



# JUNE 2022 NEWSLETTER

## Where Are We?

We are now 9 weeks in to the base and endurance phase of the 2022 season. Riders will begin to notice that their fitness and speed levels are increasing and practices should be getting easier. Each week, coaches are given a skill to teach. Students should continue to practice these on their own as they are a basis for the advanced skills that come later in the season. So...what's next?

## June 29th - Peer Mentoring

This week we are holding our first Peer Mentoring Day on Wednesday, June 29th at Addison Oaks County Park. Those students wishing to earn their school letter are required to participate in this program overall. However, this first date falls outside of our mandatory training season and is optional. Students may choose to opt out on this session only BUT participation is highly recommended. Club racers are also encouraged to become mentors.

## July 4th Week

We know that you are going to miss us so welcome to **SHRED THE GNAR!!!** This annual game has been created to encourage students to ride and inject a little fun while the team is on vacation. Urban, mountain or trail! You choose! Captains will be sending out information and format shortly. Stay tuned! Please Note: You MUST have joined us on STRAVA so your points can be counted and verified. Go to [www.Strava.com](http://www.Strava.com) and ask to join Rochester Mountain Bike Team - Club Riders if you have not yet done so.

## July 20th - Decision Date for Racers

ALL students have been encouraged to ride with us on Wednesdays. July 20th is Decision Day for those wishing to race in the 2022 season and from that date forward, Wednesdays will be for Racers only. We will begin the Build Phase of our training with a Time Trial held that day at Addison Oaks County Park. The results of this will allow us to gauge a base speed and will help us with determining/assigning racing categories for the MiSCA series in the fall. There will be a follow up Time Trial again at the end of this Build Phase to reassess.

Those students wishing to earn a Varsity Letter MUST return a signed blue "Intent to Join Varsity Racing Program" form to either Coach Laura at check in or directly to Coach Karen on or before Wednesday July 20th. Racers who do not submit this form will be assumed to be a part of the Club Racing Program.





### **Wednesday, July 20th - Racer Kick Off Meeting Post Time Trial**

This meeting is for parents and students racing in the 2022 season. Please plan on attending!

### **Dirt Camp - Friday, July 22 - Sunday, July 24th**

Dirt Camp is an overnight and weekend long camping experience at Addison Oaks County Park. We have once again booked the group camping area. Tent camping only. Students and chaperones will spend the night. ALL Rochester Mountain Bike Team riders are invited to participate. Students may choose the Day Camp Only option if preferred. Stay tuned for details and cost.



**Parents:** We will really need your help for this! If you can help, please reach out to Coach Karen at [rmbtunited@gmail.com](mailto:rmbtunited@gmail.com). Thanks! Overnight Chaperones must be registered with MiSCA.

### **Monday, August 1st - Bike Maintenance Clinic**

Aaron Barla from Select Cycle Worx will join us again this year hosting another Trailside Maintenance Clinic for Students. If there is anything in particular that you would like to learn, please let us know. Aaron is a great resource if you need bike maintenance done. You can contact him to schedule service at [aaron@selectcycleworx.com](mailto:aaron@selectcycleworx.com).

Interesting fact - Aaron is also the trail coordinator at Stony Creek Metropark. If you see him out there, thank him for his service. I'm sure there will be another opportunity to help him maintain our favorite trails soon.

### **Save The Date - Community Service Opportunity - Saturday, August 6th**

The KLM/Coldstone Racing Team will be putting on a local race, the De Ronde van Grampian and are requesting volunteers. RMBT has been assigned the duty of Aid Station Volunteers at Kingsbury Day School (Oakwood and Hosner). Sign Up with Coach Laura.

Happy Riding!!!

