

PEN VELO RACING PROGRAM

Program Duration: December 1, 2020 – December 31, 2021

Pen Velo Team Coach – Matt McNamara

The 2021 Peninsula Velo Racing Program (PVRP) is open to all Peninsula Velo members and is designed to support racing, fitness, and socializing 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.

If you have any questions about the Peninsula Velo Racing Program, please get in touch with Matt McNamara (sterlingspeed@gmail.com) or Randall Smith (randall.t.smith@gmail.com).

Racing Program Membership Fee \$70 (discounted for 2021)

The benefits of membership:

- Athlete participation in the 2021 PVRP meetings and events.
- The Pen Velo team coach will provide pre-event and support, including race strategies, tactics, and logistics for virtual events usually via Zwift and live events if/when possible.
- 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.

For 2021, PVRP athletes can choose any of these programs:

- 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.
 - 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.
 - 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
 - Cyclocross Program:** This program will start on July 1st and carry through the 2021. 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 virtual and if/when possible, live skill clinics.

- Virtual 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.
- Virtual Team Training 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 2021.
2. After joining PVRP, your USA Cycling license has the following for **every discipline**:
 - a. CLUB: **Peninsula Velo Cycling Club**
 - b. TEAM: **Peninsula Velo Racing/Summit Bicycles.**
3. **MUST WEAR** the current Peninsula Velo uniform during all live competitions, including composite team events at District/National/Worlds. Exemption: current district champions may wear district champion jersey when racing in the discipline in which they won the jersey.
4. Volunteer in the planning or race day support of PV Events (i.e. Beat the Clock, Criterium), assuming event occur
5. Set personal athletic/fitness 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. Actively communicate with Team Coach and Athletic Director, such as:
 - 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!
11. Be social even if it's only virtual for 2021!

Annual benefits also include:

- Eligibility for Racing Rewards Program (TBD)
- Eligibility for a one-time uniform crash replacement although unlikely if virtual

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 to the club