Overview

- Stanford Cycling 101
- Cycling disciplines
- Yearly training and racing schedule
- Membership benefits
- Meet our coach
- Upcoming events
What is Stanford Cycling?

We love to ride bikes! and talk about bikes and ride bikes to coffee shops and eat food on our bikes...
Stanford Cycling is:

▪ A **Club Sport** dedicated to promoting recreational and competitive cycling in all disciplines.

▪ A Stanford community devoted to sharing our passion of riding bikes by:
  ➢ hosting rides on the peninsula
  ➢ staying actively engaged in local bike advocacy
  ➢ hosting social activities for club members

▪ A registered collegiate club with USA Cycling, competing in the Western Collegiate Cycling Conference (WCCC).
What is a club sport?

- Student-run sports team
- Sponsors, events, equipment, and more!
- Some of us race, but we all have fun!
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<th>Role</th>
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<tr>
<td>President</td>
<td>Sweet</td>
<td>BMX Captain</td>
<td>Scott Fales</td>
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<td>Vice-President</td>
<td>Brian Axelrod</td>
<td>Sponsors/kit</td>
<td>Bernardo Tapia</td>
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<td>Secretary</td>
<td>Kevin Penner</td>
<td>Alumni Coordinator</td>
<td>Rob Sares</td>
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<td>Treasurer</td>
<td>Kenneth Hoffman</td>
<td>Safety Organizer</td>
<td>Hannah Thompson</td>
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<td>Road Captains</td>
<td>John Janetzko</td>
<td>TSF Coordinator</td>
<td>Jonathan Ho</td>
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<td></td>
<td>Heidi Poppe</td>
<td>Team Room Manager</td>
<td>John Janetzko</td>
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<td>Rachel</td>
<td>Equipment Manager</td>
<td>Scott Fales</td>
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<td>MTB Captains</td>
<td>Tristan Ballard</td>
<td>Bike MacGyver</td>
<td>Dave Miller</td>
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<td>Silvan Kuttimalai</td>
<td>Webmaster</td>
<td>Noah Young</td>
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<td>CX Captain</td>
<td>Caitlin Maikawa</td>
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Stanford University
Cycling Disciplines

- ROAD
- MOUNTAIN BIKE
- CYCLOCROSS
- TRACK
- BMX
Road Cycling
Road Cycling

Fall Riding

- Weekly rides for all skill levels
- Women-specific events
- Development clinics with Coach Bryan
- Base Training Camp – November 2018

Racing Season: Spring-Summer 2018

- Spring Training Camp - January 2019
- Racing for ALL ABILITIES
- Entry fees, gas, lodging COVERED
- Collegiate Nationals May 2018 in Augusta, GA!
Mountain Biking
Mountain Biking

Group Rides

• Weekday afternoon rides and skills practice
• Longer weekend rides/trips
• Posted on Stanford Cycling E-mail list
• All abilities are welcome!

Racing: Fall 2018 (& beyond!)

• Most weekends through November
• Cross-Country (XC), Short Track Cross-Country (STXC), Downhill, Super D, Dual Slalom
• Club covers entry fees, gas, lodging
• Racing for all abilities
Cyclocross
Cyclocross

Group Rides

• Weekday morning rides and skills
• Longer adventure rides on the weekends
• Posted on Stanford Cycling E-mail list
• All abilities are welcome!

Racing: Fall-Winter 2018

• Local races! (<2 hours of driving!)
• Club covers entry fees, gas
• Racing for all abilities
• Collegiate nationals: December 2018
Track Cycling
Track Cycling

We ride at the Hellyer Velodrome in San Jose

- Weekday training sessions (Spring through Fall)
- Saturday beginner sessions (year round! Rental bikes available, no experience needed)

Racing: Summer 2018 at Hellyer in San Jose!

- Endurance and sprint events
- Racing for all abilities
- Collegiate Nationals: TBA (~September 2018)
Schedule

**Fall:** MTB season, CX season & road base training

**Winter:** Road training camp & road racing begins

**Spring:** Road racing ends & track season begins

**Summer:** Track season, MTB base training

**Sprinkled throughout:** BMX

**Also... This is California, so casual rides for all disciplines year-round!**
Fun Rides

- Coffee Ride: Friday 7am from campus post office

- Alice’s Ride: first Wednesday of every month, 7am from team room

- Adventure Rides!
  - Climb the Mt. Diablo!
  - Eat artichoke bread in Pesky!
  - Jump into the ocean in HMB!
Racing?! 

- **Everyone** who races helps the team out in the WCCC omnium! 
- Beginner races and skills clinics are available year round 
- Undergrads and graduate students are eligible to qualify for Nationals 
- Most of all, it’s super fun! (And you get to travel for free!)
Sponsors

Bikes and Gear: Specialized, Sram

Bike Shop: Menlo Velo

Power Meters: Quarq/Sram

Bike Tools: Park Tool

Hydration/Nutrition: Osmo, Picky bar

Coffee/ pastries: Emerald Hills Cafe, Manresa Bread

Cash sponsors: Ken and Alice Green, StreamSim

Cash sponsors: Ken and Alice Green, StreamSim
Special Guest... Chris Yu!
Coach Bryan Larsen

Meet our coach!
Coaching: Who is Bryan Larsen

- Bryan has been riding and racing bikes for 15 years. But some may say it started before that...
- He has raced regionally, domestically, and internationally as a Junior, Collegiate, and Elite Athlete.
- Bryan was President of UC-Irvine’s cycling team for 4 years while enrolled earning his degree in BioMedical Engineering.
- Bryan has won 2x WCCC Championships, multiple CA State championships, and a Junior National Track Championship.
- Above all else, Bryan believes one should do their best to making sure you move forward. Even if that step is a small one. Sometimes, on your worst days you have the most to gain. So be honest with yourself, your teammates, and your coach.
Coaching: Developing a process for your passion, and passion for the process

Start thinking about why you’re here:

- Are you competitive? Adventurous? Looking to stay or get fit? Or simply just looking to try something new?
- A Coach can help with ALL of the above

Any goals and objectives should mapped out ahead of time

- All results are a by-product of hard work and the process that got your there
- Be honest with the work you need to be your best
- Don’t be afraid to ask for help!
Coaching: Completing the profile

Please take a minute of your time to complete a few survey questions about yourself, your experience, and your goals/interests with cycling. This will ultimately help all staff and coaching identify workshops, training programs, and social events throughout the year.

https://docs.google.com/forms/d/e/1FAIpQLSfge5jripIlsJJXwfP1YPxqL6xtcD3TR1HGtXETtxnKTccR45Q/viewform
Coaching: Contacting Bryan Larsen

- Email: Bryanlrsn7@gmail.com

- Phone: 916-769-4972 (please save this number in your phones for urgent questions or emergencies)

- Accessible (usually) through the team Slack
  - stanfordcyclingteam.slack.com

- Social Media:
  - Linkedin: www.linkedin.com/in/bryanlrsn7
  - Facebook: https://www.facebook.com/bryanlrsn7
  - Instagram: https://www.instagram.com/buriansan/
Why Join the Team?

- Use of the team room, tools, and equipment
- Free Jersey with annual dues
- Bike, equipment, coffee, and food sponsors!
- Reimbursement for race expenses (gas, lodging, entry fees)
- Discounts on Stanford Cycling kit
- Access to coaching resources
- Athletic Trainer
- Race/ride in beautiful and awesome places
- Team Camp
- Make friends and memories!
How To Join

1. Join the Google Group

2. Pay dues
   - $225 for the year (free jersey included), $75 per quarter (no jersey)
   - Paypal kenneth.hoffmann@gmail.com or Venmo @kenneth-hoffmann
     or
   - Make arrangements to pay via cash or check by contacting the treasurer
     ■ In the reference/notes section please put “Stanford Cycling [your SUID number]”


4. Make a Presagia account (instructions)

5. Fill out a driver authorization form if you have a driver’s license (even if you can’t drive)

6. Fill out our team survey (see team website under “Join”)

7. Sign a Nondisclosure Agreement (see team website under “Join”)

(Also explained on our website: stanford.cycling.edu)
How To Get Involved

- Follow us on Instagram! @stanfordcycling
- Join the Google Group
- Come to no-drop rides and/or discipline practices!
  - Info in the Weekly Spins
- Talk to us!
  - Questions about gear, rides and anything else!
Upcoming events...

September 25 (Tuesday): Snacks @here and now
September 28 (Friday): Coffee Ride @7am from campus post office
September 29 (Saturday): Team BBQ @3pm in Roble Field
October 3 (Wednesday): Alice’s ALL-YOU-CAN-EAT Breakfast!! @7am from the Team Room
October 13-14 (Sat-Sun): Stanford MtB and CX home races with professional clinics!

CX and MTB races (almost) every weekend until December! Fun rides all the time! (Check the mailing list and SRide app)