



FRONT RANGERS
cycling club

FRCC MANUAL

Membership, Code of Conduct & Racing Guidelines

Getting Kids on Bikes since 1993

This document provides information for new and returning members of the Front Rangers Cycling Club (FRCC) and the FRCC Racing Team.

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I. The Front Rangers Cycling Club – Mission Statement:

The Front Rangers Cycling Club’s mission is to:

- Create positive role models
- Enhance the image of law enforcement
- Promote bicycle safety
- Introduce youth to the sport of bicycling
- Further a healthy lifestyle
- Support Junior and Adult Bicycle Racing

The Front Rangers Cycling Club, established in January 1993, was founded on the belief that direct interaction with youth will offset the influences of drugs, gang membership, crime, and other social ills facing young people today. All members share their time and enthusiasm to ensure worthwhile achievement for all participants. There are two key programs: a junior racing team and an outreach program that takes underserved, inner city youths for bicycle rides and activities every month. As our primary partner, the Denver Police Department recognizes and supports the Front Rangers Cycling Club as a vital link with Metro Denver youth to encourage healthy, recreational activities and drug-free lifestyles. Both programs are funded from private and public donations.

II. JUNIOR RACING PROGRAM MEMBERSHIP

Basic Level –This level is best for members who are very young, just getting started in the sport, and are not ready to make a serious commitment to racing. The benefits/minimum requirements of this membership:

- Monthly Training Sessions with Inspired Training Center (ITC) coaches including bi-weekly indoor training from January to March.
 - Personalized and one-on-one training is available with ITC at a discount rate.
- Additional Training Activities
 - Training rides with the club and team with basic skills coaching
 - Training will focus on bike safety, basic bike handling skills, hand signaling, basic pace lines
- Fitness Level – Basic Level Members must be able to ride minimum of 10 miles
- FRCC Equipment – FRCC will provide a mountain bike for members (if needed) at the basic level for their use during training activities. The member will not take the bike home with them until the coaches feel the member will take care of the bike and be responsible for the bike maintenance of the bike. This will be determined on a per member basis. Road bikes will then be available to members who have shown a need and are responsible. **All FRCC equipment is LOANED to the member and will be returned to FRCC in good condition.** For existing members who have FRCC equipment – members will keep existing “road or race” equipment unless a Competitive or Elite member cyclist needs the equipment.
- Bike Maintenance – Member will carry with them necessary tools for changing a flat and will understand how to change a tire, lube the chain, and adjust the seat height. Member can do ‘bike check’ before riding – tires for flat and for wear, brakes for wear, chain, seat for proper fit.
- Parent Participation – Required. We find that youth will stay with an activity if their parents are also somewhat involved in that activity. Our expectation is that parents of Basic Level members will participate a minimum of 1 time per month. There are non-riding opportunities available. Here are the possible activities:
 - Participate on training rides
 - For younger and beginner riders we do require that a parent or more experienced rider is assigned to stay with the youth on rides to ensure safety
 - Participate in the monthly outreach programs
 - Serve as race support at races
- Bannock St. Criterium is the FRCC annual fundraiser and all team members regardless of levels and parents are required to volunteer.
- Discounts – available for team clothing, equipment, and bicycles, including club discount card purchases and service at select bicycle stores
- Race and Camp Fee Entries – For members who are active and are in good standings, the club will assist in paying all or a portion of race/camp entries, excluding late fees, to targeted races/camps during the year if needed.
- **Member Commitment:**
 - **No races required:** Ride and train on their own at the level the member desires.
 - **Must participate in a minimum of 3 club activities per month**
 - **Must participate in a minimum of 4 outreach programs annually**
 - **Must volunteer for FRCC race: Bannock St. Criterium**
- Team Attitude – A desire to ride, have fun, ride safely and responsibly at all times.

2. Competitive Level – This level is for the aspiring racer who wants to be competitive and committed to the sport. Membership benefits include:

- Basic Level benefits, listed above.
- Fitness Level – At a minimum, the member must be able:
 - Ride with the group for a 2-hour ride.
 - Ride safely and responsibly in a paceline on public roads.
 - Understand the rules of the road and obey them
 - Demonstrate the ability to understand group cycling dynamics.
- Additional Training Activities:
 - Training rides with the club and with other competitive members
 - Training activities may focus on interval training or may focus on distance training, hill climbing, and more advanced pace line maneuvers.
 - Members must be comfortable riding in traffic safely and responsibly.
 - Member will follow direction from coaches.
- Clinics – access to clinics covering topics such as fitness testing, training, skills, nutrition, and tactics.
- Coaching – access to coaches via email and phone
- Parent Participation – Required. We find that youth will stay with an activity if their parents are also somewhat involved in that activity. We ask that parents of Competitive members commit to a minimum of 1 of the following activities per month:
 - Participate on training rides
 - Participate in the monthly outreach programs
 - Serve as race support: help with tent set-up, distribution of water, food and general support at races. Our expectation is that Competitive Level Parents commit to:
 - Must be present to help provide support at a minimum of 1 “Team Race”
 - Must be Team Parent at 1 Non-Team Race – be responsible for bringing tent and supplies
- **Racer Commitment:**
 - **Races: Participate in a minimum of 2 races per month per race season including “Team Races”**
 - **Must attend team clinic/meetings**
 - **Must attend at least 4 training rides/sessions per month**
 - **Must participate in a minimum of 4 outreach programs annually**
 - **Must volunteer for the Bannock St. Criterium**
- **Team Attitude:** Competitive, focused on goals for improvement.

3. Elite Level: This level is for the very competitive and committed athlete. These members must be selected by the Team Director and must meet the requirements listed in Section IV 8.0 (see pages 12-13 of this document). Membership benefits include:

- All benefits, listed above
- Use of an Elite Team racing bike and equipment, when available.
- ITC will provide an Elite Training Plan that will be accessed through Training Peaks
- Parent Participation – Required. We find that youth will stay with an activity if their parents are also somewhat involved in that activity. We ask that parents of Elite Level members sign up for a minimum of 1 of the following activities:
 - Participate on training rides
 - Participate in the monthly outreach programs
 - Serve as race support: help with tent set-up, distribution of water, food and general support at races. It is our expectation that Elite Level Parents will commit to:
 - Must be present to help provide support at a minimum of 2 “Team Race”
 - Must be Team Parent at two (2) Non-Team Races – be responsible for bringing tent and supplies
- **Commitment:**
 - **Races: Participate in 14 races during the season (February to September) including “Team Races”**
 - **Must attend team clinic/meetings**
 - **Must attend at almost all training sessions and rides.**
 - **1 exemption will be given from January through March**
 - **5 exemptions will be given from April through September**
 - **Must volunteer for the Bannock St. Criterium**
 - **Must participate in a minimum of 5 outreach programs annually**
- **Team Attitude: Competitive**

All Levels:

- **Refunds:** refunds cannot be given to members (at any level) who decide to leave the club for whatever reason. This includes being asked to step down to a lower level of membership, asked to leave the club by the Team Director because of commitments not met, or for Racer or parent conduct/disciplinary reasons. Members are responsible for full membership payment for the entire calendar year (no prorating). Individuals joining after October 1st can participate for free until the start of the following year.
- **Correspondence:** Team members at all levels are responsible for keeping up with schedules, team information, upcoming events, etc. **It is the responsibility of the team member to stay updated.**
 - Must have an active email account
 - Must sign up for Team App and use it to keep up with team activities

III. ADULT MEMBERSHIP PROGRAM – RACING & NON-RACING

Non-Racing Membership

FRCC welcomes any adults that would like to be a member of the club even if they do not race. Membership is \$35 and benefits include:

- Free Entry to the [The Bannock St. Crit in memory of Mike Niels](#)
- Bicycle Rides with Leaders – we sponsor ride levels to accommodate various skill levels, climbing abilities and pace
- Special Discounts to local rides such as the Denver Century Ride and the Wacky Bike Ride, bicycle service and equipment
- Equipment discounts
- Discounted on FRCC apparel made by [Primal Wear](#)
- Special invitations to events featuring guest speakers and other presentations of interest to cyclists
- Monthly newsletter enabling club members to tap into the knowledge base of their fellow cyclists

Members are required to sign a FRCC Club Waiver before participating in any Club activity

Adult/Senior/Masters Racing

Adult/Senior/Masters Racing member benefits/responsibilities:

- All benefits listed in Non Racing Adult Membership
- Access to discount training with Inspired Training Center and all equipment discounts as Junior/U23 members
- Required to purchase and wear a current FRCC race kit when racing
- **Correspondence:** Team members at all levels are responsible for keeping up with schedules, team information, upcoming events, etc. **It is the responsibility of the team member to stay updated.**
 - Must have an active email account and be responsible for checking it daily and responding in a timely manner
 - Must sign up for Team App and use it to keep up with team activities
- There is a membership fee of \$100 or \$35 and commit to a minimum of 4 of the following
 - Lead a Club Ride
 - Assist with junior coaching
 - Participate in a monthly outreach program
 - Provide Team Support at a local race: be responsible for bringing tent and supplies

All Levels:

- **Refunds:** refunds cannot be given to members (at any level) who decide to leave the club for whatever reason. This includes being asked to step down to a lower level of membership, asked to leave the club by the Team Director because of commitments not met, or for Racer or parent conduct/disciplinary reasons. Members are responsible for full membership payment for the entire calendar year (no prorating). Individuals joining after October 1st can participate for free until the start of the following year.

IV. FRONT RANGERS CYCLING CLUB CODE OF CONDUCT AND ETHICS

EVERY ATHLETE, PARENT/GUARDIAN MUST READ THIS SECTION BEFORE PARTICIPATING IN FRCC ACTIVITIES AND EVENTS

This section outlines the Front Rangers Cycling Club Code of Conduct and Ethics for Junior/U23/Masters racers, the families of athletes, and associated spectators. Confirmation is required by each athlete and his/her parent or guardian that he/she has read and understands the rules and expectations of this section and the Front Rangers Cycling Club Racing Team and Parent/Guardian Guidelines. Confirmation of such is made by signing the FRCC Racing Membership Application form.

1.0 FRCC BASIC CODE OF CONDUCT

All Front Rangers Racers shall follow and commit to these basic club codes:

- Juniors: Stay in school and out of gangs.
- Refrain from using or dealing illegal drugs, including any illegal performance enhancements listed by the U. S. Anti-Doping Agency.
- Ride and race with a helmet whenever on a bicycle.
- Obey all traffic safety laws.
- Keep your bicycle in proper and safe working order.
- Ride with utmost safety for oneself and others.
- Carry basic tire repair equipment (tube, patch kit, pump or inflation device) on all training rides.
- Conduct oneself in a responsible and proper manner when representing the club and it's sponsors at functions, races, and while traveling to and from events.
- Assist FRCC in achieving its goals and Mission Statement.

2.0 RACING REQUIREMENTS AND CODE OF CONDUCT

REQUIREMENTS: To remain an active member on the team, Front Rangers members will follow the above basic club code of conduct, and are expected to upholding the following:

1. Attend the Monthly Outreach Events as often as possible. This is very important because you are a role model for the Metro Denver Youth in our monthly program. We believe community service is an important part of an individual and an athlete's development in life. Incentives and benefits will be given to those that volunteer!
2. Junior parents or adult members are asked to attend as often as possible the FRCC Youth Events.
3. Be a positive role model on and off the bike.
4. Get to know your FRCC teammates and try to ride, train and go to races with each other.
5. Members, who race **MUST** obtain and hold a current USAC license and a BRAC membership. The club is licensed with both USAC and BRAC as "Front Rangers Cycling Club"- (#3259-USAC), (#17 – BRAC).
6. Register at all races as a member of the "Front Rangers Cycling Club", do not abbreviate. This is necessary so BRAC, USAC, and the club can keep track of your results.
7. At all cycling related races/events and disciplines, members will ride under the FRCC affiliation for the entire year. Collegiate and other scholastic related events are exempt. Exceptions can be granted by the team director depending on the rider's status in the club and is subject to reimbursement of benefits received.
8. Wear a current design FRCC jersey to all bike races, organized bike rides (i.e. Denver Century Ride, Wacky Bike Ride) and monthly outreach events. Current or older FRCC jerseys must be worn at FRCC training rides and whenever possible while riding. FRCC jerseys must have sleeves when road racing.

9. Be on time to FRCC rides and events.
10. Be considerate of others on and off the bike.
11. Promote our current sponsors to the best of one's ability.
12. Communicate with the Team Director and Head Coach by email or phone.
13. Racers should check emails at least weekly, especially near the end of the week.
14. Racers should check at least the [BRAC](#), [USAC](#), and [FRCC](#) websites often, and are responsible to know when and where races are scheduled.
15. Follow the RACING GUIDELINES in Section IV of this document.

RACING/RIDING CODE OF CONDUCT

1. Know and follow all the current rules and policies set forth by the USA Cycling rulebook when racing USAC events. Obtain a current copy at www.usacycling.org.
2. Always wear an approved helmet whenever on a bicycle.
3. Derogatory remarks or gestures to coaches, referees, teammates, spectators, other athletes, or anyone else will not be tolerated.
4. If fouled in a race, do not retaliate.
5. If you protest race results or a foul, you – the Racer (NOT parents or friends) are responsible for placing the well-mannered protest with the head official. Please ask for help from a Front Rangers coach the first time you do this and whenever you need to.
6. Avoid comments or gestures that express disagreement with referee calls.
7. Displays of temper will not be tolerated.
8. Convey a consistently positive attitude toward your teammates, coaches, athletes and others.
9. Always thank the people who took you to the race and those who made your racing day possible!

Racers who don't follow these important standards of conduct and team requirements will jeopardize their privileges, benefits and place on the team. Team coaches have the authority to invite, reject, advance and dismiss racers at their discretion.

3.0 PARENTS AND SPECTATORS CODE OF CONDUCT AND ETHICS

To help promote and support FRCC's main mission, we ask that FRCC Racers and their parents/ guardians volunteer their time to help with the various functions in the club, such as fundraising events and outreach events. Parents/guardians and spectators of Front Rangers Junior and U23 Racers will follow these general codes of conduct and ethics.

3.1 GENERAL CLUB CODE OF CONDUCT

Adult members and parents/guardians are expected to:

- Attend and/or drive kids as often as possible to and from the FRCC Youth Events. Incentives will be offered such as, drive 3 times and receive a jersey for the year.
- Drive racing team members to races whenever possible.
- Help lead group rides when possible.
- Help with the club-sponsored Bannock Street Criterium.
- Ride with a helmet at all times.
- Obey all traffic safety laws.
- Keep bicycle in proper and safe working order; ride with utmost safety.
- Conduct oneself in a responsible and proper manner when representing the club at functions and races.
- Assist the club in achieving its goals and Mission Statement.
- Promote our current sponsors to the best of one's ability.
- Commit to the FRCC Parents and Spectators Code of Conduct.

3.2 RIDING AND RACING CODE OF CONDUCT AND ETHICS

Parents/guardians are expected to:

- Attend FRCC rides, races and monthly outreach events as much as possible.
- Keep winning and losing in perspective.
- Be positive in their remarks and gestures to all Racers, no matter the outcome of the race.
- Never make degrading or negative remarks or gestures to or about referees, coaches, Racers, or other spectators.
- DO NOT file protests if FRCC representatives are onsite. Only the Racers themselves or the FRCC coaches may file official protests. If a FRCC representative is not available we encourage the racer to file the protest.
- Never use foul language or obscene gestures.
- Avoid remarks or gestures to riders and Racers who make mistakes.
- Applaud everyone's efforts and be positive.
- Give consistent support to coaches and mentors, whether winning or losing.
- Stay off the race course.
- Cooperate immediately with referee requests.

Parents/guardians and associated spectators who don't follow these basic standards of conduct and ethics will jeopardize their child's standing on the team and adult's role in the club.

V. RACING GUIDELINES

The following are guidelines for Junior and U23 Racers

1.0 GETTING TO RACES

1. You are responsible to know when and where races are scheduled. Be sure to check the BRAC and USAC calendars, websites, and newsletters for race information.
2. If the race requires a registration fee, make sure you have enough money or have a way to pay for it! Some races require advance registration and do not offer it the day of event.
3. Call other Racers who live or work nearby you for carpooling to races.
4. EMAIL Communications: Check your e-mail regularly and reply when asked!
5. If you are driving to races, please help us by taking other Racers too.
6. If you need a ride to races, training or events please make arrangements a minimum of 3 days in advance.

2.0 PREPARE FOR THE RACE AT HOME

1. Check your bike by WEDNESDAY!! Make sure it works and is clean!!
2. Know your race start time!
3. EAT A GOOD MEAL – the night before and the morning of the race!
4. Pack dry, clean street clothes to change into after the race or training ride.
5. Bring your trainer to the race.
6. Bring extra food and water.
7. Bring some extra money, in case you need it.
8. Get to the race at least ONE HOUR AHEAD of your start time.

3.0 ALWAYS BRING YOUR USAC RACE LICENSE. USA Cycling has a mobile app that can be used that will show your USAC license and BRAC membership. Remember if you do not have this information you cannot race.

4.0 ALWAYS BRING YOUR SIGNED RACE RELEASE FORM. YOU CANNOT RACE WITHOUT IT!!

5.0 AT THE RACE

1. Get to registration and get your race number as soon as possible! You are responsible to get yourself registered.
2. Be sure to register as a member of the “Front Rangers Cycling Club”.
3. Many races are free for Juniors. However, if there is a race fee, you are responsible to pay the entry fee. Make sure you or someone else can pay your entry fee.
4. Wear a current Front Rangers jersey or skinsuit with your race number pinned on correctly.
5. Check your bike to make sure it works properly.
6. Ensure you allow time to go through the Junior Roll Out.
7. Talk with coaches and teammates to discuss race strategies.
8. Make sure you have enough food and water with you to complete the race!
9. Warm up for AT LEAST 30 MINUTES.
10. GET TO THE START LINE ON TIME!!! Have fun!!

6.0 AFTER THE RACE

1. Warm down.
2. Change out of bike clothes and into dry, clean street clothes.
3. Check the race results, if there are any errors, the officials will accept protests for only 15 minutes after the results are posted. This includes protesting fouls that may have happened during the race.
4. Pick up your awards, if you have won any. If awards are being given at an official presentation, please wear FRCC apparel.
5. Talk with the coaches and teammates to review the race!
6. Eat and drink something within 30 minutes of your race.
7. If the race is short, racers may want to go for another ride after the race.
8. Get good rest and recovery after each race.

7.0 JUNIOR/U23 NATIONAL CHAMPIONSHIPS, SELECT RACES and CAMPS (as selected by the Team Director)

The following guidelines are for Junior and U23 Racers:

7.1 SELECTION OF RACERS

The following minimum guidelines apply to the selection of Junior and U23 Racers:

- Selection is made at the Team Director’s and Coaches’ discretion.
- Racer meets USAC requirements or other race requirements.
- Selection is based on Racers participation and performance at races and training rides throughout the race season.
- Racer has a good work ethic, trains hard, and shows consistent effort.
- Racer communicates with coaches on a consistent basis.
- Racer finishing races throughout the racing season.
- Racer must be active members in the club in good standings.

7.2 FINANCES

1. When possible FRCC will pay for Entry Fees for selected Racers.
2. Members are responsible for meals, housing, travel costs, including shipping bikes and rental cars. These costs will be split evenly among the entire group.
3. Parents as well as others, who are not selected Racers or coaches, are responsible for all their costs.
4. Selected coaches' expenses are paid by FRCC.
5. The Racer will pay late fees for races.
6. Subject to change depending on club's finances.

8.0 JUNIOR/U23 ELITE TEAM

The Elite Team is comprised of very experienced Racers who are outstanding members of the Junior/U23 Team and have been selected by the Team Director. These members have shown commitment to hard/consistent training and participate in many FRCC training rides and Monthly Outreach events. These athletes are typically very serious about participating in the sport and are usually 15 years of age or older. They must also have the ability, discipline and maturity to follow coaches' verbal and written instructions, and should be able to communicate by email with the coaches.

Junior/U23 Elite Team members receive:

Benefits listed earlier.

Junior/U23 Elite Team Requirements

In addition to Junior/U23 Team requirements, the Elite Racer must also adhere to the following:

- Follow coaches' training schedule and advice closely and to the best of one's ability.
- Attend at least 14 races per year during the Colorado road-racing season.
- Participate in the FRCC training rides as often as possible.
- Attend clinics presented by the Team
- Attend Team Races as determined by the team.
- Assist with coaching and leading rides.
- Assist Team Director with various club duties and maintenance of equipment.

9.0 UNDER 23 Racers (U23)

U23 Racers are subject to all the guidelines and levels of membership listed in this document. These members are no longer Juniors and should have more financial resources, so we strongly encourage them to own their own bike and not borrow a club bike.

10.0 FINANCIAL ASSISTANCE

Financial assistance is available to Racers on a case by case basis (as determined by the Team Director and/or the FRCC Executive Director). This includes athletes who need help with racing costs (including equipment and entry fees) or membership fees. Please contact the Team Director, and appropriate arrangements will be considered.

11.0 COACHING

FRCC's coaching team from Inspired Training Center provides training schedules, testing, workouts, clinics and occasional team rides to the different levels of membership. For a fee payable directly to ITC additional

testing or private/semi private coaching, camps, and training rides can be arranged. This includes discounted coaching for adult racers. There are also other options in particular for the younger riders. Please contact the Team Director for these and other sources of coaching. Most training rides that coaches lead will have a moderate to an advanced level or amount of coaching involved.

12.0 EQUIPMENT AND CLOTHING

General guidelines and information regarding club equipment include:

- Racers are required to wear FRCC clothing at club rides, and the most recent jersey or skinsuit at all races and time trials. FRCC clothing can be purchased from the Team Director.
- FRCC has a number of racing bikes for Jr./U23 members to use. We also have extra wheels, parts, shoes and non-FRCC clothing.
- FRCC equipment/bikes are for any Active Member in good standing to borrow, as long as it is used appropriately and kept in good condition. Equipment may not be sold or loaned to non-members.
- When you are no longer using FRCC equipment, or if you are no longer an Active Member in good standing of FRCC, borrowed items must be returned to the Club as soon as possible.
- Specialty equipment (e.g., race wheels, time trial bikes) can only be used at the discretion of the Director of Sportif
- If any equipment is damaged, lost or stolen, it is the responsibility of the Racer to replace it. All equipment including bicycles and Elite Team bicycles remains the property of FRCC unless purchased from the club.
- Active Members in good standing are eligible to receive discounts on team clothing, equipment and bike orders.
- Contact Paul Braun if you would like equipment recommendations or are planning to purchase your own equipment.

Remember, FRCC is always eager for equipment donations. The club is a non-profit organization and FRCC has received a determination under Section 501 (c)(3) of the internal revenue code, which makes contributions and donations eligible for a deduction on your tax return. See Section V of this document for more information.

13.0 ACCIDENTS, CRASHES AND INCIDENTS

- **Accidents at a Race:** If you're involved in an accident and you've checked yourself and your bike over quickly and think you can continue, you may receive a free lap (only in a criterium race). For other races, get back in as fast as you can and continue the race. After the race, or if you can't continue the race, get medical attention from the medical personnel. Please do this even if it's just a minor cut.
- **Accidents Outside of a Race** (such as on a training ride, or collision with another cyclist, pedestrian, car, object) For this type of accident, call the local Police (and medical services if needed). Don't assume that you and your bike are all right; a thorough exam needs to be done first. Remember to always get medical attention if needed and contact one of the coaches as soon as possible!!
- **Get the other person(s) information** – just like in an auto accident. This information includes: Name, Address, Telephone #, and Driver's license #.
If the other person is at fault, then they are responsible to pay for your damages.

Stay in contact! PLEASE always feel free to contact us with any questions, concerns, changes of address, or just to say "HI"!

APPENDIX A: Team Contact List

Deirdre Moynihan, FRCC Executive Director & Team Director 303-931-6455 deemmoynihan@gmail.com

- All Administration
- Scheduling – trainings, races, outreach events
- Communication
- Team Clothing

Paul Braun, Director of Sportif 303.972.2426 (home), 720.320.6270 (cell), cpbraun@comcast.net

- Training Basics
- Equipment Needs
- Race Questions
- General Questions

Inspired Training Center – Head Coaches

- Sue Lloyd, 303-263-4967, sue@inspiredtrainingcenter.com
- Drew Christopher, 303-601-6412, drew@inspiredtrainingcenter.com

Tim Crossen, Asst. Coach, 303-435-3763, tjsbr57@gmail.com

Greg Oberley, Asst. Coach, 303-320-1484 (home), 303-312-7043 (cell), gregory.oberley@comcast.net

APPENDIX B: MEMBERSHIP LEVELS AND FEES

Junior Racing Team

- Basic Level \$100
- Competitive Level \$210
- Elite Level \$350

Adult Membership

- Non Racing \$35
- Adult Racing (Senior/Masters) \$100 or \$35 plus 4 volunteer activities

APPENDIX C: TEAM RACES

In 2017, the FRCC will be providing more structured support for races but designating “Team Races.” A Team Race is a fully supported race with the following set-up

- Inspired Training Center Coaches will be onsite
- Mechanical support –
- Team Tent with:
 - Hydration
 - Nutrition
 - Gear storage
 - Breakfast or Lunch depending on race schedule
 - Chairs
- Other support as needed

Team Race schedule confirmed as of 12/1/16 – 2 more will be added when full schedule is posted

- April 8 - Boulder Roubaix (Boulder)
- May 19-21 Superior Mogul (it is all local - 3 day race so not traveling overnight) (Denver & Superior)
- June 3 - City Park Criterium (Denver)
- July 7-9 Rocky Mountain Jr. Cycling Challenge - only juniors - travel & overnight (Silt, Co)
- August 6 - Bannock St. Criterium - Club race - (Denver)

For 2017 we are asking Parents to assume leadership roles at Non-Team Races. This means:

- Sign up to be the Team Parent at specific races. The Team Parent is responsible for:
 - Bringing the FRCC Race Kit: tent, chairs, hydration, nutrition
 - Setting it up before the first race
 - Coordinate with other parents for assistance
- A schedule of races will be circulated in January

APPENDIX D: DEFINITIONS AND ACRONYMS USED IN THIS DOCUMENT

1. **Active Member** – to be an Active Member of the club, individuals must meet all the requirements and adhere to the codes of conduct listed in this document. Only Active Members are eligible for club benefits.
2. **BRAC - Bicycle Racing Association of Colorado** – Serves as the Local Association for USA Cycling in Colorado and Southern Wyoming and provides local support for racers.
3. **Elite Team** – very experienced racers within the Junior/U23 Team. These racers are selected by the Team Director, have shown commitment to hard/consistent training and have participated in many FRCC Youth events and training rides. Members of the Elite Team may get additional benefits from the club and must adhere to additional requirements. See Elite Level membership on page 4 of this document.
4. **FRCC** – Front Rangers Cycling Club of Denver, Colorado (<http://frontrangersdenver.org>).
5. **FRCC Racing Team** – the team made up of Junior, U23, Senior and Masters racers.
6. **Junior (Jr.) Racers** – girls or boys with racing ages from 8 to 18 years (racing age is the age of the racer on Dec. 31st of the current year).
7. **Masters Racers** – women or men with race ages from 40 years and up.
8. **Monthly Youth Events** – monthly activities arranged by the FRCC Board and Staff to meet the club’s Mission Statement, and designed to engage Metro Denver Youth in recreational and cultural experiences.
9. **Senior Racers** – women or men with race ages from 19 to 34 years.
10. **U23 Racers (“Under 23”)** – women or men with race ages from 19 to 25 years.
11. **USAC - USA Cycling** – a national governing and licensing body for cycling related disciplines.