



# RIDE WITH THE NORTE RACE TEAM



## WHAT IS THE NORTE RACE TEAM?

The Norte Race Team is a supportive and inclusive community for northern Michigan youth mountain bike riders. Riders will experience the joys and challenges of competition as part of a team. Together we will help riders set personal goals, gain confidence, and make friends. This program is open to riders in 4th–12th grades who are enrolled in our spring and fall mountain bike programs. All skill levels are welcome and previous race experience is not required.

**\* Norte Race Team participants must also register for Norte's spring mountain bike program.**

## WHAT TO EXPECT?

- Race Support at Several Michigan Races
- Three Clinics (On-Bike & Off-Bike portions)
- Monthly Group Rides (April-Oct.)
- Pre-Race Course Rides - When Possible
- Race Entry Discounts - When Possible

**Racers will receive a link to order Race Jerseys & Complete Kits.**

Race gear is not included in the cost of the program, nor is it required.



## COST - \$150/YEAR

This fee includes:

- Race Support
- 3 Clinics
- Monthly Rides & Pre-Race Rides - when possible
- Program scholarships are available



**Norte Received a generous donation to support The Norte Race Team.**

**This allows us to keep the cost at \$150 for the next three years!**

**Questions? - Email**

**[programs@norteyouthcycling.org](mailto:programs@norteyouthcycling.org)**

## RACE SUPPORT

**Race support will include encouragement, mechanical assistance, nutritional snacks and drinks, bike storage, carpool assistance (when possible), and lots of cowbell!**

### Norte Supported Mountain Bike Races

- Mud, Sweat and Beers—May 6
- Arcadia Grit and Gravel—May 20
- Norte Paper Plate Race—June 3
- TCTF - Ranch Rudolf—July 22
- Lord of the Springs - September 9
- Norte Paper Plate Race—October 14
- Peak to Peak—Oct. 21
- Iceman Cometh—Nov. 4



### Patrick's Heavy Ride with Friends

**Join us on July 29th.**

This Norte event is focused on building community, and raising funds to support Norte youth programs. Riders go at their own pace. ALL ages and abilities are welcome.

This is a ride on the TART, NOT a race.



# 2023 NORTE RACE TEAM

## RIDER & PARENT COMMITMENT

### THE COMMITMENT

- **Riders** commit to participate in a minimum of four races, attend clinics, and 80% of all Norte Race Team practices. Practices will occur 1–2 times per month during the riding season. We'll have guest ride leaders and visit different trailheads to keep practice fresh and exciting. Racers will be encouraged to volunteer at Norte summer balance bike races for children ages 2-5 and other events that help create community, foster leadership skills, and encourage the next generation of riders.
- **Parents/guardians** commit to provide race support (drinks, snacks, encouragement) at two races. We will use SignUpGenius to share and track Team needs. In addition, we will work together to coordinate transportation to and from races, when possible.
- **Everyone** commits to model integrity and create an inclusive and supportive community for all riders.



### RACE TEAM CLINICS

#### Clinic Dates & Times - To Be Determined - Content & Locations May Be Adjusted

##### # 1: Race Team Overview & Introduction (Timber)

- Off-Bike
  - Team & Race Overview, Setting Personal Goals & Creating Training Plans
  - The Importance of Being a Teammate
  - Taming Race Day Jitters - Guest Sports Psychologist
- On-Bike
  - Exploring Local Trails - Who Builds and Maintains the Trails We Love? - Guest NMMBA
  - Pace Check

##### # 2: Race Preparations & On-Course Repairs (Wheelhouse)

- Off-Bike
  - Pre-Race Bike Check - What Every Racer Should Have
  - On-Course Bike Fixes - What Can & Can't Be Fixed - Guest Mechanic
- On-Bike
  - On-Bike Race Training with local GLORI Racers

##### # 3: How to Prepare Your Body & Your Bike (Timber)

- Off-Bike
- Nutrition - Fueling Before, During, and After a Race - Guest Sports Nutritionist
- Race Clothing for Varied Temperatures and Conditions
- On- Bike
- Starts, Pacing, Passing, Drafting, Problem Solving, & Placing

