



*UCI Anteater Recreation Center
ATTN: UCI Cycling Club
680 California Ave.
Irvine, CA 92697-4515
<http://clubs.uci.edu/bike>
bike@uci.edu*

UC Irvine Cycling New Rider FAQ

The purpose of the UC Irvine Bike Club – Cycling Team is to support recreational and competitive cycling in the UCI campus community. We participate in mainly road and mtn bike rides and races, although we also support disciplines such as track and cyclocross. Cycling can be a demanding sport but it doesn't have to be...we support riding at all levels. It does take a little enthusiasm and effort to get started and hopefully the following will pave the way:

- Can I ride/race for UCI Cycling?
 - Membership in the club is open to all of the UC Irvine community, including alumni and affiliates. Racing is open to any full time students, both undergraduate and graduate.
 - Part-time students, alumni, staff, faculty and affiliates (anyone associated with UCI) are encouraged to join the team. However the rules from the top are the following:
“Currently (might change at the end of the year) you are allowed to have Faculty, Staff and Alumni join the club as long as they are also ARC members. However they cannot compete with the team or wearing UCI jerseys in individual races.”
- How does one join the bike team?
 - You officially join the Bike Club by going to the Campus Rec registration desk upstairs at the ARC and paying a nominal club sports registration fee (currently \$10). You are entitled to the benefits of the Cycling Team once you make it to a meeting and pay our treasurer some dues. In other words, you are legal with the University once you pay the reg fee and legal with us once you pay dues, but generally we are much more forgiving than the University.
- So when are the meetings then?
 - We normally have a meeting once a month (currently the 1st Wed of the month at 6:30pm) in the ARC teamroom upstairs in the ARC next to the Campus Rec registration desk.
- The Cycling Team seems kind of unprofessional...what's the story?
 - The UCI Bike Club is a club sport under the Campus Rec department...we are not a Varsity sport. This means that we are student organized and operated, have a very limited budget and limited support from the university. Everything that gets done is done by some very committed (or crazy) students on the side of heavy academic and work loads just because we want a team to exist. The officers of UCI Cycling do their best...
- I don't have a bike. Does UCI Cycling have any team bikes?
 - Not at present...ones bike is a very personal thing and maintenance on a communal bike would be a huge issue. However, feel free to ask team members if they know of a bike you can borrow/purchase. In addition, UCI usually has a bike manufacturer and/or a bike shop as a sponsor that allow substantial discounts on the purchase of a bike.
- I have a bike. Where can I store it?
 - UCI Cycling does not have any storage for personal bikes. Our storage in the ARC is limited in both space and access. A little persistence and a commercial storage rack will allow the storage of multiple bikes in most any living situation.
- I don't have any money...isn't a new bike expensive?
 - A new raceable bike costs about \$500 and up...sorry \$99 WalMart specials aren't generally going to cut it. Also try to match your bike to the discipline – mtn bike for mtn bike racing, road bike for road bike racing, etc. You can keep your costs down by purchasing a used bike, last season's model, or one through one of our sponsorship deals. Also, check out <http://orangecounty.craigslist.org/bik> or <http://www.ebay.com/>
- What is the time commitment of joining the team?
 - There are no set requirements. People generally get the most out of it by jumping in on team rides once or twice a week. They then get addicted and progress to a 6 day, 20 hour-a-week





UC Irvine Cycling
Established 1976

UCI Anteater Recreation Center
ATTN: UCI Cycling Club
680 California Ave.
Irvine, CA 92697-4515
<http://clubs.uci.edu/bike>
bike@uci.edu

habit, start shaving their legs, growling at folks on group rides and looking for shady characters selling EPO.

- How do I find out about team rides?
 - Join the mailing list at <http://spirit.dos.uci.edu/mailman/listinfo/bike-list>
- I don't want to race...do I have to?
 - No, you don't. But it really is fun, addictive and challenging and only as hard as you want it to be. Collegiate racing is very nice way to get into the sport due to its low key, friendly but competitive atmosphere. Many current professional riders started out in college and have reached the top levels of the sport. We highly encourage racing and generally reimburse all entry fees.
- What do I need to start racing?
 - Not much...a safe bike, a helmet, the current jersey (a conference rule, although sometimes overlooked), a willingness to try new things and a racing license. A license you say? Yes, a license. You can buy one at the race or buy an annual one through the USA Cycling website.
- What's the deal with Coach Dave? He seems grumpy and he scares me...
 - Coach Dave is actually a very nice guy with an incredible passion for cycling. He has been volunteering as UCI's coach for a number of years and always puts on both a series of winter spin and climbing rides for both his UCI riders and his private clients, as well as setting UCI riders up with personalized training programs and custom bike fits others pay thousands a year for. Since he has been in the sport for so long, he probably knows your comment/question/concern before you have asked it. He also knows that most of the time the asker has already made up their mind about the response before it is produced. Thus, the responses he produces are sometimes extremely direct, but also very useful. But work with him a while and you will see his more supportive side...he just wants to see his riders be successful.
- What's the deal with spin ride rules? I can go faster, harder, better than this by myself...
 - The winter spin rides have a very specific purpose – namely to get new riders comfortable in riding in a pack in a controlled environment, to get riders broken into riding long miles at a high cadence, and to produce base fitness for the rest of the season. The rules facilitate this and also produce a challenging ride for uber-pros and mortals alike.
- I have a good time riding by myself...what do I need to join a team for?
 - Besides the specific benefits of join a cycling team (team rides, equipment discounts, team equipment, coaching, race reimbursements, etc...), if you had a good time riding by yourself, you will have great time riding with a team. There are numerous intangible benefits of belonging to a group with a similar recreational interest as you, whose expressed goal is to support that interest. You will find yourself riding more often and with more enthusiasm once you join a good team.
 - On the competitive side, riding on a team is essential for a rider to be at their best. On the road, where drafting comes into play, team strategies and tactics can either place a rider 1st or 10th in a race depending on how they play out. A huge amount of satisfaction is gained when a team comes together to place a member high in the placings. Off-road, the encouragement and support from riding a race with your teammates out to offer support (moral and otherwise) is critical to maintaining focus on race days.
- How does one ride as a team?
 - Although books have been written on this subject, the short answer is to ride with your teammate's and your team's goals in mind (and they will be riding with yours!)
- What is a crit(erium), time trial, team time trial, road race, short track cross country, etc...
 - Don't worry about it...if you decide that bike racing is for you, you will find out soon enough.

-Max Perez
President 04-05
UC Irvine Cycling

