



This is the first issue of our newsletter to all Frazier Cycling Members. We want to keep you better informed of what is happening so that you can get the most out of your membership. You will find info on upcoming events, new benefits and programs, junior-specific news, sponsor specials, FAQs and you can advertise your used bikes and equipment to sell through our classifieds. We are also including a member to member section for you to share information on events, programs, etc. that you think may be of interest to other members.

Initially we will publish this newsletter only as often as needed. To keep up to date, though, you must refer to the schedule on the website for all ride times and locations each week. The website schedule will always take precedence over any other information. Ride start times change due to the time of year so it is especially important now as the time change approaches.

We would like your comments, questions and suggestions on how to make this newsletter work for your needs.

#### HIGHLIGHTS 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.

- New Website Feature - Member/Parent Page
- FUN for Juniors! This Saturday – Special 11:30 Halloween Junior Race Team Practice
- Nov. 1 Bodyrich Training Schedule
- Nov. 3 Wednesday Skills Practice Moves Indoors to Bunten Park
- Not to Miss - Nov. 7 Jack's Clavicle Social Ride
- Nov. 13-14 Coaching Clinic for Members Interested in Coaching our Juniors
- Dec. 26-31 Ono Island Holiday Camp for Jr. Cyclists - Sign-up now for early registration discount – Now open to our primary/intermediate racers
- Thanksgiving Break - Meet the Fairhope AL Junior Team
- 2011 Clothing Order
- Buy/Sell Classifieds
- FAQ – How to dress for colder weather?

#### Rally Ride for Russell

Thanks to all of the 80+ riders who participated in the 3<sup>rd</sup> Annual Ride for Rally to honor Russell Tindol last Saturday. Over \$4300 were raised for the Foundation to support childhood cancer research. As always, Frazier Cycling members and sponsors came out strong to either ride or support the event through donations, event planning, promotions, SAG, ride support.

## UPCOMING EVENTS

### Sunday, November 7th Social 50 - Jack's Clavicle Ride

Don't miss this one of only two social rides of the year. This is an excellent ride for those who are ready to do their first 50 miler on the Flowery Branch course— the pace is leisurely and there is a stop at the half way point. Plan to socialize at the end with breakfast rolls, coffee and juice. For those who don't know, this ride is named after Jack Wilkinson who broke his clavicle on this ride in Nov 1996. Jack will be joining us for this ride. The ride starts at usual place at the office park on N Brown at 7:00 am.

### Interested in coaching? Nov 13-14 Frazier Cycling Coaching Clinic

We are introducing our FC Junior Coaching Program which is open to all of our members. This program offers training to become certified as a FC Junior coach to lead junior practices or become a program director of a Frazier Cycling branch. It is a great way to get involved with our program and understand our coaching philosophy and how it directly impacts your child's success in cycling. Call for more info on the program.

To kick off our program we are holding a special session of our clinic, "Coaching Junior Cyclists – The Team Approach" for FCP members, parents of juniors, and Elite Team members who are interested in getting their certification towards becoming a FC Junior Coach. USA Cycling has sanctioned this clinic as part of their Continuing Education program towards their coaching certification. We are offering this \$325 clinic at no charge to members on Nov. 13-14. The clinic will be held at the Allgood corporate office at the intersection of Hwy 120 and Satellite Blvd in Duluth. Visit the website for more information at <http://www.fraziercycling.com./pdfs/CoachingJuniorCyclistsInfo11-10.pdf>.

### Discount for Early Registration!

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

10% discount for early registration by November 19th. Due to response we are offering two tracks for camp participants – advanced to elite level racers and intermediate level racers –and their parents and coaches. We are also opening up camp accommodations on Ono Island for parents and coaches. Full details on our website.



**Ono Island Holiday Cycling Camp for Juniors**  
**December 26 - 31, 2010**  
**Orange Beach, AL**

*Track 1 Designed for Advanced Junior Racers*  
*Track 2 Designed for Intermediate Junior Racers*  
*Open to Parents and Coaches*

For details visit our website,  
[www.fraziercycling.com](http://www.fraziercycling.com), or  
contact Cathy Frazier at  
770-513-8640  
[cfrazier@fraziercycling.com](mailto:cfrazier@fraziercycling.com)

**CycleOps**  
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Base Training with Cycle Ops  
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Frazier Cycling  
"Developing Our Youth Generation"

*Make your reservations now  
as space is limited.*

## GENERAL NEWS

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### Introducing Member/Parent Page

Starting later this month we will have a password protected page on our website for members and parents of junior members. We will post member directories, the parent handbook, newsletters, sponsor discounts and other relevant information. Look for more info to come.

### WE NEED HELP! \*\*\*\*\*

We would like members/parents to send in photos to put on our homepage rotating photo viewer. We want good quality photos of FC adults and juniors. You can send recent photos or older ones – send a caption as well. If any cyclo-cross parent sends in race results we will post those in the news section.

### Off-Season Training Schedule:

This is general info – juniors with training plans continue to follow per instructed.

- Mondays – No Hill Repeats, Bodyrich training (see section below for details)
- Tuesday Laps – check ride schedule – start time changes throughout the off-season
- Wednesday – Skills practice is indoors at Bunden Park (see below)
- Thursday Gary's Ride – check ride schedule – start time changes throughout the off-season
- Weekend – No Change

### Wednesday 6:30 Skills Practice moves to Bunten Park starting November 3

Location: Bunten Park Indoor Facility, 3180 Bunten Road, Duluth. Bring your trainer, block and bike for indoor workouts. Sessions include plyometric workouts, breakout sessions on Sport Psychology topics with Barbara Greene and guest speakers. Come early to allow for setup. Practices will return outdoors on March 16. *Parents and Adult FCP Members are welcomed and encouraged to participate. This is a member benefit so take advantage of it!*

Location Needed for Wednesday Indoor Practice in Alpharetta/Roswell Area. We need help in finding a location for about 10-12 bikes and trainers. Let us know if you have any leads.

### 2011 Custom Clothing Order

You can place your orders November 22 – December 10 on-line. If you are racing for Frazier Cycling, you must wear a 2011 race kit (jersey and shorts/bibs). All other clothing is optional. Ordering details and sizing charts will be posted on the Member/Parent page.

SEEKING SPONSORS: If you have any leads on potential sponsors let us know. Sponsorship helps us fund scholarships, junior programs and our annual awards presentations.

## JUNIOR NEWS

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### Halloween Costume Contest – Saturday, Oct 30 at 11:30 Race Team Practice

Everybody comes in costume including Coach Kelli! The trick is creating a costume (cyclists must be able to wear their helmet and ride safely). The treat is all the fun the juniors will have. There will be a prize for best costume.



### Bodyrich Strength/Circuit Class Starts Monday Nov. 1

Participants for Monday class are listed below. Thursday Indoor Cycling has been canceled. Class starts at 6:15 at Bodyrich Fitness Company, 2365-A Satellite Blvd., Duluth, GA 30096, 678-417-0880 ext. 8304.

- Strength: Zoe Frazier, Ben Rothschild, Harry Zimba, Dominique Shore
- Circuit: Abigail Aldridge, Rishi Mocherla, Bhushan Mocherla, James Todd, Alex Wexler, Adi Gummadi, Teja Gummadi, Kate Eckrote, Steve Zimba, Sophie Wakelin, Toby Wakelin

### Thanksgiving Break – Meet the Fairhope Team

Our Fairhope AL team now has 10 juniors. It is run by Coach AJ Beach (Ally's dad). We are considering taking interested team members for a long-weekend to Fairhope the weekend before Thanksgiving break to meet the team and do some joint practices and rides. We would leave the Saturday before Thanksgiving and return on Tues. The ride is 6 hours. We would either stay in Fairhope with the Beachs (they have a very large house/pool) or at Orange Beach at their Ono Island vacation beach house (if it is not rented out). Either way we will spend a day at the beach. This is open to all juniors. Cost to parents would be to help pay for gas, contribute to the cleaning fee (\$100) if we stay at the beach house, your child's meals and any spending money. Let me know if you would be interested. We may or may not need parent support depending on the number juniors interested. This is all tentative at this time.

## CLASSIFIEDS

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Mike Tindol – [mtindol@allgoodpestsolutions.com](mailto:mtindol@allgoodpestsolutions.com)

- BLUE R8 frame for sale – medium, less than 300 miles, no apparent scratches, list price of \$1200. Asking \$500 or make offer.
- 2008 Trek Madone 5.2, size 54, carbon fiber frame, carbon fiber seat post, Ultegra SL components, Bontrager Race X wheels, carbon flat Aeriis bars. Russell Tindol has out grown it. New this bike list for \$3149. Asking \$1350 or make an offer.

## SPONSOR PROMOTIONS

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Great Stacking Stuffers from Veloce Speedwear!

Go to the current special on Velocé socks – [http://www.velocespeedwear.com/promotions/vs\\_socks.html](http://www.velocespeedwear.com/promotions/vs_socks.html)

## FAQ

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### What should I wear for cold weather riding?

Wear layered clothes so that you can peel them off as the temp warms up during the ride. Remember the temperature while riding is about 10 degrees cooler when you are not moving, but you will work up a sweat while riding. Below are suggestions based on varying degrees of coldness.

- Tops: Long-sleeved jerseys, short-sleeved jerseys with arm warmers, wind vests, windbreaker jackets, lined jackets, long-sleeved undershirts
- Bottoms: Tights under shorts/bibs, leg warmers with shorts/bibs, padded cycling pants. **NOTE TO JUNIOR PARENTS:** *You can use adult arm warmers for junior leg warmers if you can't find smaller junior sizes. Get tights in the girls department at any discount store.*
- Feet: Warm socks, 2 pair of socks, lycra shoe covers, thermal shoe covers
- Head: Headbands/Ear warmers, skull caps, balaclavas
- Hands: Fingered- gloves, gloves with glove liners, lobster gloves