



## Tieni Duro FAQ

Dec 2005

What is Team Tieni Duro?

Team Tieni Duro is a junior cycling team with a development program for competitive cyclists. It is aimed at those junior cyclist that want instruction which they can execute and gain experience in a team environment while competing in road, circuit, criterium and time trial events sanctioned by the Northern California/Nevada Cycling Association [www.ncnca.org](http://www.ncnca.org) and under USA Cycling Federation rules.

How is the organization structured?

We're a non-profit organization focused on developing young cyclists into capable, safe and competitive racers. Our mission is to create an environment where boys and girls reach to achieve their personal best through cycling and competitive sportsmanship. We help team participants develop the skills needed to race safely and competitively.

We are made up of a Board of Directors, Management Team, Coaches and Mentors.

Do you allow beginner riders and at what acceptable age?

We follow the USA Cycling Federation (USCF) <http://www.usacycling.org/> sanctioned age categories for competitive cyclists. New riders desiring to train with the team will meet the following criteria as of 12/31 of the calendar year:

Junior 12-14 years old

Junior 15-16 years old

Junior 17-18 years old (Based on experience - Requires approval of the Director Sportif)

Do boys and girls race together?

Yes, races often start together. However, girls are typically placed separately from the boys.

I need to buy a bike, what should I look for, where should I go?

Full Time Tieni Duro members do receive discounts on bikes and equipment from our sponsors. Information will be provided to the riders who become Full Time members.

Even if you are NOT a Full Time member with Tieni Duro, we recommend you contact us BEFORE purchasing a bike. We will be happy to make suggestions in terms of proper fit, component levels, frame materials, etc to help fit your needs.

Does the team support a particular geographic area when accepting rider applications?

Yes, we highly desire our riders to come from an area in close proximity to Contra Costa County. The reason is that our program is based on a three year rider development model with first year focusing solely on group rides, skills (pace lines, bike handling, etc) in an environment where we can develop strong bonds among fellow teammates.

Where are the races held and how are they organized?

Due to the nature of the sport taking place on public roads, races are often held in remote locations where it is easier to obtain permits. Each club/team is responsible for helping to promote one race during the season, so the races are typically spread throughout Northern California. Most racers can get in enough racing with never having to drive much more than 2 hours in any one direction.

What is the time commitment for rider and parents on weekends?

Parents are responsible for getting their juniors to the races an absolute minimum of 60 minutes before the start time, 90 minutes is recommended. Junior races are quite often held at 7:30 or 8:00am. This can occasionally mean a hotel stay somewhere the night before depending on the location. While Tieni Duro staff will be present at many races and may be available to provide transportation, this responsibility ultimately lies with the Parents.

The number of races will depend on a combination of age and experience, and will be agreed upon with the Coaching Staff. As a guide:

14 and under:

1 <sup>st</sup> year	0 – 7 races
2 <sup>nd</sup> year	10 – 20
3 <sup>rd</sup> year	15 – 20

15 – 18

1 <sup>st</sup> year	5 – 10 races
2 <sup>nd</sup> year	25+
3 <sup>rd</sup> year	25+

These may be changed to accommodate health or academic issues in discussion with the coaches.

Parents are also responsible for getting their junior to the training sessions, and being contactable by phone in case of emergencies.

What is the expected training commitment for a rider?

The training ride distances and difficulty vary greatly with skill and age. Our very youngest riders need to join the Sunday rides typically 3 hours in duration augmented by some work on trainers in winter and one or two additional rides in the summer during the rest of the week. More experienced junior riders typically train somewhere between 8 hours or 100 miles to 16 hours or 200+ miles per week year round (age and skill level dependant). As you can see the time commitment is significant and as a result involvement in other organized sports tends to be limited.

If a junior who has joined the club under Full Time status is not racing on a Sunday during the season (January through August), it is expected that the rider will join the team's group ride on Sunday mornings (We understand that occasionally family commitments or schoolwork may take precedence. However, that should not be a regular occurrence.)

How is Tieni Duro funded?

The goal of Team Tieni Duro is to maintain a sustainable funding model to assure at least three years of continuous support of junior development programs.

Currently, Team Tieni Duro is supported by three funding sources:

- Rider annual dues – Fees paid by a rider to participate in team programs and receive team benefits as defined in the team program guide
- Individual donations and grants – Individuals looking to support junior cycling offer Tieni Duro cash donations. Grants can be offered by a private entity or via team application for grants to a major cycling sanctioning body like USA Cycling
- Sponsorship – Consists primarily of product sponsors some participate with an additional cash donation. Corporate sponsorship is highly desired but can be very challenging to secure.

What are the annual dues and when are they paid?

Team membership fees are as follows

- Candidate Evaluation Program - \$20.
- Associate Program – Free
- Full Member Dues: \$350.00 per year due by 1<sup>st</sup> January or at the time of joining for that calendar year. Dues will be pro-rated for riders achieving full team status mid-year

What are the Candidate Evaluation, Associate Program, and Full Membership?

### ***Candidate Evaluation Program***

Regardless of age or skill level, new riders interested in participating with Tieni Duro will enter this program. During this period our coaches will evaluate the junior. Once the rider shows basic skills and proficiency, and safe riding skills, the Director Sportif determines whether the junior is ready and suitable to enter the Associate Program.

### ***Associate Program***

Associates pay no dues until graduating to Full Member. During this initiation period a rider is enrolled in Year One activities of our Three Year junior development program. A Rider is given access to team support staff, training rides, introduction to coaching staff. Once a rider has completed the associate program, the Director Sportif determines whether the rider is ready for full team membership status. Typical timing for graduation to Full Member Status is approximately 30 – 90 days.

### ***Full Membership***

Note that it is expected that once Full Membership is offered the junior will join Tieni Duro. If not the junior is not expected to participate in any of the training rides or other development programs.

Upon achieving Full Member Status riders are allowed to purchase Team Kit. Costs for kit are estimated as \$175.00 for basic kit (retail these would be \$250 or more). Optional full winter and summer, skinsuit, etc. will also be available for purchase.

Only Full Members but are allowed to race with the team. Any waiver must have the Director Sportif and Team President approval.

Cycling is a team sport so Tieni Duro expects full members to meet their commitments to race and support their team members.

How much does equipment cost?

Additional required equipment:

Helmet - \$50-\$150 (possibly free or with a small co-payment to the top level riders)  
Eye protection/Sunglasses - \$10 - \$200 (possibly free or with a small co-payment to the top level riders)  
Bike - \$800 - \$5000  
Cycling Shoes - \$100-\$250  
Miscellaneous equipment needed for maintenance – approximately \$150.

*Note: being a member of Tieni Duro means that we can get discounts on many of these items.*

Are there other costs?

USA Cycling race license – approximately \$30/year  
Race entry fees: \$5-\$30 per race (\$15 average)  
Gas / Hotels (0-5 times a year).

Note: Gas and hotel fees are highly variable depending on distance, time, etc. Parents who volunteer to take juniors in addition to their own may receive partial to full reimbursement for **approved team events**, budget permitting. While the membership fees provide a model to support the core services of the club, we will rely on donations to support reimbursement for these.

What is the Elite Team?

It is Tieni Duro's intent to allow juniors to race at the highest levels where possible. To do so effectively Tieni Duro will try to field an Elite team of juniors over 16 years. This will occur only if there is an exceptional talent pool allowing a race team of about 6 juniors. These will have their own separate training program for part of the year to prepare them for some of the major races in the California and Nationally. Before being picked team members need to meet some basic criteria such as cat 3 or above, proven race competitiveness, teamwork, communication, and achieving and maintaining scholastic achievement (min 2.75 grade point average).

The team is picked by the coaches and the Director Sportif not only using these criteria but also taking account of each rider's strengths and weaknesses (both mentally and physically) as well as team dynamics and individual commitment. Their goal is to build the strongest race team and their decision is final.

Does the rest of the team subsidize the Elite Program?

No. Tieni Duro has been fortunate that a sponsor offered to fund the elite program. In addition the elite juniors will pay an additional contribution to cover their special needs e.g. additional kit, travel, etc..

Are there additional equipment needs for the elite team?

Additional suggested equipment for members of the Elite team is a fixed gear setup for use on the road (with front and optional rear brake) - \$700+

What is the training ride schedule and where does the team ride?

Training rides consist of year-round Sunday morning group rides which meet 8:15am at Long's Drug parking lot (corner of Olympic Blvd and California Streets) in Walnut Creek. Group rolls at 8:30am sharp and returns at approximately 12:30pm.

An optional Wednesday late afternoon training ride also meets at Long's and runs from June – September. This ride leaves at 4:30pm and returns at approximately 7:30.

There will also be 1-3 skills clinics offered per year which will be required for all members.

What sort of license does a rider need to enter road races?

Team Tieni Duro requires a rider to be of Full Member status and hold a current UCSF competition license.

Does Team Tieni Duro have a mountain bike team?

While a very limited amount of training may take place and might even be recommended on a mountain bike to build certain skills, we focus solely on junior road cycling development programs and expect our Full Time members to do the same.

What member benefits are available from Team Tieni Duro?

Depending on the level of each rider's commitment, there are a number of benefits such as a Nationally recognized sports physiology assessments, training programs, and product sponsorship.

Can I go to Nationals (or Redlands or Super Week or other large events).

If you are chosen to be part of the Tieni Duro "Elite" team, the club will allow you to race at these events. Financial support will be considered, budget permitting. These will typically be for the 3<sup>rd</sup>+ year racers only.

Members can also enter as racers independent of the elite team. Before doing so they should discuss their entry with the coaches and Director Sportif. Financial support **may** be considered but juniors should assume they need to enter using their own resources.

Do I have to use the sponsors' products?

If you are issued, or buy at a discount, any sponsored items/equipment you will be **expected** to use those items BOTH while racing and training. It is our job to support our sponsors. If an "Elite" rider does not use a product they are issued, they will forfeit their status as an "Elite" member and will be required to return all sponsored items to the club.

Do I keep sponsored items that I receive?

If it is an item that you pay for and receive at a discount, it is yours to keep and use. It **MAY NOT BE SOLD** to anyone outside of Tieni Duro during the year in which you receive the product(s) as this is against the terms of ALL sponsorship agreements, and would put these agreements at risk for the team.

Any items, such as equipment/components/frames/tools, that are given to a rider free of charge will remain the property of Tieni Duro and must be returned upon request or upon termination of membership with the club.

What Safety Rules are followed?

Riders are expected to abide by the traffic laws at all times during training rides. In addition a rider will not be allowed to train with the team or race as a team member if not properly equipped i.e. riding a properly fitted and mechanically sound bicycle and wearing a properly fitted helmet.

As part of the training and skills development program riders will be exposed to and trained in safe racing techniques to develop their bike handling skills. This requires riders to follow the directions of all

coaching staff and mentors with regard to where they should be riding (in relation to traffic and other riders) as well as the speed at which they are riding.

It should be noted that bicycle riding is inherently dangerous with rider's being dependent of the skills and safety of team members and other road users, including motor vehicles.