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Welcome to the Tieni Duro Junior Cycling Development Team

Tieni Duro is a cycling race team created in 2001 with the aim of providing junior cyclists with an opportunity to race and develop their cycling skills. Today Team Tieni Duro is recognized as one of the best junior development teams in North America.

As part of the team you will have the excitement of racing and training with like minded juniors; have the opportunity to meet other professional racers; get discounts on equipment and other accessories via our sponsors; and, if of suitable talent, participate in a nationally recognized training program sponsored by the internationally recognized UC Davis Sports Performance Program.

To enjoy these opportunities and be part of a racing team, Tieni Duro expects prospective and active members to:

- Abide by the rules of the team.
- Participate in races to a level commensurate with your skills as advised by the Directeur Sportif and Coaching Staff.
- Participate in a minimum number of races per year.

These rules are outlined in "Team Rules" below.

As part of the program, the team is lucky to have experienced coaches who have raced at the highest levels both nationally and in Europe. And to complement this there is a like-minded group of adult mentors who participate on training rides.

The aim of Tieni Duro is to build juniors' strength and skills to be able to compete at the National level (i.e. equivalent to Elite 3 and Elite 2 categories at the regional level) while nurturing the love of cycling, developing advanced bike handling and safety skills, and teamwork with the responsibility to support other members of the team and our sponsors.

If you have any further questions, the Management Team will be delighted to answer your questions. To facilitate we include:

- Things a Perspective Member Needs to Know
- A FAQs sheet of questions often asked by perspective and new members
- Team Rules sheet

Tieni Duro hopes you find this Welcome note of help.



Things a Perspective Member Needs to Know

As a new member our Coaching Staff will assess whether you have the aptitude to become a team member. Although cycling ability is an important element of this decision other factors are important, including the ability to listen to and abide by the coaches' direction, particularly with regard to road safety.

Your suitability to join the team is assessed during the Sunday training rides and typically three such rides need to be completed prior to receiving feedback. Don't worry if you cannot keep up during these early rides as this is not unusual in the first few months and the mentors will try to ensure that no one is left behind. As you progress with the team your stamina should increase and our coaching staff will monitor your progress.

Before your first ride you need to sign a *Sign Up Sheet* (see below). The *Sign Up Sheet* has a number of sections:

- Information: These include telephone numbers and e-mail addresses where a parent or guardian can be reached for follow up discussions and in case of emergencies.
- Ride Rules: The basic rules of cycling on the road with your Tieni Duro team are described and you are expected to sign indicating your understanding of the rules and willingness to abide by them. Failure to keep to these rules put others at risk and will not be accepted.
- Release Form: parent or guardian must sign on your behalf prior to any ride with the Team

Membership Fees

As a perspective member there is a \$20 charge in order for the coaches to assess you as a potential team member. This is non-refundable.

If accepted as a Club Member there is a charge of \$350 for each year. For this you will get:

- Discounts from many of our sponsors such as e-Caps, Cycle Sports, Bergamo/CapoForma clothing, HammerGel/eCaps, and Rudy Project.
- Coaching from an experienced team.
- Weekly fitness rides with mentors.
- Opportunities to ride with pro-racers.
- Training programs.
- The full experience of cycling with a committed junior racing team, currently ranked in the top ten in the USA.

Whenever you participate on a training ride or race the Tieni Duro outfit **must** be worn to show membership of the team and to show support for our sponsors. You will be expected to supply a properly fitted and mechanically sound road/race bicycle, clip on shoes; and helmet. It is also highly recommended that members wear gloves at all times on the bike.

As a junior racer your gears must also be compatible with the rules of the USA Cycling Organization. Additional information on gear stipulations can be found in USA Cycling website (<http://www.usacycling.org>). However, our Coaching Staff can also advise on this.

Other Costs

Required Tieni Duro race clothing kit consisting of a bib, jersey, arm, leg warmers and gloves at a cost of approximately \$150, (retail of \$275 or more). Additional clothing is available but optional.

As a team member you will be expected to participate in NCNCA sponsored races (see Team Rules). There are entrance fees for these which are typically in the \$10 to \$25 range, and you will also need to have a USCF Racing License (fee \$30). These can be obtained from the above web site.

Parents are also expected to get their team members to and from races (although ride sharing is encouraged). Races are typically within the greater Bay Area, although some can be further away.

Weekly Training Rides

Typically these happen every Sunday from Longs Drugs parking lot in Walnut Creek (corner of Olympic Blvd and North California), subject to the weather (although they often occur rain or shine), and the racing schedule. Rides are scheduled to roll out at 8:30 am and be completed by noon to 12:30, although times may vary. Perspective new members will be provided with a name who they can contact to confirm weekly rides. Once you are a full team member your e-mail will be added to the Tieni Duro distribution list.

Maintaining Your Tieni Duro Outfit

As a team member you are expected not only to wear your kit during bicycle rides but maintain it in good condition. It is recommended that the kit is washed after every ride in warm water and the hang dry. This simple procedure will help keep the kit sanitary and looking good for the season.



Team Rules

1. **Tieni Duro is a racing team.** As such you are expected to participate in a minimum number of races per year. The number of races will depend on your ability and age and will be agreed with the Coaching Staff. As a guide:

14 and under:

| | |
|----------------------|-------------|
| 1 st year | 0 – 7 races |
| 2 nd year | 10 – 20 |
| 3 rd year | 15 – 20 |

15 – 18 years

| | |
|----------------------|--------|
| 1 st year | 5 – 10 |
| 2 nd year | 25 + |
| 3 rd year | 25 + |

This is a rough guide and may be changed upon discussion with the Coaching Staff to accommodate issues such as progress, and health and academic needs.

- N.B:** Racing Age is determined by the rider's age on December 31st of current year.
2. Nearly every Sunday there is a group training ride. Team members are expected to attend the majority of these unless agreed with the Coaching Staff.
 3. Bicycle racing is a team sport. Behavior should be commensurate with that including being supportive of and treating all team members with respect and following race plans wherever possible.
 4. During training e.g. the Sunday group ride and racing, no member should put at risk another person, including other cyclists, pedestrians, or vehicles. Failure to do so may result in the automatic discontinuation of membership to the team.
 5. Cycling can be a dangerous sport so members are expected to follow the rules of the road, including stop signs, traffic signals, and speed limits. Team members must also follow the instructions of the Coaches and Mentors that are present, particularly as it pertains to safety.
 6. Members are expected to ride a suitably fitting, well maintained bicycle, complemented by a race worthy helmet.
 7. Members must carry a contact name and phone number, and Health insurance card with them at all times they ride with or for Tieni Duro.
 8. Parents must be readily contactable during training rides or races so that coaches and mentors can call in case of emergency.

9. Bicycle racing and training can take up much time. This should not be at the expense of academic achievement. Hence Tieni Duro expects all members will keep up a minimum grade point average of 2.75. Failure to do so will require a 6 months probationary period. If the average is not met after this period, Tieni Duro may ask the team member to leave the team.

Failure to meet any of these rules could lead to disqualification from the team with no refund.



Sign Up Sheet

- Ride Rules: The basic rules of cycling on the road with your Tieni Duro team are described and you are expected to sign indicating your understanding of the rules and willingness to abide by them. Failure to keep to these rules put others at risk and will not be accepted
Release form: a parent or guardian must sign on your behalf

INFORMATION: Parent/Guardian Name (please print): _____

Parent/Guardian Tel No: _____
(N.B. The number should be one that the parent can readily be contacted in case of emergency during a group training ride or race event)

E-mail Address: _____

BASIC RIDE RULES:

1. Follow highway traffic laws.
 2. Follow instructions of mentors and coaches.
 3. Respect the other riders, vehicles and pedestrians.
- RIDING IN CLOSE FORMATION AS A TEAM PLACES EXTRA DEMANDS ON THE RIDER:**

4. Never overlap wheels; always allow enough distance to be able to avoid the rider in front if he/she has to break suddenly.
5. Look ahead **AT ALL TIMES** not at the rider in front or on your shoulder even if you are talking to them
6. Break using front brake **ONLY**; applying the rear break can cause skid outs.
7. Look ahead, anticipate and Break **GRADUALLY** – too fierce breaking can cause trouble for the multiple cyclists behind.

IF YOU HAVE ANY QUESTIONS PLEASE TALK TO THE COACHES ON THE GROUP RIDE.

Please sign to show you have read and understood the above:

Name _____

Date _____