



January 2011, Issue 3

Happy New Year! Frazier Cycling wishes everyone a year of safe cycling resulting in improved health and fitness.

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

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



UPCOMING EVENTS

January 22, 2011 - Frazier Cycling Juniors Annual Awards Dinner

Don't miss this annual event where Coaches Frazier and Rogan recognize the team for all its accomplishments in 2010 and set the expectations for 2011. We will have a Pot Luck Dinner, please bring a dish to share based on your last name.

A - G	Main Dish
H - M	Side Dishes
N - S	Salad/Fruit
T - Z	Dessert

Saturday - January 22, 2011
6:30p - 8:30p
Edgewater Club House
Collins Hill Road, L'ville, GA

Soft Drinks and paper products will be provided. "Polite Beverages - BYOB"

2011 Race Season

In addition to all the training you are doing to be ready for the 2011 Race Season there are a few logistics to complete:

❖ Purchase a race license for 2011

- Go to www.usacycling.org
- Go to the MYUSACYCLING tab. Create an account
- Click on Purchase/Renew License. Purchase a junior license.
- Print out a waiver, sign it and mail it to USA Cycling. They will not mail the license until they receive the signed waiver.
- The license will be mailed to you typically within a week. You may print an "Authorization to Ride" to use until your actual license arrives.

- As soon as you have your license, make a copy and a copy of your insurance card and provide it to the Frazier Cycling Registration Coordinator.
- The license is valid from January – December. A new license needs to be purchased each year.
- You will notice the ‘Race Age’ of your child is their age on December 31. So even if he turns 16 on 12/31 he races as a 16 year old from January 1 – December 31 of that year.

❖ **Provide Paula Wexler, Race Coordinator with the following:**

- Copy of license
- Copy of medical insurance card
- 15 completed and signed Waivers (found at www.usacycling.com or www.fraziercycling.com); leave the event date/event blank
- If you are unable to do this, Paula will not be able to check you in at registration, i.e. you will have the opportunity to do it yourself ☹

❖ **Obtain Race Kit**

- These will be delivered mid to late February

2011 Race Calendar

Race schedules are subject to change (it is the nature of the sport) but this will give you a good idea of what to plan for. Updates will be posted on the website and emailed out as we become aware. In addition the Coach will create a Roster for each race. This will be emailed to the team by Paula Wexler, Race Coordinator. The Roster will contain information about the race location, registration website and what specific race and field you should register your child for. These are generally emailed out 2-3 weeks in advance of the race so you can plan and register timely to avoid late registration fees.

Frazier Cycling Atlanta

	Elite Team	Pre-Elite Team	Advanced Team
Feb 19	Tundra TT	Tundra TT	Tundra TT
Feb 26	Greenville Spring Training Series	Greenville Spring Training Series	Greenville Spring Training Series
Mar 5	Greenville Spring Training Series	Greenville Spring Training Series	Greenville Spring Training Series
Mar 12			
Mar 19, 20	Union City (GA Cup)	Union City (GA Cup)	Union City (GA Cup)
Mar 26, 27	Tour de Tuscaloosa	Tour de Tuscaloosa	Tour de Tuscaloosa
Apr 2	Spring Century	Spring Century	Spring Century (Coach's approval)
Apr 9	Sunny King, Anniston, AL	Sunny King, Anniston, AL	Sunny King, Anniston, AL
Apr 17	Helen Ride	Helen Ride	Helen Ride
Apr 23, 24	Nationals Preview Race, Augusta	Nationals Preview Race, Augusta	Nationals Preview Race, Augusta
Apr 30	Athens Twilight	Athens Twilight	Athens Twilight
May 1	Roswell	Roswell	Roswell
May 7, 8	Chattanooga Ride	Chattanooga Ride	Chattanooga Ride
May 14			
May 21			
May 28 - 30	Somersville Crits (New Jersey)	Tour of Atlanta	Tour of Atlanta
June 5	Tour of Red River Gorge (KY)	North GA RR and Crit	North GA RR and Crit
June 12			
June 19	Junior Nationals - Augusta	Junior Nationals - Augusta	Junior Nationals - August
June 26	Junior Nationals - Augusta	Junior Nationals - Augusta	Junior Nationals - Augusta
July 2			
July 9, 10	GA Games	GA Games	GA Games
July 17	Tour de L'Abitibi		
July 20 -24	Gwinnett Bike Fest	Gwinnett Bike Fest	Gwinnett Bike Fest
July 31			

Frazier Cycling – Fairhope

- **Complete Race Schedule TBD**
- **1st Race**
TCC & VMS 20K TT and Criterium
Monroe, LA
February 19, 2011

2011 Junior Nationals

2011 Nationals Planning

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. We had a planning meeting on December 1st and then distributed an 'interest list'. At this time we have 20 juniors who have said they will definitely be racing and 3 'maybes'. If you haven't let Carolyn cgoodman@fraziercycling.com know of your interest please do so ASAP as we are scouting out lodging options in the next few weeks.

Nationals Preview Race

Don't miss the ultimate opportunity to have the edge over the competition. Race on the actual national courses before the big competition.

April 23rd - 24th in Augusta, GA. There will be a TT and Criterium on Saturday and a RR on Sunday.

WELCOME NEW MEMBERS

Frazier Cycling Partners

- Elizabeth Dewberry
- Mark Sholtz

Frazier Cycling Fairhope

- Karen Sledge – Co-Team Coordinator
- Karen Volnoff – Co-Team Coordinator

GENERAL NEWS

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

- ❖ 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.

- ❖ 2010 Blue Triad SP all carbon fiber for full-on racing; Size Medium-Large (55.5 cm,) MINT condition. Purchased last May has less than 200 miles on it; Upgraded with HED.3 carbon fiber tri-spoke wheels, clincher rims; SRAM/FSA components ; Internal cable routing; Power-Arc curved chain stays create a wind shadow for rear cassette & derailleur; Hidden rear brake; Aero seat post ---- \$2900
Contact Tom Tomaka tom.tomaka@gmail.com or 770.315.0675.

FAQ

Why does my junior need junior gears?

All riders racing age 18 and under are required to race all USA Cycling sanctioned races with restricted gears. This is done to prevent injuries. We recommend that all junior riders have a maximum gear ratio of 50x14 for 700c wheels and 50x13 for 650 wheels. While you can have a mechanic 'block gears', the Coaches recommend you put junior gears on the bike to avoid the inevitable problems of not passing roll out and hence being disqualified from a race. At Nationals junior gears are required; they will be disqualified if they race without junior gears.

What is a time trial anyway?

A time trial is a race against the clock. Riders generally leave one rider at a time at 30 second intervals. Most time trial courses are out and back. Drafting is not permitted. The winner is determined by the shortest elapsed time. In a time trial riders may use special equipment like aero bars, aero helmets and specialized time trial bikes. Many times you start from a ramp rather than on the road. The ramp is only a few feet off the ground and the official will hold the race for the start. If they look straight ahead as they take off they will have no problems. If they are anxious about the ramp they can request to start on flat ground beside the ramp. The first race of the 2011 season is the Tundra time Trial. For the younger racers it will be a one way race with the coach escorting them back to the start. The older racers will do out and back.