

## **Adventure and Race groups FAQ's**

We break our ride groups into two categories, an **Adventure group** and a **Race group**. We know that each student athlete comes to the Pioneers with a unique background and different goals. It is important that each rider has the opportunity to find what they seek and achieve what they hope to achieve while on the team. Some riders want to focus on exploring the trails and hanging out with friends, while others have a more objective race focus. We hope to provide each rider with the opportunity to do just this.

Please remember that while each group will have a slightly different focus, we are all still members of a race team. We will teach both groups how to race, condition both groups for racing (to different degrees), and hope that all riders will choose to sign up to participate in at least 1 of the 5 races this season.

Both groups will practice at the same location and time, but be broken into different groups. Both groups will focus heavily on MTB skills throughout the season.

### **Here are some differences between each group:**

#### **Adventure**

- Does fewer race intervals at practice
- Focus is on exploring the local trails
- No off-practice day ride expectations

#### **Race**

- Focus is on racing at the Varsity level, or working towards this level of competition
- Each weekday practice will include some intervals
- Riders will be expected to do off-practice day strength training and rides
- Riders in this group will need to track their rides and upload to the Pioneers Strava club for tracking

\*\*All middle-school riders will initially be placed in the adventure category. If you choose to join the Race category you will need to talk to Coach Marshall in-person to request a change. Everyone is welcome to choose their group, but once you make a change you will need to stick with that particular group for at least 2 weeks.