



December 2010, Issue 2

This is the second issue of our newsletter to all Frazier Cycling Members. We hope you find it helpful. Comments, questions and suggestions are welcome.

Remember your source of current information, ride schedules, merchandise, directories, etc. is found at www.fraziercycling.com.

IN THIS ISSUE:

Always check the ride schedule each week. This time of year ride and practice start times are affected by the changing amount of daylight.

- Dec 5th Junior Girls Team Event
- Last chance for FUN on the beach at the Holiday Camp
- Annual Junior Awards Presentation Coming Soon
- Winter Practice
- Holiday Break Schedule
- 2011 Clothing Order
- 2011 Nationals
- Classifieds
- FAQ
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UPCOMING EVENTS

December 5th Girls' Team Day Out

All girls are invited to come and cheer Dominique on at her final Cycle-cross race of the season on Sunday Dec 5 in Covington. It will give the girls a chance to see what Cycle-cross is all about, it is very spectator friendly, and it gives them a chance to get to know each other while cheering on a teammate. Frazier Cycling will provide transportation to the race and back. The race schedule is not out yet but most likely we will leave in the morning. Parents are welcome. More details when the schedule comes out. Please let us know if your daughter can attend.

Participation in events like this is an important part of our team building program, especially for new members. Encourage your daughter to attend.

Dec 26 -31 Ono Island Holiday Camp for Juniors, Parents and Coaches

Give your junior a memorable holiday gift. Send your child to our cycling camp on the beach! Not only will your cyclist have access to training with a power meter (a must for any junior who wants to move to the next level) but there will be plenty of time for FUN activities on the beach. Let us know if your junior needs transportation and we will make arrangements to accommodate. Remember, parents can attend also.

Registration Deadline is 12/15. Full details on our website.

Family Fun, too - If you want to combine a family vacation and a great camp opportunity for your

junior – this is it! There are plenty of rental homes on the island where the family can rent at off-season rates.

Note to parents: Some juniors have expressed interest in the camp but will not go unless certain teammates attend as well. This is such a great opportunity, though, for them to meet other cyclists. Most other racers do not have a team and coming to camp is the only way they can meet other juniors. Friendships are formed and renewed each time they see each other at races.

January 22, 2011 - Frazier Cycling Annual Awards Dinner SAVE THE DATE

We are looking for a parent/s to coordinate the program and pot luck dinner. This year we would like to get the juniors involved in helping to present our program. Please let us know if you are able to help out. Don't miss this very important and entertaining event!

Note to new parents: As with any organization, the best way to become a part of the group and understand our program is to GET INVOLVED!

WELCOME FRAZIER CYCLING FAIRHOPE

We have a new 10-member team in Fairhope, Alabama sponsored by Coach AJ Beach, owner of Fairhope Bicycle Company. We are excited to have them as part of the Frazier Family and will be planning joint races and activities for 2011.

Special thanks to Coach Beach for facilitating our CycleOps order through his bike shop!

WELCOME NEW MEMBERS

Fairhope Program

- Abigail, Allyson* and Madison Beach (*Ally joined in 2/10)
- Nathan Duncan
- Gus Grow
- Olivia Lyons
- Frances Sledge
- Trip Volnoff
- Tanner and Tyler Wilson

Frazier Cycling Partners

- Charles Mason

Youth Program

- Matt Steele
- Ben Steele

Junior Program

- Simon Miller

GENERAL NEWS

Coaching Clinic

The annual Junior Coaches Clinic was held in November and was a big success. Many of our junior cyclists and parents took advantage of the opportunity to learn more about the program. The following individuals also earned their Frazier Cycling Junior Coaching Accreditation:

- David Goodman
- Bob Monahan
- Chris Porras
- AJ Smith

Special thanks to Allgood Pest Solutions for the use of their conference room for the Coaching Clinic!

Winter Practice

Indoor practice is off to a great start at Bunten Park. Please remember to arrive early so you can be set up on your trainer ready to go at 6:30. There are still many opportunities to ride outdoors, take advantage of as much as you possible so you are ready for race season. Please see the website for the current schedule.

Location needed for Wednesday Indoor Practice in Alpharetta/Roswell area. If you have access to a facility that could accommodate 10-12 bikes on trainers please let Cathy know @ 770.513.8640.

Holiday Break

We will have a modified schedule the week of Christmas and New Years week as follows:

Monday, December 20	No Rides, No Body Rich
Tuesday, December 21	9:30 L&G 18 Suwanee Park 11:40 Lunch Time 20 NCR 4:00 Office Park 21 Laps Stonemill Church
Wednesday, December 22	11:40 Lunch Time 20 NCR 6:30 Indoor Practice Bunten Park
Thursday, December 23	11:40 Lunch Time 20 NCR 4:00 Gary's Ride
Friday, December 24	7:15 Flowery Branch 50
Saturday, December 25	MERRY CHRISTMAS
Sunday, December 26	7:15 Flowery Branch 50 7:15 Buford 30
Monday, December 27	No Rides, No Body Rich
Tuesday, December 28	9:30 L&G 18 Suwanee Park 11:40 Lunch Time 20 NCR 4:00 Office Park 21 Laps Stonemill Church
Wednesday, December 29	
Thursday, December 30	11:40 Lunch Time 20 NCR
Friday, December 31	
Saturday, January 1	7:15 Flowery Branch 50 11:30 Ladies and Gents (Juniors Welcome) 2:30 Skills Practice, Cross Pointe Way
Sunday, January 2	7:15 Flowery Branch 50 7:15 Buford 30
Monday, January 3	No Rides, No Body Rich

Ride Leaders Needed December 26 – 31. If you are a qualified ride leader and you are interested in leading any FCP ride during the holiday break, please contact Coach Frazier.

2011 Custom Clothing Order

You can place your orders November 22 – December 10 on-line at www.fraziercycling.com. Simply click on the Members tab, log in and select Products. There is also a link to a sizing chart. If you or your child race for Frazier Cycling, you must wear a 2011 race kit (jersey and shorts/bibs) at all races and events (for local practices/rides kits are optional). All other custom clothing is optional.

2011 Nationals

Junior Nationals will be held in Augusta, Georgia from June 21 – June 26. The race schedule and race courses are not final at this time. As soon as USA Cycling publishes the schedule we will let everyone know. At this point we need to get an idea of who is planning to go so we can begin planning the logistics. We will have a brief parent meeting Wednesday, December 1st at 6:30 during practice at Bunten Park. For those who cannot attend a summary of the meeting will be sent out.

NEW BETTER CPR TECHNIQUE

Thanks to Mike Tindol for sharing the information about the latest in CPR.

Click the link below (or copy and paste into your browser) to see the latest CPR technique which is much simpler. While this does not replace the benefit of taking a CPR Class and obtaining certification it may one day come in very handy. You never know, a life may be saved utilizing this new procedure

<http://tinyurl.com/2fx8r59><<http://tinyurl.com/2fx8r59>>

COLLEGE PROGRAM

Cycle Your Way
Through College

We are working with regional colleges who have cycling teams and offer scholarships. Many are aware of our reputation and are anxious to host us for a weekend college visit. We are opening up this opportunity to any junior and their parents (they are never too young to be exposed to higher education options). We are looking for a parent college relations coordinator – it is a great way for you to establish rapport with the colleges especially if you are seeking scholarships for your child. Please contact us if you are interested.

CLASSIFIEDS

- ❖ Blue R8 Frame, \$500 OBO
Medium, less than 300 miles, no apparent scratches
Contact Mike Tindol mtindol@allgoodpestsolutions.com
- ❖ 2008 Trek Madone 5.2, \$1350 OBO
Size 54, carbon fiber frame, carbon fiber seat post, Ultegra SL components, Bontranger Race x Wheels, carbon ---Aerius bars. Russell has outgrown it, new bike list for \$3,149
Contact Mike Tindol mtindol@allgoodpestsolutions.com
- ❖ 44 cm Women's Specific Cannondale Optimo with carbon fork- \$800 O.B.O.
Great condition w/ only approx. 50 miles of use. Components include: Mavic CXP 22 rim set, Ultegra rear derailleur, 105 front derailleur, Truvativ GXP Elita crankset, LOOK Carbo Pro pedals, and Cannondale Theta brakes w/ Shimano Flight Deck levers. Pictures are available upon request.
Contact Matt or Paula Williams phwilliams1@gmail.com or 864-985-3244

- ❖ Blue T17 Time Trial Bike size Medium, \$1300 OBO
Full Dura-Ace 7800 drivetrain (cranks, BB, shifters, chain and cassette). Easton carbon aerobars and Mavic Kysirium Elite wheels with new tires. I purchased the bike last year and have only ridden it a couple of times. Andrew Hodges rode it at Nationals with some very good results.
Contact Albert Garcia 770-354-3128.

- ❖ 52 Inch Trek, \$500 OBO
Alpha Aluminum, Alpha 1.2, junior gears black and red a little white, good condition, couple of small scratches.
Contact Paula Dikemap@bellsouth.net or 770.403.1028

LOST AND FOUND

Found:

- ❖ White Adult Size Ironman 70.3 Augusta shirt; Contact Cathy Frazier 770.513.8640

FAQ

- ❖ **When do I purchase a race license for 2011?**
You may purchase your/your junior's license anytime after December 1st. DO NOT purchase prior to 12/1 or it will expire 12/31/2010. Simply go to www.usacycling.org to order. Page 5 of the Parent Handbook has step by step instructions. (Parent Handbook can be accessed through the Member Page.) Once you have received your license please make a photocopy and give to [Paula Wexler](#) Registration Coordinator, along with a copy of your medical insurance card.
- ❖ **Why do we ride so early in the mornings? Wouldn't it be nice to sleep late?**
The primary reason for riding early on the weekends is to avoid as much traffic as possible. As safety is our number one priority it is best to be on the road when there are fewer cars.
- ❖ **When will I (or my junior) be ready to ride the 50?**
Being ready to ride the 50 is dependent on 2 things – endurance and skill. You/your child need to be able to maintain the pace of the group for the distance. Even more importantly, you need to have the skills required to ride safely in a group. This is critical for your safety and the safety of the group. Your coach will let you know when you are ready and what skills you need to be working on to achieve your goal of completing a 50 mile ride. Feel free to discuss this with Coach Frazier.

SPONSOR SPECIALS



Bicycle Doctor – Now carries Pearl Izumi and is offering

members a 20% discount on all items. Order will be placed at the end of the year. Call 770.825.0080 or stop by and place your order.

Rudy Project Now carries RX Sports glasses. Follow this link to get more information http://www.e-rudy.com/index_inner_all_rx.php.

HOLIDAY GIFT IDEAS

Rain wear, Road ID, Thermal Socks, Glove Liners, Lobster Gloves

No Matter Your Lifestyle, We Have An Rx Solution

Veloce Speedware - Great Stocking Stuffer! Go to www.velocespeedwear.com/promo_ons/vs_socks.html

OPPORTUNITIES TO GET INVOLVED

COORDINATE THE ANNUAL
AWARDS DINNER

ATTEND HOLIDAY CAMP WITH
YOUR JUNIOR

BECOME PARENT COLLEGE
RELATIONS COORDINATOR

Frazier Cycling wishes you a safe and happy holiday season! Recharge your batteries and get set for another great year!