

PEN VELO RACING PROGRAM

Program Duration: November 1, 2019 – January 31, 2020

Pen Velo Athletic Director - Menko Johnson

Pen Velo Team Coach – Matt McNamara

The 2019 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 to 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 PVRP 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 Menko Johnson (menkoj@gmail.com).

Racing Program Membership Fee \$100

The benefits of membership:

- Athlete participation in the 2019 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 2019.

For 2019, 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 2019: 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.

ATHLETE EXPECTATIONS:

As a member of the Pen Velo Racing Program, athletes are committing to the following expectations:

1. Be a current member in good standing of Peninsula Velo in 2019.
2. After joining PVRP, your USA Cycling license has the following for **every discipline** you claim rewards for:
 - a. CLUB: **Peninsula Velo Cycling Club**
 - b. TEAM: **Peninsula Velo Racing/Summit Bicycles.**
3. **MUST WEAR** the current Peninsula Velo uniform during all competitions, including composite team events at District/National/Worlds.
4. Volunteer in the planning or race day support of PV Events (Beat the Clock, San Bruno Hill Climb, Criterium)
5. Set personal athletic goals and objectives at the beginning of the season.
6. Strive for athletic excellence in performance aligned with personal and team goals and objectives.
7. Attend and actively participate in PVRP meetings.
8. Communicate with Team Coach and Athletic Director:
 - a. Any changes in your race category status or contact information.
 - b. Strategies and goals before each race.
 - c. Any changes in your health status. (E.g. if you are sick, injured, or currently not training)
9. Work to develop excellent sportsmanship and encourage teammate’s development.
10. 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 complimentary uniform (short sleeve jersey and bib shorts) for Cat 1/2¹ riders.

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

- Athlete fails to meet Program Expectations (listed above)
- 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 USADA for doping violations or similar infractions.
- Athlete actions reflect poorly on Peninsula Velo.

¹ 1 set per year. Must have raced the previous year with Pen Velo unless approved by Athletic Director. Contact uniforms@penvelo.org to request your benefit

REWARDS PROGRAM

The Peninsula Velo Racing Rewards Program is intended to reward PVRP racers based on athlete participation. To qualify, racers must **complete*** the minimum number of race days in their discipline (10 for road and track, 5 for cyclocross). At that point, racers earn \$10 for every finish up to the maximum listed below for each discipline. Multiple races on a single day count as 1 Race Day. Racers cannot combine disciplines when trying to qualify for race rewards.

***"Completed race"** means you have a recorded placing: DNF, DNP do not count. Please check before you leave your event to be sure your result is recorded.

Eg: Racer X completed 12 road races. He would collect \$120 (\$10 per finish). Racer Y completed 23 road races, so she would get \$200 (\$10 for 20 races, at which point they have hit the maximum for road)

REWARDS REQUIREMENTS

To qualify for rewards, all athletes must:

- Be a member of the Peninsula Velo Racing Program
- Meet all [Athlete Expectations \(listed above\)](#)
- Finish minimum number of qualified events in each discipline (10 road/track, 5 cyclocross)

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:

- 2019 road, track and cyclocross races. (Note: 2019 Cyclocross season concludes in January 2020)
- Road: USAC and UCI sanctioned road & criterium events
- Cyclocross: sanctioned cross races (USAC or UCI sanctioning not required)
- Track: sanctioned track races (USAC or UCI sanctioning not required)

NOTE: There is no minimum field size for qualified events

Minimum qualified completed race days required per discipline:

- Road: 10 races
- Track: 10 races (Each day of racing qualifies as a single event)
- Cyclocross: 5 races

Maximum number of reimbursed races (Cap) per discipline

- Road: 20 races (\$200 per racer)
- Track: 20 races (\$200 per racer)
- Cross: 15 races (\$150 per racer)

Maximum reward across all disciplines

- \$300

RESULTS TRACKING

Road Program

All results will be tracked from USAC results database. Nothing is required from the athlete

Track Program

Athletes in the track program will need to submit their own results for any events not submitted to USA Cycling. Each day of racing qualifies as a single race event.

Cross Program

Athletes in the cross program will need to submit their own results for non-USAC sanctioned races.

Category Upgrades:

Athletes upgrading to Cat 3 or higher in their disciplines will also receive a \$100 upgrade bonus. Please submit using [this form](#)

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: \$5,500

Track: \$500

Cyclocross: \$1,500

Upgrades: \$1,000

Total: \$8,500

Note - Individual total cap: \$300 (across all disciplines, not including upgrades)