



Welcome to new and returning riders, coaches, and parents to the 2023 Alexandria Area Youth Cycling (Mountaineer) program. We are excited to continue to build on the success of the previous 7 years and are hoping to hit our goal of 60+ riders and 20+ coaches in the Mountaineer program. We are part of the Minnesota Cycling Association and align with the goals of building strong minds, strong bodies, and strong character through cycling. We share a vision that every youth is empowered to be part of a thriving and engaged cycling community. We offer a great opportunity for riders of all abilities to be included (no bench warmers) and equal opportunity to participate (no try outs, everyone rides). More information on MCA can be found at <https://minnesotacycling.org>

**Registration Details:** In order to participate in any AAYC rides, riders and coaches need to register online at <https://ccnbikes.com/#!/events/alexandria-youth-cycling-2023>. The passcode is Mountaineers2023. Rider registration is \$200, which covers MCA and AAYC fees. To encourage new riders, AAYC is offering a \$50 registration discount. New riders should email [AAYC@alexschools.org](mailto:AAYC@alexschools.org) to get a promo code to use when registering.

**Team Communications:** The Slack App is the primary tool used to communicate AAYC information. We do have a Facebook page that is used to showcase the team, but not usually to communicate detailed information.

**Practice Details:** Mountaineer practice schedule will be Monday, Tuesday, and Thursday from 5:30PM-7:30PM starting on July 17<sup>th</sup> and ending on October 12<sup>th</sup>. Locations will vary and will be communicated in advance at practices and on the Slack App that you can sign up for. Typical practice locations are Brophy Park on Monday/Thursday and Kensington Runestone Park on Tuesday. Riders and coaches should bring bikes, helmet, and water bottle to all practices. Practices will be a variety of team building activities, on the bike skills, and conditioning. We utilize open spaces, trails, gravel roads, Central Lakes trail, and occasionally paved roads. Trails signed as black at Brophy will not be included in practice.

**Team apparel:** There will be an opportunity to purchase team apparel (shorts, jerseys, jackets...). Electronic store will be open until July 25<sup>th</sup> in order to receive orders prior to races. Students that are racing need to have an AAYC jersey.

### **Volunteering:**

Volunteer opportunities exist at the team and league levels. Examples of off the bike team volunteers include equipment coordinator and communications coordinator. We welcome all skill levels for adult coaches to register and participate in AAYC. There are multiple volunteer opportunities during the races for course marshals, rovers, starting gate, timing, parking... We encourage AAYC to have good representation at league events. We will also have several opportunities for trail building/repair throughout the season and encourage everyone to give back to the areas we so much enjoy.

Please reach out to Head Coach Jeff Walsh at 612-298-9936 or Team Director Derek Chinn at 320-219-3054 with any questions.



Racing is not a requirement to participate in AAYC but does provide opportunities for riders to test their skills at an appropriate competition level. Spectators also have a lot of fun encouraging all racers on the course, often with unique costumes, noisemakers and good old fashion cheering.

#### **Race Schedule:**

MCA is conducting 9 races this year with each team able to participate in 5. Based on a draft completed earlier this year, AAYC will be participating in the below races. Middle school races will be on Saturday and high school races will be on Sunday.

Race weekend 1 : AAYC Bye

Race weekend 2: September 9-10 Lake Rebecca, Rockford MN

Race weekend 3L AAYC Bye

Race weekend 4: September 23-24 Spirit Mountain, Duluth MN

Race weekend 5: Sept 30-Oct 1 Detroit Mountain, Detroit Lakes MN

Race weekend 6: October 7-8 Whitetail Ridge, River Falls WI

Race weekend 7 (All Team Final): October 14-15 Mt. Kato, Mankato MN

### **Race Distances and Times:**

6-8 grade riders complete a 1-lap race estimated at 4 miles and 20-45 minutes. Freshman and JV 2 riders complete a 2-lap race estimated at 8 miles and 40 to 60 minutes. JV 3 riders complete a 3-lap race estimate at 12 miles and 60 to 90 minutes. And varsity riders complete a 4-lap race estimated at 16 miles and under 90 minutes.

### **Race Course Pre-rides:**

Courses are typically marked up to 30 days in advance of the event. There will also be some opportunity to pre-ride the course during non-race times on the race weekend. Rider/Coach ratios need to be followed and pre rides should be viewed as an opportunity to assess the course and conditions, not to put a fast lap in. It is recommended but not required to do a pre-ride

### **Race Registration:**

Race registration is completed on CCN: You can register for individual races for \$50 each or a Race Package discount is available if registering for 3 or more races at one time, for \$150 total, by August 1<sup>st</sup>. New this year, first year racers may request a refund of the race package following their teams first race if submitted within 5 days of the teams first race. This is done to encourage riders to sign up for the package by August 1<sup>st</sup>, so they don't potentially miss out on any racing action after their first race, as riders often desire to do more races than they potentially signed up for. Also note that all race registrations need to be completed by August 1st.

Riders and parents are encouraged to attend and/or participate in at least one race to get the full experience. Typically, the Detroit Mountain venue is well suited for students that want to only participate in one race, but you are welcome to sign up for any specific races. It is recommended to make lodging plans as soon as possible as these are very busy weekends for the race locations and options could be limited.