

NEW PARENT DRAKE MTB INFORMATION

Email contact info:

- Head coach Otis Guy: drakemtbcoaches@gmail.com
- Head coach Rob Reed: drakemtbcoaches@gmail.com
- Team Director Lynn Valdivia: drakemtbdirector@gmail.com
- Parent President Margot Enbom: drakemtbparents@gmail.com
- Parent President Alexis White: drakemtbparents@gmail.com
- Dues PayPal Payment: drakemtbdues@gmail.com (“send \$ to a friend”)

Upcoming important dates:

October 15: Registration deadline for the team!! www.drakemtb.org/registration

October 15: Biketoberfest, Fairfax – Drake MTB has a booth and is raffling a bike

October 30: Masquerade Ride – Kickoff ride – 9 AM. A fun, mellow costume ride starting at the Museum of Bicycling, Fairfax, followed by a potluck lunch.

November 1: Monthly Drake MTB Parent meeting – meets on the first Tuesday of each month (if school in session). Devonshire Hall at 7 PM.

December 1: MTB season officially begins

December 6: MTB Parent meeting: Devonshire Hall at 7 PM.

End of February: Race season begins, goes through mid-May (6 races total)

Rides during season: Riders must attend at least 2 team rides per week

Tuesday, Thursday: Deer Park in Fairfax – 4 PM

Wednesday: Pelo (indoor cycling with coach) 3 or 4 PM

Sunday: Deer Park – 9 AM

Questions or interested in more details?

Parent and rider information, race details, nutrition information, team expectations, costs associated with the team, scholarship information, peanut-free team, girls on team, photos.

All this and more can be found on our team website:

Drakemtb.org

Why are we here?

- First race from 2016 season <https://www.youtube.com/watch?v=f0IG-DY5t8U>
- It's about the Riders! <http://www.norcalmtb.org/about/#mission> Strong body, mind and character through the sport of cycling

Who are we?

- Director + Parent Committee Presidents <http://drakemtb.org/contacts>
- Coaches + Ride Leaders <http://drakemtb.org/coaches>
- Captains <http://drakemtb.org/captains>
- Google Group folks <http://groups.google.com/forum/#!forum/drakemtb>

We work for you, the parents

- Expenses <http://drakemtb.org/expenses>
- Scholarship program
<https://docs.google.com/forms/d/e/1FAIpQLSdd3IXLRt7DjZA4b9HYtpFRuBuZxHeauVNY6z78pcfIDUENLg/viewform>

What does a season feel like?

- Pre-season until Dec 1
 - You have questions, we have answers! <http://drakemtb.org/faq>
 - Get your forms in on time <http://drakemtb.org/parents>
 - Get Rider gear ready part 1 http://drakemtb.org/images/what_to_wear_v2.pdf
 - Get Rider gear ready part 2 http://drakemtb.org/images/what_to_bring.jpg
 - Know the rules <http://drakemtb.org/rules/>
 - Know what we expect of Riders <http://drakemtb.org/riders>
- Pre-race training Dec 1 through February
 - Do the Time trial <https://www.strava.com/routes/4969427>
 - Begin practices <http://drakemtb.org/practices>
 - Eat the right stuff <http://drakemtb.org/nutrition>
- Race season
 - Pit zone magic through parent volunteers <http://drakemtb.org/volunteer>
 - Know why we race <http://drakemtb.org/philosophy>
 - Know how to support your rider during a race <http://drakemtb.org/racesupport>
 - Ride with us when you can! <http://drakemtb.org/calendar>