportsmanlike can result in movement to the back of the category or disqualification from the race depending on severity.

RACE DAY NUTRITION

(General guidelines put out by NASM, edited by nutrition advisor, Patty Brockley)

Total protein intake for an endurance athlete is 1-2.0g/kg of body weight per day, or 15 -30% of total caloric intake, depending on your size, what you are used to, your goals, the activity, the protein source and the total caloric intake.

Total carbohydrates (complex carbohydrates are preferred), is 60-70% of your diet, or as much as 10g/ kg of body weight. There are multiple studies done on carbo loading, but let's keep this simple since our races generally do not go longer than 1 or 2 hours max (varsity is approximately 2 hours/4 laps).

Hydration intake is 3 liter/day or approx. 100 ounces for an adult.

Because everyone is different, digests food differently and has a different diet, they should not follow any strict diet prior to a race. Changes in diet need to occur gradually over a period of time and not just prior to a race. Remember to try different food sources weeks or days prior to the race to see what works and what doesn't. What works for one individual, may not work for another.

On race day, make sure you eat something that is familiar to you, something you know you can digest easily. **Eat a high-complex-carbohydrate diet two hours prior to the race.** If you're in the later group, eating a good source of protein 4 hours prior is recommended as well.

Recovery drinks are recommended immediately after the race, and often good old chocolate milk works great.

DRAKE MTB PIT ZONE

Drake MTB prides itself on having the best Pit Zone in the State. We provide food for the entire family, bike racks, warm-up trainers, recovery drinks, shade, seating and technical mechanical assistance throughout the entire day. This is a group effort that requires major help from parents to keep our team healthy, prepared and race ready!

Prior to each race, spreadsheets are sent out to the Google Group for food and work volunteers. We are only successful if each family volunteers to participate and support the team.

Volunteers' categories are:

- Team Pit Area Set-up
- Pit Area Recycling and Garbage handling
- Hospitality / Food Station Maintenance
- Feed Zone
- Feed Zone Spotter
- Water and Gu2o Coordinator
- First Aid Kit Coordinator
- Grill Master and Assistants
- Team Photographer
- Team Pit Area Breakdown Crew

NorCal also needs parent volunteers for course set-up and take-down, parking coordination, course marshals, registration, scoring, sweepers, etc. There is plenty of opportunity to stay busy and work off that nervous energy!

**Please be generous with your time.
Our Drake MTB riders truly appreciate it!**

SCORING

(For complete NICA Rulebook, refer to

<http://www.nationalmtb.org/wp-content/uploads/NICA-Rulebook.pdf>)

Everyone (especially new riders) should scan through the rulebook – it is packed with information!

Divisions

Drake competes in Division I in the NorCal League in the Northern Conference. Division I teams have 12 or more riders while Division II teams have 11 or fewer. There is no distinction between divisions in terms of skill level. The divisions compete together, with staggered start times for larger fields.

Scores for Riders: Individual Races

A rider earns **individual points** for each race that he/she *completes* (no points if you DNF, do not finish). Medals are awarded to the top five finishers in each of eight fields: Girls and Boys Freshman, Sophomore, JV and Varsity. To see the points awarded for placing in each field, go to the NICA Handbook (norcalmtb.org/events/races). This year, for a full field, the top scoring for Frosh/Soph is 500 points, JV 550 and Varsity 600 (this is different from 2013). This year any top 15 varsity finish scores more than a 1st place Freshman – so there is more emphasis on JV and Varsity riders from a points perspective. At each race, scoring officials post results as soon as they are available. There is often a local IP address where you can get a feed of results fairly quickly. Results are posted to the NorCal site after about two days.

Scores for Riders: Overall Series

Each racer is also competing for an Overall (cumulative) NorCal Northern Conference ranking. Five NorCal races are scheduled for 2014. Riders who complete all five races get 25 “Season Bonus Points.” For NorCal’s final overall ranking, the lowest score of the five is dropped. Thus, the rider’s season score is a sum of four races plus bonus if any. A missed race would be the lowest score dropped.

During the season, the top-ranked (usually ten-depends on field size) racers in each group get “call-ups,” positioning them at the front of their field at the starting line.

Scores for Teams

Each team earns **team points** at each race. A Division I team’s points are the sum of its eight highest individual scores and must include scores of at least two girls and at least two boys (possibilities are GGBBBBBB, GGGBBBBB, GGGGBBBB, GGGGBBBB, or GGGGGGBB). Top-scoring teams have strong finishers in a range of fields.

At each race, team prizes are awarded to the 3 teams earning the most points. Because of the complexity of the scoring system, we usually can't tell what team won the race until the announcements are made. This makes the awards ceremonies exciting right to the end.

Overall Team Score

Teams compete for the NorCal Championships. The lowest team score is not dropped in determining the series winner.

California State Championships (May 11, 2014 at Laguna Seca)

This is a single day of racing. It is scored separately, both for individual rankings and for team rankings. The top 80% of NorCal and SoCal riders are eligible to participate.

RACER EXPENSES

Mountain biking is a unique sport in that it is resource intensive. The following information is provided so that you might have a good idea of how much it will cost an individual to race for one season in the NorCal High School Race Series. We have been trying to keep costs down, but the team is fully self-supporting, with no school funding. We host the Tamarancho 1000 Fundraiser and an occasional car-wash or movie night and solicit sponsorships to defray our costs.

For Drake (required fees only)

Each rider is required to purchase their own jersey as required riding during the races.

To Order Kits and Other Drake Accessories Such as Leg Warmers and Long Sleeve Jerseys

<https://shop.kitorder.com/DRAKEMTB>. There are certain times when ordering will be available. Talk to coaches for more information.

Jersey	\$64	\$80 for Long sleeve Jersey for Cold Days - Optional
Shorts	\$80	(optional but recommended)
Arm Warmers	\$27	(optional)
Tamarancho Pass	\$ 5	(new racers only, unless rider lost it)
Team Dues/Race Fees*	\$ 315	(includes race fees for 6 races, pre-paid to Drake MTB)
*2014- dues are subject to change from year to year depending on fundraising success		

For NorCal League (required fees only)

Pit Zone Registration \$ 50

Travel 5 Weekends \$ 750 (1 night motel, gas, food approx. \$150 each)

There are some camping options. Same-day travel and carpooling may help minimize costs. We assume no travel to Petaluma

Recommended Benchwarmer Dues \$50 Drake Benchwarmers have been generous in funding team gear

Gear bike, helmet, shoes, light, travel tools, bike maintenance

Clothing: shorts or bibs, arm / leg warmers, socks, jacket, long sleeve jersey, sweatshirt

Total: Minimum of \$1,300 (assuming travel to all races with a caregiver) to an unlimited maximum.

It's great that we LOVE the sport!

COMMUNICATION

Drake MTB Website

- www.drakemtb.org
- Home of the calendar, announcements, ride-change announcements, news, etc.

Drake MTB Google Group – This is our primary means of communication for all parents and riders!

- <http://groups.google.com/group/drakemtb>
- Go on website and ask moderator to add you as a member
- All announcements & sign-up spreadsheets are posted here for food, volunteering, etc.
- If you're buried in messages, go to "Edit my membership" and change the setting to "Digest mail" or "Abridged mail"
- When replying to emails, if you want to reply only to the sender, you need to reply from within Google Group site; select "Reply to Sender."

Drake MTB Parent Advisory Committee - Google Group

- <https://groups.google.com/forum/#!forum/drake-mtb-parent-advisory-committee>
- If you're interested in the administration of the team, this is the site for you to add.

NorCal site info (Pit Zone, Events, Results, etc.)

- <https://groups.google.com/forum/#!forum/drake-mtb-parent-advisory-committee>
- NorCal posts event schedules, results, etc.

NICA Rulebook

- <http://www.nationalmtb.org/wp-content/uploads/NICA-Rulebook.pdf>

Drake MTB Parent Contact List

- <http://groups.google.com/group/drakemtb> - set-up Google doc w/ approved info
- Includes name, address, phone contact, personal email for rider families
- Please use with discretion and only share information within the team

Staff Emergency Cell Numbers

Please use with discretion and try to find the answers for yourselves before calling or texting coaches.

Director Paul	415-302-8296
Head Coach Sarah	415-531-5172
Head Coach Otis	415-250-2585
Coach Kevin	415-686-0730
Coach Eric	415-250-3396
Coach Dan	415-720-5690
Margot/Chris E	415-699-8979 or 415-305-8850

CARING FOR YOUR GEAR

Tip 1: IMPORTANT: MARK ALL OF YOUR GEAR – especially clothing. The whole team has the same thing! Make sure that you have everything that you brought before leaving the race venue.

Tip 2: Take proper care of your gear – it will last a lot longer!

Tip 3: Keep Your Bike In Peak Race Condition

It is critical that your bike be in top condition for a race. There is nothing worse than putting out a great effort only to have it negated by a mechanical failure. Plan early to get your bike into Sunshine Bikes or other repair shop for a tune-up prior to the first race—and any other time during the season that you suspect something is not quite right with the bike. Our Team Mechanics are available for emergency repairs at the race but cannot perform tune-ups and regular maintenance at races.

Tip 4: Washing Tips for Kits

If you come home muddy after a ride and you are cold, get inside, get wet clothes off and get yourself warm before taking shower.

If it is not too cold, try a quick spraying-off outside with a garden hose, in your clothes. This gets most of the mud off you and your clothing. Standing in a basin of warm water helps.

Muddy Shoes: Clean shoes with hose, inside and out. Stuff wads of newspaper into shoes to wick out the water. Remove newspaper when it is saturated; repeat as necessary.

Muddy Clothes: Pre-rinse in a basin outside—no soap. Fill basin with water, immerse clothing to rinse, repeat as needed with fresh water. Then bring clothing inside and wash with mild detergent in machine. Hang clothing to air-dry. (If you have bib shorts – mesh bags keep them from getting stretched in washing machines.)

Tip 5: Washing Tips for Bikes

You can spray off your bike with a garden hose with sprayer nozzle – but be careful. Hose down both sides of the bike. Do **not** direct water at any bearing seals: fork bearings, crank bearings, and wheel bearings. (If in doubt, ask an expert.) After initial hosing, go over the bike with a soft-bristle brush to remove dirt adhered to frame and parts. Hose off again. Bounce the bike to remove most of the water. At this stage, it's helpful to spray on a silicone product such as Bike Lust, which will protect frame finish and make your next cleaning easier. Wipe cleaned bike down with clean towel. Immediately, towel-dry the chain and lubricate it. Oil the derailleur pivots with a product such as Tri-Flow, with fine-drop applicator.

HOWDY!

**It takes dedication and commitment
to do what we do, but behind the hard work
we also have the “howdy” spirit.
And what that means is Drake MTB
is a community that cares about each other,
looks out for each other
and looks beyond each other.
That’s at the core of who we are.
That’s why it works!**

(SAVE FOR FUTURE USE)

Race #2 East Garrison (near Marina, north of Monterey)

- Travel time: From San Anselmo to Lightfighter Drive) approx. 130 miles, 2:15 hours
[It takes at least 20 minutes more to get from Lightfighter exit to race venue]
- Directions: Take Richmond Bridge to I-80 West (south) to I-880 South to 101 South heading for Los Angeles. Take exit #336/Hwy 156 West to Monterey Peninsula. Continue onto Hwy 1 South. Take Lightfighter Drive (exit 406), East toward CSU Monterey campus. Turn right on General Jim Moore Blvd, go approx. 1 block. Turn left at Burger King on Gigling Rd. and follow signs (a few miles) to race parking.
- Usual lodging options (north side of Monterey)
 - ✓ Comfort Inn, 831-373-3081 (holding 14 rooms until 3/1, double room rate \$99)
 - ✓ Holiday Inn Marina (closest location) 831-394-5335 (holding 20 rooms, \$119)
 - ✓ Howard Johnsons Express, 831-394-8566
 - ✓ Embassy Suites, 831-393-1115 (rate approx. \$190)
 - ✓ Camping available in Monterey area.

If you're checking into your hotel first, you might want to follow the directions above for East Garrison, then from Hwy 1 South, take Hwy 68 east approx. 10 miles to main Laguna Seca entrance on left.

Los Olivos State Championships (near Buellton and Solvang, CA)

- Travel time: From San Anselmo to Los Olivos, approx. 310 miles, 5 hours
- Directions: Take Highway 101S, through San Luis Obispo. In 58 miles, take Hwy 154 (Exit #146, just north of Buellton). Cross 101 and take Zaca Station Rd. (to the north). Drive 1.35 miles and turn right thru the simple ranch gate (look for race signage). Follow the dirt road ½ mile to camping and parking.
- Usual lodging options
 - ✓ Quality Inn Buellton 805-688-0022 (2011 rate approx. \$95 - \$105)
 - ✓ Days Inn, Buellton, 805-688-8448
 - ✓ Camping at race venue. No RV connections. \$20/night per RV or \$10/night per car, payable at entrance (based on 2011 information).