

How to Get Involved with the Virginia Tech Cycling Team



The Virginia Tech Cycling Team is a club sports team sponsored by Virginia Tech Department of Recreational Sports – it is very easy to join and there are many ways to get involved with the team throughout the year. The main purpose and draw of the team is allow students to join a community of cyclists at Virginia Tech and have people to train and race with. The Cycling Team is a little different from other club sport teams, as there are no tryouts and almost anyone is able to compete throughout the year, making the team atmosphere very inclusive and welcoming to all. Although there is no formal process needed to train with the team, there are a few steps to begin competing in the ACCC collegiate cycling competitions.

Any student at Virginia Tech who is interested in mountain, cyclocross, or road biking can become involved in the team. There are no requirements to joining in on training rides and team activities, however joining our listserve and contacting one of our officers for information on meetings will help a student become involved. If a student is interested in a particular type of cycling but does not have a bike, East Coasters in downtown Blacksburg is the team bike shop and can help with purchasing any bikes or related gear. After becoming added to the listserve and coming to a few meetings and rides, a lot of people decide they want to try racing with the team as well.

The VT Cycling team is a part of the ACCC, which is a group of collegiate cycling teams

who organize and compete in races throughout the year. Collegiate cycling teams are co-ed, we train together throughout the week and all travel to the same venue every weekend. Although women and men race separately in their categories, collegiate rankings are based on a combination of men's and women's scores, which increases team cohesion and helps promote women's cycling.

The type of racing that someone can compete in depends on the time of year. Collegiate mountain bike seasons begins Fall semester, around the second weekend after school begins and runs through mid-October. Cyclocross season runs from mid-October till the end of Fall semester, and road season starts up at the beginning of Spring semester and runs through till the end of the school year.

There are a few things that a collegiate cyclist must do before they can compete in the ACCC with the VT Cycling team. First, they must pay dues. The team gets money from Virginia Tech, and is sponsored by various individuals and companies, so our dues are relatively lower than that of other sports clubs. Road team dues are \$200, while cyclocross and mountain bike dues are \$175. This includes race entry fees, all transportation for the weekend and housing. The only other thing that has to be bought in order to race is a USA Cycling collegiate license. A collegiate USAC license provides the rider with insurance and allows them to compete in USAC licensed races and win upgrade points. After paying for dues and buying a collegiate license, all you have to do is fill out a few assumptions of risk forms the team requires and you will be good to go!

Overall, joining the team is very easy and only requires personal commitment to riding and training. If a prospective member wants to start competing, there are a few extra requirements, however one's involvement in the team can be as much or as little as they wish. We love share the sport of cycling with everyone, and new members are always welcome - regardless of skill level!

Descriptions

USA Cycling (USAC): the governing body of cycling in the United States, this organization oversees collegiate cycling program authorizes collegiate clubs to compete in their conferences.

Conferences: organizations of schools that compete against each other in cycling - divided geographically into regions similar to those of collegiate football.

Collegiate: students taking 12 or more credits (full-time) can compete in cycling as collegiate athletes

Open: races that are open to anyone – not restricted to collegiate students.

Atlantic Collegiate Cycling Conference (ACCC): the geographic region in which VT competes, along with ASU, JMU, NC State, U of M, UNC, UVA, USNA, VCU, WVU, American University, Campbell, CNU, W&M, GW, Georgetown, Johns Hopkins, Loyola, UNCW, and WFU

Categories: provide a way to split up collegiate races by fitness and experience level. There are 4 categories in men's and women's cyclocross, mountain and road races - Cat D is the most beginner level and Cat A is the most experienced category. The A races are longer and faster than other categories, and D races are the shorter and easier. Although a cyclist usually starts in Cat D or C, they can obtain points by racing and finishing well, which may be used to upgrade to the next category.

Road: a type of cycling that consists of riding a road bike with skinny tires and drop handlebars across paved or dirt/gravel roads.



A VT Cycling team member racing a road bike

Criterion: a type of road race that takes place on a closed 1-2 mile long circuit , where racers complete the circuit for an allotted amount of time, usually 20 to 60 minutes depending on category.

Road Race: usually used when talking about longer races (over 20 miles) that take place on the road, where a group of cyclists race to see who finishes the allotted distance first.

Time Trial: a type of road cycling race where an individual (or team as in a team time trial) is timed on how long they take to complete a course of a certain distance. Afterwards, racer's times are compared and the fastest time decides the winner.

Cyclocross: a type of a cycling competition where a bike with knobby off-road tires is ridden around a course for a specific amount of time. The course will consist of off-road and paved sections, and will include areas in which the rider will have to dismount to jump over barriers before remounting.



A VT Cycling team member racing cyclocross

Mountain: a type of cycling done on a bike with knobby tires made specifically to ride off-road. Mountain biking can be done in a variety of terrain and there are many different sub-types of the sport, but they all take place off-road, on mountain bikes.



VT Cycling team member racing a mountain bike

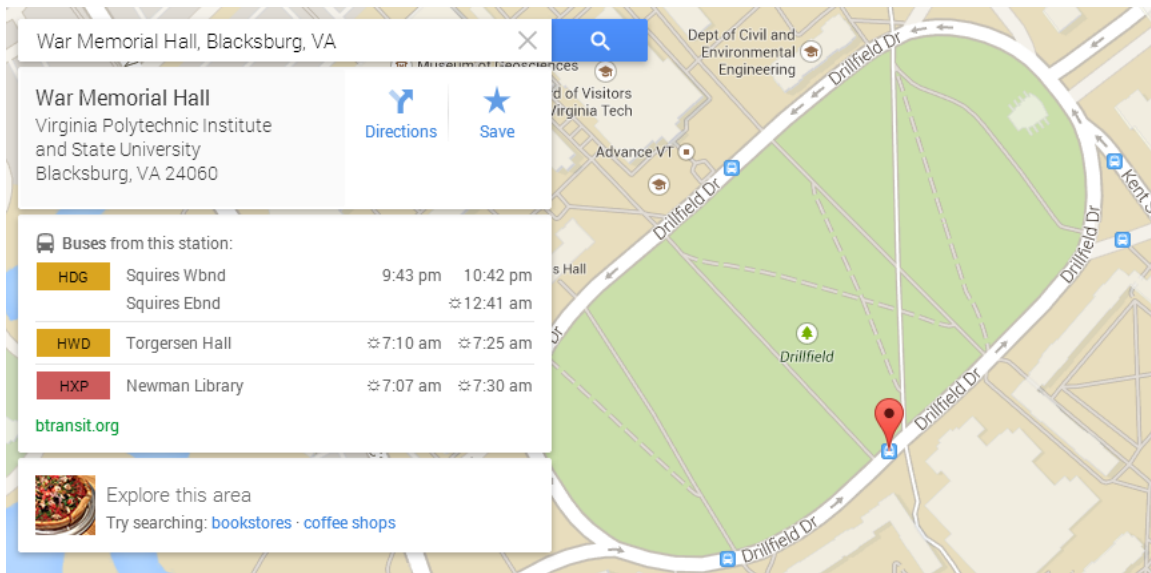
Club sport: a team at Virginia tech that is sponsored by the school and receives some amount of funding from the Rec Sports office

Listserve: a form of communication through email, commonly used on the VT Cycling team to organize rides and team activities, as well as to communicate when meetings and races are happening.

Instructions: How to Join the Cycling Team

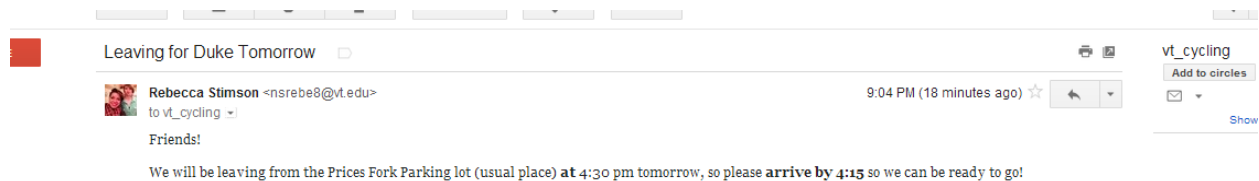
To Join the Team

1. Join the club listserv to receive important team information
 - a. Address a message to listserv@listserv.vt.edu.
 - b. Leave the subject blank.
 - c. In the body of the message put the following:
subscribe vt_cycling firstname lastname
2. Attend our weekly meetings: Monday @ 7:30 pm War Memorial Hall 125 (meeting times are variable but sent out over the listserv beforehand)



Our weekly meetings are conveniently held in War Memorial Hall

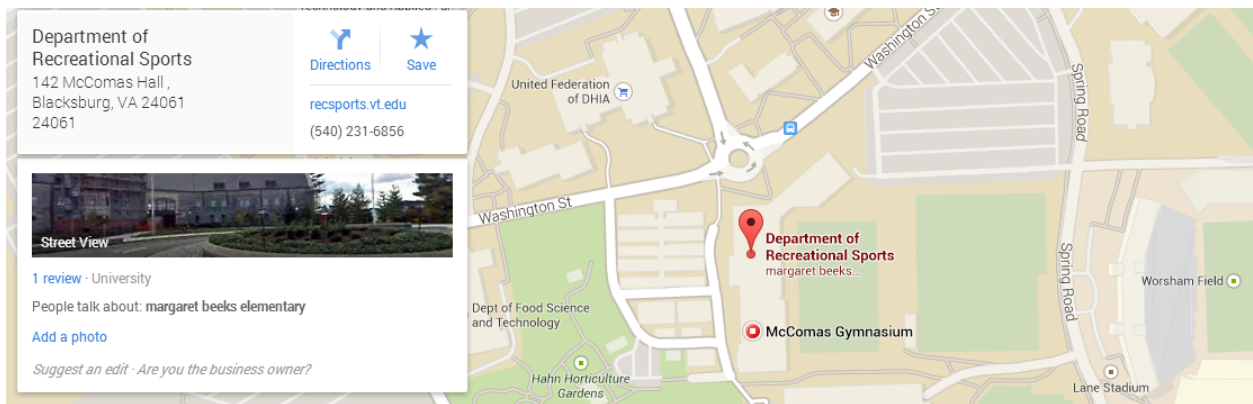
3. Join in on as many activities or rides as wished



Team rides and activities are sent out over the listserv

To Race with the Team

1. Pay team dues
 - a. Write a check to “Treasurer at Virginia Tech” with the correct amount (road \$200, cyclocross and mountain \$175)
 - b. Hand in checks to Rec Sports office at McComas



Dues can be paid to the Department of Recreational Sports, in McComas Hall

2. Buy a collegiate USAC license (more specific information can be found on usacycling.org)



Yearly collegiate licenses can be bought on the USA Cycling webpage

3. Fill out club sports team forms
 - a. Assumption of risk form
 - b. Medical insurance form
 - c. Driver's agreement form
4. Register for the weekend with the team (specific information sent out before every weekend over the listserv)

Road Season 2014

Duke Weekend
- Required -
What is your first and last name? *

ex. Oliver Dombaviet

Category *

- ☒ Men's A
- ☐ Womens A
- ☐ Mens B
- ☐ Womens B
- ☐ Mens C
- ☐ Womens C
- ☐ Mens D

Which races do you plan on? *

- ☐ Road Race

Registering for race weekends is easy!

Conclusion

Hopefully this document has outlined some basic facts about the VT Cycling Team, as well as given an insight into collegiate cycling. The steps above should help anyone learn how to join our team - we love new members and can't wait to meet you!