Overview

Welcome to Stanford Cycling! If you like bikes, whether that be riding to coffee with friends or racing down mountains at high speeds, you’re in the right place.

Stanford Cycling consists a whole range of members, from those who simply enjoy riding locally with other like-minded cycling enthusiasts to those who become All-Americans, national championship winners, and pro-cyclists. There are those who joined as beginners and then were racing in the fastest category by the end of the season. Whatever kind of rider you are and whatever you chose to make of your Stanford Cycling experience, we are glad to have you. We are happy you have found us and hope that you find this manual helpful.

In this manual, we have sections on:

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As always, feel free to reach out to the recruitment officers and they would be very happy to answer any questions you have. Hope to see you on the road!

‘14-’15 team at Team Camp in Solvang, CA
Joining Us!

How to Sign Up
Simply follow the instructions here. We offer recreational club membership and full team membership. Not sure how serious you want to get about cycling at Stanford? You won't get the benefits of being a full team member, but we still want you to ride with us!

For club membership:
1. Sign up for the Stanford Cycling Google Group
2. Join us for rides! (More details in the section below)

And, in addition to that, for full team membership and benefits:
3. Pay your team dues
   ○ Dues for the ‘15-16 membership year are $200 and include a free jersey, or $70 per quarter with no jersey. Alumni may pay $110 per year with no jersey. To pay dues, you may:
     i. (*preferred) Drop off a check at the ASSU/SSE office in Old Union room 103, which is open 9am-5pm Monday-Friday. Place the check in folder #7255 and then contact the treasurer. Make your check payable to Stanford Cycling.
     ii. PayPal the relevant amount to the treasurer.
   Make arrangements to pay dues via cash or online by contacting the treasurer (treasurer@stanfordcycling).
4. Sign a liability waiver
   ○ Sign a waiver on dosportseasy.com/stanfordclubsports or on paper
5. Fill out our team survey
6. Sign a non-disclosure agreement,
   ○ If you have a SUNet ID, use our online NDA; if you don't, use the paper version and drop it off with your dues.
7. To be a member in good standing with the team, we ask that you volunteer at the Stanford road race and encourage you to volunteer at the Stanford MTB race. Hosting a race is a big task so we have to do it as a team.

Benefits
- Professional coaching by some of the best in the nation
- Team Camp
- Free jersey (and discounts on other gear)
- Sponsorship deals like discounts at Menlo Velo in Menlo Park
- Road, mountain, and track bike rentals cheaper than anything you’ll find in the Valley
- Covering the registration cost for any collegiate race you may choose to enter during the season
- Covering gas expenses for races
- Covering hotel expenses for races farther away than UCSC, Cal, and the home race
- Club sports trainer (physical therapy)
- Meeting a lot of cool people and having lots of fun
Rides

For the most up to date rides, sign up for email updates from the Stanford Cycling Google Group. This is what we use for general member communication instead of a Stanford email list, as it is open to current and former members of the Stanford Cycling community. Also, feel free to post when you’ll be riding or other cycling related news! (Just be aware that there are over 700 members on the list.)

We also have a:

- Stanford Cycling Calendar for rides that happen on a weekly basis and other events.
- Mountain bike specific email list. Sign up [here](#).
- Women specific email list. Sign up [here](#).

Stanford Home Road Race
Racing and Team Deals

Stanford is part of the Western Collegiate Cycling Conference (WCCC) and competes against schools across California and Western Nevada. For info on race schedules and more, the WCCC website is the place to go.

The cycling team competes in road and mountain bike racing (and, in some years, track racing). You are encouraged to join the team regardless of your level of experience (in fact, most racers joined the team without ever racing before). Collegiate cycling is a development program, which means that everyone contributes to the success of the team.

For the races, you race in a specific collegiate category (A-D for men, A-C for women). All men start in the Ds and all women start in the Cs. If you're a beginner, this gives you a chance to race against people at a similar level to you, and then you can upgrade as you gain experience. Or if you're already super fast and great at bike handling, you can win a bunch of races and upgrade your category faster so that you're racing with people at your level. Most importantly, both men’s and women’s points in all levels contribute points to the overall team omnium.

Mountain Biking

Autumn (September-November) is collegiate mountain bike racing season. Categories of mountain bike racing include:

- Cross Country (XC): Usually 1-3 laps on a mixture of fire roads and singletrack
- Downhill (DH): Featuring more technical singletrack, plus optional jumps drops
- Short Track Cross Country (STXC): A 20-30 minute race on a short (<.5mi) loop
- Super D (SD): A less-technical version of downhill, often using a descent from the XC course
- Dual Slalom (DS): A gravity event consisting of 2 side-by-side tracks with berms and jumps

Kate Courtney claiming XC win at MTB Nationals [source]
Road Biking

Winter and spring mark the road bike racing season. Many athletes will start training for the season in fall.

There are different kinds of races offered during the collegiate road season as well. These are:
- **Road Race**: a long race, often with hills (between 20-80 mile race depending on your category)
- **Criterium (Crit)**: a fast-paced, time-based race (between 30-60 minutes) where riders make laps on a short, about 1-mile and usually flat, loop.
- **Team Time Trial (TTT)**: a race where a team of 3-4 ride a short course and win based on their time relative to other teams. The trick is that teams go off at different times so you don’t know your placement while racing.

![USA Cycling Road Collegiate National Championships 2015, Division I Team Omnium, Stanford 4th place!](image)

Races occur generally every weekend of the racing season. A race weekend usually includes a road race on one day and a crit on the other. If there is a TTT, it is added to the mix on one of the days. We recommend trying all kinds of racing to see what you like! Most people who come out for the race weekend attend all the offered events in the collegiate category (especially if it’s a long drive and we’re staying in hotels).

If you have a car and are willing to drive to races, we really appreciate it! The team will reimburse you for gas, too. We only ask that you be ready and willing to leave early in the morning and that you sign up to drive to the races you’re sure you will attend so there aren’t carpool conflicts later.

If you’re new to racing and aren’t yet sure you want to commit, you can get a $15 one-day license. Otherwise getting a year-long license ($35 for collegiate racers) will save you money -- and it’s more convenient. To get one, go to the [USA Cycling website](http://www.usacycling.org).

And lastly, if you are interested on further details regarding individual point values and more, here is the [WCCC Rulebook](http://www.wccc.org).
Sponsorship

The Stanford Cycling Team is fortunate enough to have a number of sponsors for high quality products. A full list is available on the website. Orders typically happen once a year for each sponsor, though some sponsors allow more frequent orders. You must be a team member in good standing, having paid dues, and fulfilled the club jobs requirement to order from our sponsors.

Renting and Loaning Equipment

The team has a selection of bikes, wheels, protective gear, tools, bike cases, clothing and other equipment that is available for team members to rent or borrow for a short time. If you would like to rent a bike from the team or any other equipment please contact the Equipment Manager. Renting a bike is currently $100 per quarter. We will ask you to make a $1500 dollar deposit which will be returned to you if the bike is in the same condition as when we loaned it to you. Other equipment is rented at various rates.
Gear

Required

- **Helmet**
  If your helmet is cracked or old, replace it. Concussions are serious business and safety is your first concern. Also, make sure you wear one whenever you get on a bike at a race venue - otherwise, you (or the team!) could get fined.

- **Bike**
  Duh. The kind of bike you want to ride is up to you. You can rent top-notch road bikes from the team if you aren’t ready to buy, just get in contact with the Equipment manager and pay the quarterly cost.

- **Cell phone, Money, and ID**
  In case anything happens

- **Water**
  1 oversized water bottle is good, 2 are better, and for mountain biking a Camelbak can be best. We also recommend adding electrolytes. Thanks to our gracious sponsor, Osmo, we have Osmo Hydration Powder for team members to use.

- **Food**
  For longer rides (2+ hours), carry some food in your jersey pocket: Cliff bars, trail mix, a sandwich, asparagus -- whatever you like to keep you going strong.

- **A Flatting Plan**
  While we have put ‘tubes and a small hand pump or CO2 canister’ under ‘Highly Recommended’, if you are riding alone and don’t have something to fix a flat with you, make sure you have someone to call if you end up with a flat tire many miles from campus.

Highly Recommended

- **Clipless Pedals & Cleats**
  An important initial investment for those starting to ride a lot. You will fall when you first start riding with these (so practice on grass), but the gain that they provide makes it all worth it.

- **Saddle bag**
  It’s like your first aid kit for riding, conveniently attached to your seat. People generally carry:
    - Tubes (at least 1)
    - A patch kit
    - A small hand pump or CO2 canister
    - Tire levers
    - Multi-purpose bike tool with allen wrenches
  If you don’t know how to yet, learn how to fix a flat! Go on youtube or ask anyone on the team. Also, make sure your tires have enough pressure in them before you go riding (Wheels give a range for how much which is a good starting point, or ask one of us).

- **Cycling kit**
  Typical attire is a lycra jersey and padded cycling shorts. You can get bib shorts or regular shorts (protip: It’s more comfortable to not wear underwear with these.)
- Gloves
  To keep from sweaty, callused hands. Also acts as a sweat + snot wiper and develops wonderful
tan lines.
- Sunglasses
  Anything to get dust, etc. out of your eyes works. If it’s not sunny, wear clear glasses to keep
stuff out of your eyes.
- Arm and leg warmers
  Thermal gear is essential when it’s cold out. Also helpful to take as spare clothes in uncertain
weather conditions.
- Chamois cream
  For those long rides.
- Sunscreen
  For those sunny days.
- Bike lights
  Front and rear - for riding early in the morning or after dusk. Plan ahead; you might be out
during the dark if it takes longer to get back to campus than you expected.

'13-'14 Stanford Cycling TSF Video
Extra Details

- PSA: This is Strava, a popular app to record the stats of your ride. As they say, if it’s not on Strava it never happened. Stanford Cycling has a club page on Strava that you are welcome to join.

- The women’s team also has a groupme. Talk to the women’s team captain to get on it!

- If you’re wearing a Stanford Jersey, you are representing Stanford Cycling. Do the right thing.

- Obey traffic laws. Ride on the right side of the road. Watch out for cars. Remember cyclists can get tickets too.

- If you want to join a group ride, be on time.

- Let someone know where you’re going before you head out for a ride in case you get lost or injured.

- Know yourself, know your teammates, know your bike, know your competitors, and know the course.

- Enjoy cycling!

- And good ol’cycling humor:
  “The Rules”
  How to be a road biker video
  How to be a mountain biker video
  Global Cycling Network ‘How To’ videos and more

Women’s team after team time trial race in Reno
Popular Local Routes

In approximate order of difficulty

The Portola Valley Loop (aka "The Loop")
https://www.strava.com/routes/2647628

A nice ride and really hard to get wrong, so it’s a good default route if you’re just starting out. You can do it in either direction. Be careful crossing the freeway on Sand Hill, make sure to indicate when you are moving left from the right bike lane.

Cañada Road
https://www.strava.com/routes/2647583

Really nice straight route, with some rolling hills. People typically train for time trials on this road.

Crystal Springs Reservoir alongside Cañada road (source)

Los Altos Hills aka The Coffee Ride route
https://www.strava.com/routes/2647657

A pretty ride with rolling hills.

Alpine Road
https://www.strava.com/routes/2647605

The gradient is pretty low until the end when it gets a bit steeper. At the end, if you go left at the fork, you hit Joaquin. It's .3 miles at 13% and it hurts. If you are a new descender, the first time you descend Alpine you’ll want to be clutching your brakes at the top because there are a bunch of decently steep switchbacks and it's a narrow road with occasional cars.

Kings Mountain Road
https://www.strava.com/routes/2647561

A favorite local climb, 4 miles long at 7%. When you get to the top, you can turn left and descend 84. Or you can turn right, take 92, and head back on Cañada rd. Or you can turn back and descend on Kings. Like Alpine, clutch onto your brakes the first time you do this if you are new to descending, as there are many switchbacks.
Old La Honda
https://www.strava.com/routes/2647572

Another favorite climb. 3 miles at 8%. Few cars on this route, but still keep an eye out as the road is narrow.

Page Mill
https://www.strava.com/routes/3175913

An infamous climb.

Altamont road, between Los Altos Hills and Page Mill road, in fall

West Alpine
https://www.strava.com/routes/3175868

One of the favorite local long rides. Note: Very different from Alpine road listed above.

Pescadero
https://www.strava.com/routes/3175893

Another favorite local long ride.

Pigeon Point, near Pescadero (source)