



# SPY MTB

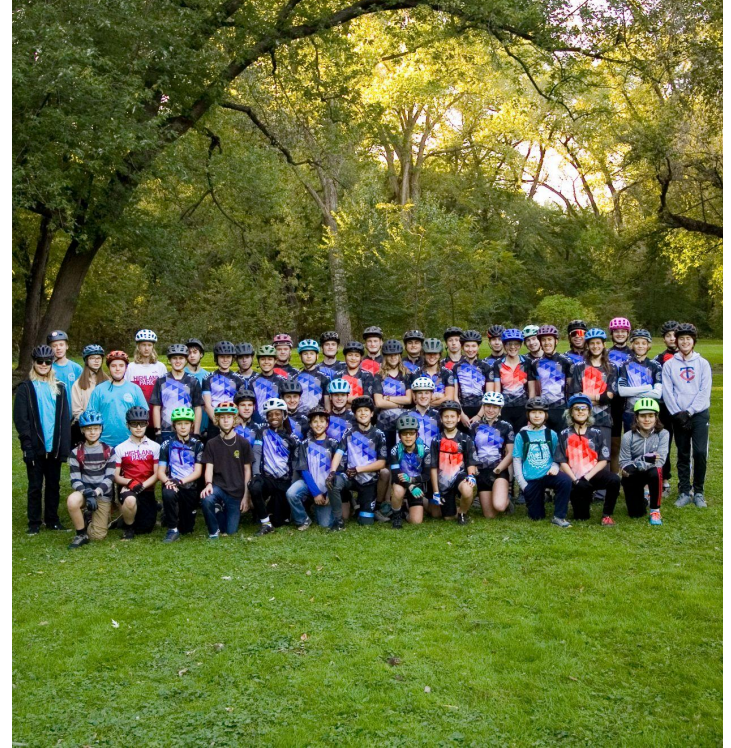
## Info Session 2024

Saint Paul - Highland Park  
Saint Paul - North  
Saint Paul - South



# Meeting Overview

- Team / Structure
  - ◆ Practice Groups
  - ◆ Race Day
  - ◆ Volunteers
- Team Goals
- Athlete Goals
- Season Overview
- Athlete / Parent Responsibilities
- Questions??
  - ◆ Coaches & Key Volunteers will stay on for New Family questions.



# SPY MTB Mission

Build a love of adventure, friendship & fun through biking!

Provide challenges & growth opportunities in a safe way.

Provide the opportunity for a great experience, regardless of athlete goals.





# MCA Code-of-Conduct



## SAFETY

Riders must always wear an appropriately fitting and fastened helmet, wear protective eyewear, and never use performance enhancing drugs (including caffeine for racing)

## RESPONSIBILITY

Riders are expected to care for their equipment, arrive on time to practice, and only ride official trails and routes

## RESPECT

Riders must listen to coaches, use appropriate language, communicate clearly when passing, care for the natural world, and always put in their best effort

# Why are you here?



Are you brand new to Mountain Biking? **YES!**

Do you want to ride with FRIENDS a couple of days a week? **YES!**

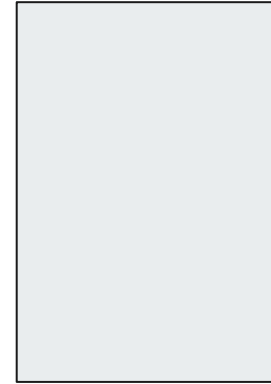
Do you love to race and want to improve skills and speed? **YES!**





## Practice - Lead Coaches

### Beginner Leads



TBD



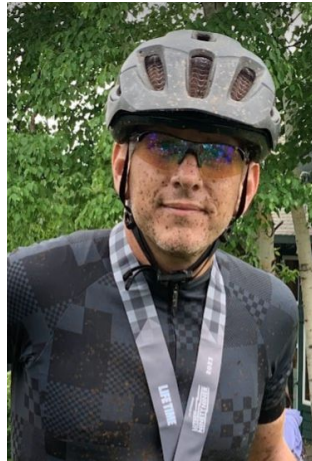
Peter B.

### Head Coach



Rachel

### Advanced Lead



Shawn

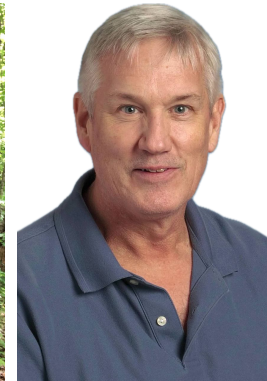
### Intermediate Leads



Matt W.



Todd



Mark

# Team Structure

## Race Day



SATURDAYS



Rachel



Tim  
+ Other coaches

SUNDAYS



Shawn  
+ Other coaches



New this year!

Coach-on-Duty  
Race Day

# Team Structure



## Volunteers - we need you!



### Coach Volunteering

Contact Rachel!

- Cell: 608-213-4422
- [rbruya@yahoo.com](mailto:rbruya@yahoo.com)
- Or via Team Snap
- Or at Practice/Race



Rachel -  
Head Coach

### Off-the-Bike Volunteering

Contact Sara!

- Team Snap
- At a Race
- [sara.l.martin@me.com](mailto:sara.l.martin@me.com)
- Cell: 612-722-6807



Sara -  
SPY MTB Coach &  
Board Member



Penny is one of our big contributors!

Penny will organize our race-day team crossing guard shifts. Also - she's organizing Redhead accommodations if anyone is interested, talk to Penny.



## Size / Make-Up



- 2024 Registration opens April 1! (returning riders)
  - ◆ Email from Coach Rachel on April 1 w/ code
  - ◆ If you are a new rider and want to be on our registration list, email [info@spymtb.org](mailto:info@spymtb.org)
  - ◆ # of riders we can register depends on # of coaches
  
- Race in 3 teams: Highland Park - North - South
  
- BIG Team Requires
  - ◆ A thoughtful approach to practice structure
  - ◆ VOLUNTEERS: Coaching & “off-the-bike” needs
  - ◆ Organization: Team, Parents, Athletes





## 2024 RACE SERIES

RACE WEEKEND #1	RACE WEEKEND #2	RACE WEEKEND #3
August 24 & 25 <b>Brophy Park</b> Alexandria, MN	<del>September 7 &amp; 8 <b>Lake Rebecca</b> Rochester, MN</del>	<del>September 14 &amp; 15 <b>Jail Trail</b> St. Cloud, MN</del>
RACE WEEKEND #4	RACE WEEKEND #5	RACE WEEKEND #6
September 21 & 22 <b>The Trailhead at Theodore Wirth Park</b> Minneapolis, MN AND <b>Gamehaven</b> Rochester, MN <i>*concurrent races</i>	September 28 & 29 <b>Whitetail Ridge</b> River Falls, WI AND <b>Mount Kato</b> Mankato, MN <i>*concurrent races</i>	October 5 & 6 <b>Pine Valley</b> Cloquet, MN
	RACE WEEKEND #7	
	October 12 & 13 <b>STATE CHAMPIONSHIP</b> <b>Redhead</b> Chisholm, MN	

### Saturday

Middle School Races

### Sunday

High School Races

### State Championships

- Top 100 qualify (finalized around Oct 7 / 8)
- All Seniors can ride in Senior Open (Saturday)
- Schedule slightly different

## Season Overview - what to expect

- Late Sunday Night: Email from Head Coach
  - ◆ Practice Plan / Overview for the week
  - ◆ Suggestions for training on days we don't have practice, if interested
  - ◆ Kudos & achievements
- All riders meet at same location (most practices), break in to practice groups
- Typical Groupings:
  - ◆ Beginners, Intermediates, Advanced
  - ◆ Break in to sub-groups
- Middle Schoolers and High Schoolers are mixed together, depending upon speed, skill level & interest



## Season Overview - what to expect cont.

- Practice Locations: Balance Variety, Trail, Drive Time
  - ◆ **First Practice: Tuesday, July 9 @ Hidden Falls**
  - ◆ Typical Practice Days: Tuesday, Thursday
  - ◆ Tuesday Meeting Location: Hidden Falls (usually)
  - ◆ Thursdays: Lebanon Hills, Battle Creek, Carver in Woodbury, River Bottoms (usually)
  - ◆ Occasional: Murphy Hanrehan, Theo Wirth, White Tail, Sunfish
- Typical Start Times :
  - ◆ July-August: 6pm
  - ◆ September: 5pm-6pm (depends on sunset)
  - ◆ October: 4:30-5pm (depends on sunset)



# Season Overview - Goal Setting



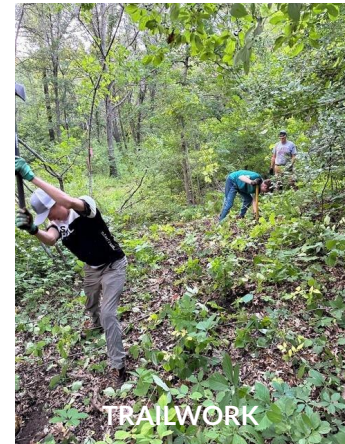
- Everyone should have practice goals!
- Practice Goals over time
  - July Practice vs. October Practice - Very different goals
  - MS & New to Mountain Biking = Build up to being “Trail Ready”
- Skills Progression
- Endurance Progression
- Strength Progression



# Season Overview - Preseason Activities

## Official Preseason Activities for SPY MTB

- Cuyuna Ride - Saturday, June 15
  - ◆ We need volunteers!
- Pre-Season Team BBQ - Tuesday, June 18
  - We need volunteers!
- Local Preseason Rides + New Rider Assessment @ Lebanon Hills
  - ◆ Thursday, June 20, 6-7:30pm
  - ◆ Thursday, June 27, 6-7:30pm
- Trail Work - TBD
  - ◆ Typically at Battle Creek
  - ◆ Throughout the Season



# Practice Races & Pre-Season Training







STRAVA - if you're on STRAVA, search for our group & join...we love seeing how your training is going

## Non-team run / supported

- **MN MTB series** – various venues across state
  - <https://www.mnmtbseries.com/>
- **Wirth on Wednesdays** - Loppet at Theo Wirth Park
  - June 7 – Aug 16
  - <https://www.loppet.org/events/wirthonwednesdays/>
- **Buck Hill Thursdays**
  - Sponsored by Freewheel, <https://www.freewheelbike.com/>
  - Not on their website yet, every Thursday starting around June
- **Northstar Devo** - <https://www.northstardevo.org/>
  - Weekly training rides that leave from Browns Creek Park in Stillwater, and a Mendota Ride
  - Offering \$100 instead of \$150 for the whole year
  - Andy Powell, [andy@powellnotes.com](mailto:andy@powellnotes.com)

# Practice Adjustments: Heat / Air



- Heat Index of less than 95 = Normal activities
- Heat Index of 95 – 100 = 2-hour max activity time, decrease intensity/duration of exertion
-  Heat Index of 100 – 105 = Pause or significantly reduce activity time
-  Heat index at or over 105 = Activities cancelled until heat index drops under 105
- AQI Yellow (51-100) – Moderate, check in with coaches and student-athletes with air quality sensitivities
-  AQI Orange (101 – 150) – Unhealthy for sensitive groups, competitive activities cancelled, all other activities reduced in duration and intensity
-  AQI Red or above (> 150) – Activities cancelled

 = Precautions

 = Practice Cancelled



# Racing Overview



- The Race Course
  - Varied Terrain (XC style MTB)
  - About 4 miles in length
  - Laps vary by category
- Race categories
  - MS - 6th, 7th & 8th grade = 1 lap
  - HS Freshman = 2 laps
  - HS JV2 = 2 laps
  - HS JV3 = 3 laps
  - HS Varsity = 4 laps
- Kit
  - Jersey
  - Shorts/Bib
  - Socks
  - Only Jersey is required for racing
  - Order usually in June

## Practice Locations: Get to know them!



Tuesday  
Practices!

Hidden Falls  
St Paul, MN



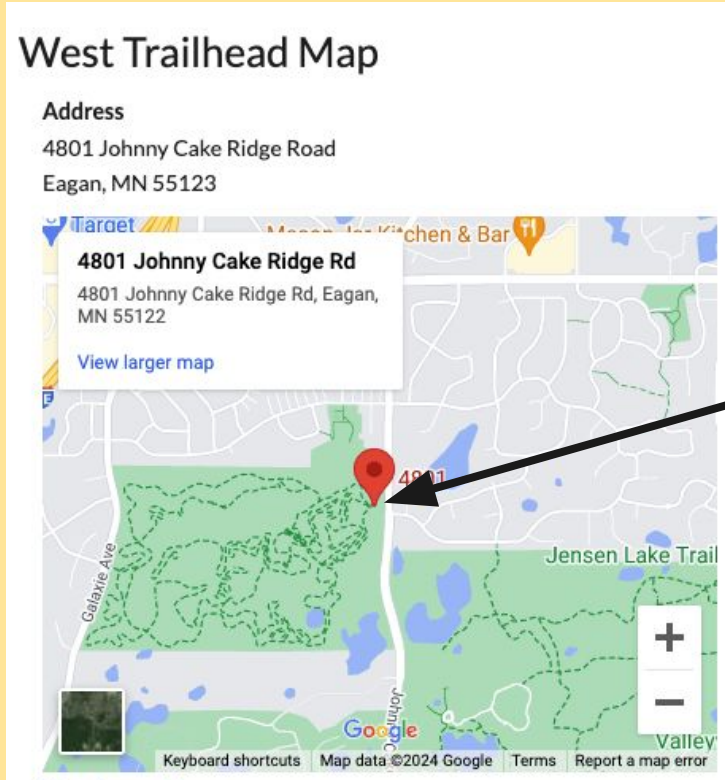
Parking & Drop-Off

City of Saint Paul  
Parks and Recreation  
Hidden Falls Regional Park

# Practice Locations: Get to know them!



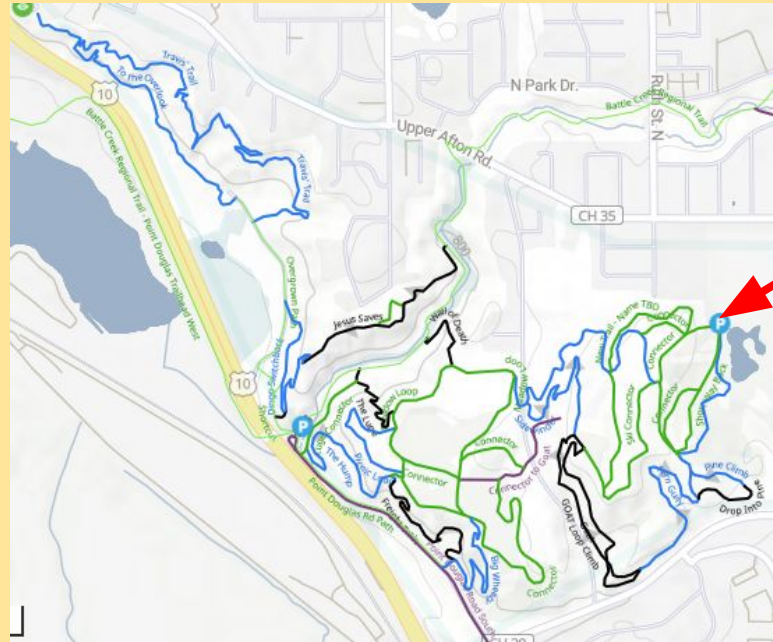
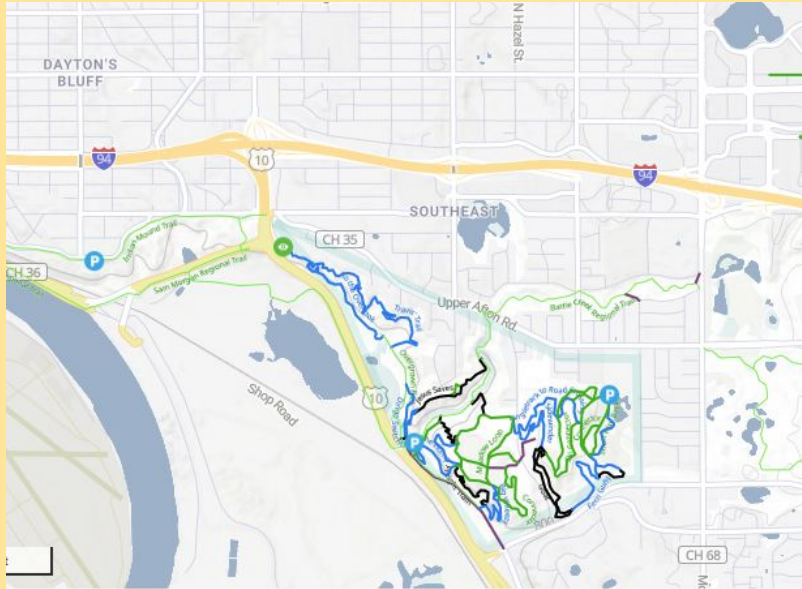
**Lebanon Hills  
Eagan, MN**



Parking &  
Drop-Off



## Practice Locations: Get to know them!



Parking & Drop-Off

Right next to:

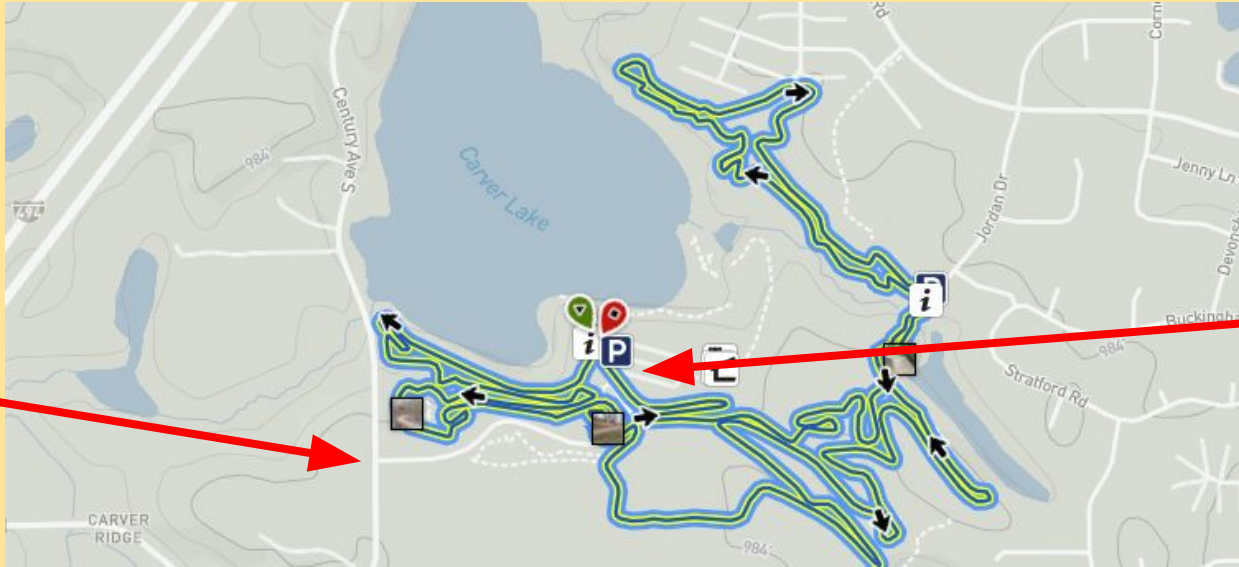
- Battle Creek Community Rec Center
- Battle Creek Elementary School

## Battle Creek Saint Paul, MN

## Practice Locations: Get to know them!



Turn from  
Century  
Ave, in to  
the park



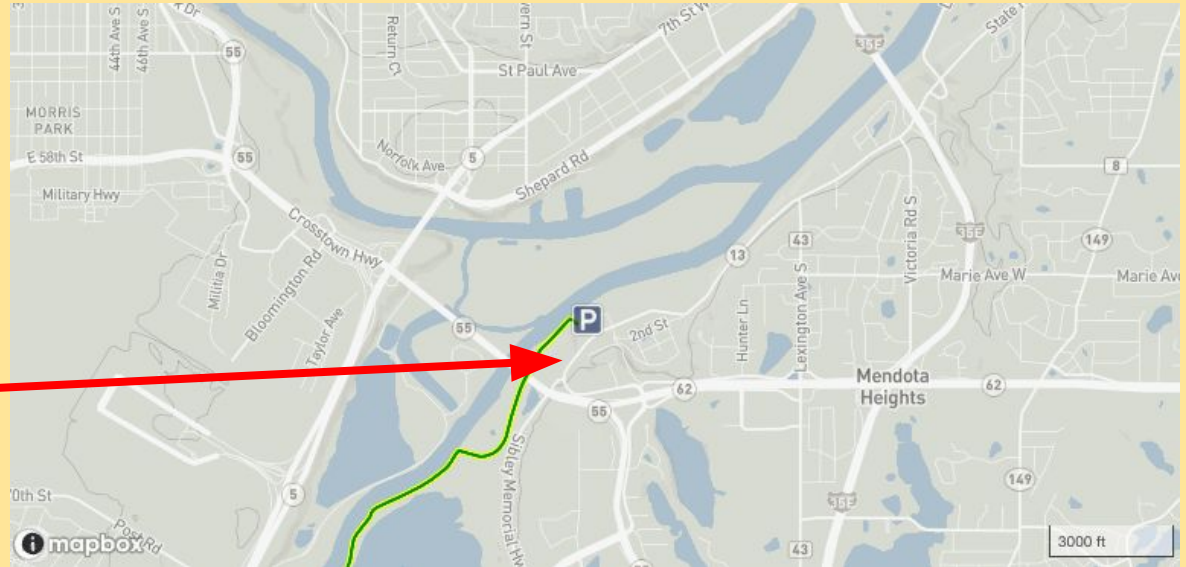
Parking &  
Drop-Off

# Carver Lake Park Woodbury, MN

## Practice Locations: Get to know them!



**Parking &  
Drop Off:**  
Parking lot  
just before  
Church of St.  
Peter, north  
side of

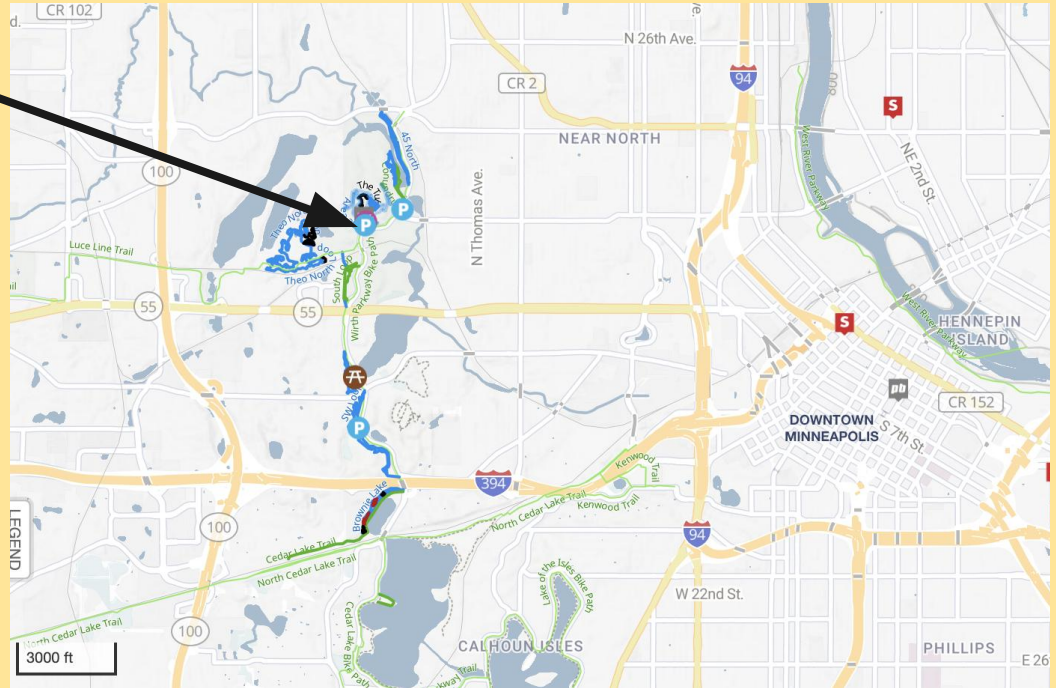


**River Bottoms @ Sibley Memorial Hwy  
Lilydale / Mendota Heights, MN**

## Practice Locations: Get to know them!



Parking & Drop-Off At Trailhead Building



**Theo Wirth Park  
Minneapolis, MN**



May 18, 2024

3pm

Carver Lake Park  
in Woodbury

Pre-registration required:

Sara Martin, [sara.l.martin@me.com](mailto:sara.l.martin@me.com)

[www.spymtb.org](http://www.spymtb.org) & [www.centralmtb.org](http://www.centralmtb.org)

# Girls Try-it-out Session





# Beginners



Fun and Fitness Together, in the Woods, on Bikes  
and the Skills to Keep Safe!

- Fundamental MTB skills
- Pre-Ride, Re-Ride, Free-Ride, repeat trails, skills progressions
- Groups and sub-groups have different paces and practice styles. There's a group for everyone!
- Become familiar with SPY, MCA, local trails, and group riding.
- \*\*\* Learn trail etiquette. \*\*\*
- Grow coaches and encourage family involvement in riding and volunteering.



Rachel



TBD

Peter B.

# Intermediates

Fun and Fitness Together, in the Woods, on Bikes and the Skills to Keep Safe!

- Building off MTB Skills
- Pre-Ride, Re-Ride, Free-Ride, repeat trails, skills progressions
- Many different paces and practice styles.
- Practice trail etiquette.
- Ride everyday (even outside practice!)
- Make friends on the team, and meet up for a ride together on a non-practice day
- We will support less experienced riders and work to promote more advanced riders to transition to the next level.
- We provide a welcoming environment and fun for all, as well as a path to competitive racing for those interested.



Head Coach



Rachel

Intermediate Leads



Matt W.



Todd



Mark

# Advanced



## Our Mission:

Build a love of adventure, friendship & fun through biking!

- Advanced MTB Skills / Terrain
- Fitness & Fun
- Teens in midst of change
- Conquering adversity
- Building resilience
- Many riders train 6-9 months of the year or more with significant hours outside MCA season. Ride 6 days/week.
- Take their role as experienced cyclist seriously - nutrition/rest/effort
- Support & lift each other up!



Head Coach

Advanced



Rachel



Shawn

# Athlete Expectations (Requirements)

- Good Teammate - Supportive - Respectful
- Try your best & challenge yourself, but also....
- Know thyself / current skill level. Progress little-by-little....
- Listen to Coaches
- Team Snap App: **MARK YOUR ATTENDANCE @** at least 24 hours ahead



We  
need your  
help!

SPY MTB



# Parent Expectations - Volunteer

- Many Hands Make Light Work....every family helps out
- Coaching
- Off-the-Bike Volunteers
  - Pre-Season BBQ
  - Popsicle Nights after practice
  - Race day gear logistics & Nutrition
  - Team photography & photo organization
  - Social events & end of season banquette
  - Race / League Volunteers
    - Sign up to help MCA! When you register for races, they expect at least 1 volunteer at 1 race (and could use more....)
    - Big need: Track-Side shifts



# Coaching



- Coaching
  - Level 1: Background check. Ability to ride a bike. Group, Sweep, Encourage. Will always be paired with an experienced coach.
  - Level 1+: Already know how to mountain bike.
  - Level 2-3: Ready to lead a group when comfortable. OTBS training. First Aid. Typically build up to Level 2-3.



Please make sure you completed all coach requirements in CCN to achieve Level 1 or higher.

[Training is required for insurance purposes.]





# Coaches - Additional Training Opportunities



**Foundations Summit** - <https://minnesotacycling.org/spring-summits/>  
(New Coaches)

**Enrichment Summit** - <https://minnesotacycling.org/spring-summits/>  
(Returning Coaches)

**MTB Skills** - - These are great and our coaches always enjoy them.  
<https://minnesotacycling.org/on-the-bike-skills/> (Start with Level 1)

**GRRRLS Fire Camp** - <https://minnesotacycling.org/mca-grrls/#FIREcamp>

**MCA's website:** <https://minnesotacycling.org/> This is our league that we practice and race under. We follow all of their regulations.

# Parent Expectations

- Supportive of Athletes.
  - Help them to be at practice on time, bike maintenance, sleep & nutrition
- Supportive of Coaches.
- **TEAM SNAP APP**
  - Parents help athletes with this, as needed.
  - Why all this focus on Team Snap APP???





# Registration Costs

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2024 Registration fees and other costs for riders are below. All are paid separately.

- Scholarships available through the MCA and SPY MTB\*
- **Base Fee**
  - \$100 > MCA League Registration Fee
  - \$125 > SPY MTB Team Fee, before June 15. \$175 after June 15.
  - Varies - Bike maintenance
  - **Total: \$225-\$275**
- **Race Fee**
  - \$150 > MCA League Race Superpass which covers all races. \$50 per race (Optional. Racing is not required)
  - \$75 > Approximate cost of jerseys. Can re-use year-to-year. Jerseys only required for racing.
  - **Total: \$225**
- Base Fee + Race Fee = \$450-\$500
- Optional
  - Spirit wear



# Registering - CCNbikes.com



- **DUE DATE is July 31 - NO EXCEPTIONS**

- Registration is in CCN
- Go to Athlete's Profile

- CCN Race Registration (can be confusing) - [ccnbikes.com](http://ccnbikes.com)

- Register for #1-4 races.

Race #5 is the State Championship (at Redhead for 2024)

- Discounted Pricing ("Fast Pass" is \$150 total. Sign-up for races 1-4. If athlete qualifies for State Championship, automatically registered by the league.
- \$50 per race, if <4
- First time racer: refund option if you try 1 race and don't like it.

# Registering - CCNbikes.com



Step 1: Login to your CCN profile

ccn

ENGLISH

| FRANÇAIS

SETUP ONLINE REGISTRATION

FIND

LOGIN

← Step 1



# Race Registering - CCNbikes.com



**Step 2:** Hover over your name & click “Memberships, Licences & Certifications”

**Step 3:** Click on “Register for Race Series”



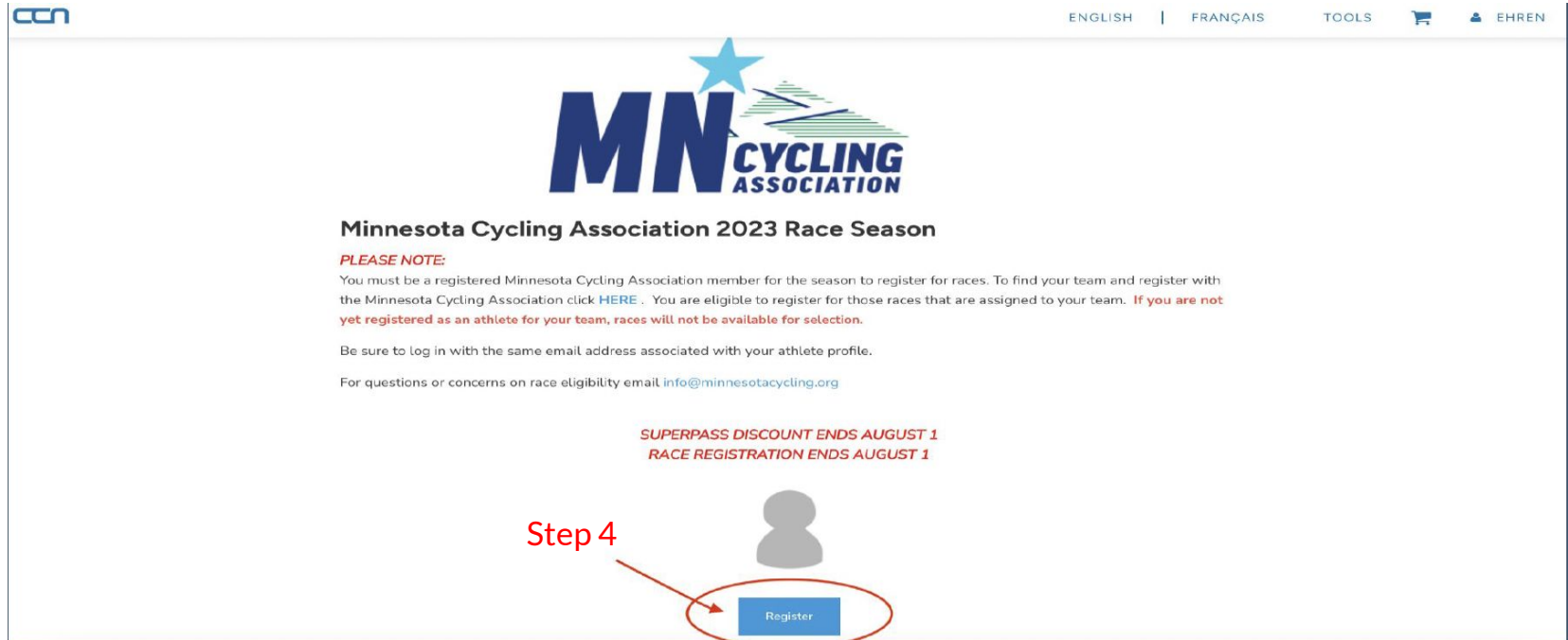
ENGLISH | FRANÇAIS | FIND | TOOLS | EHREN

The screenshot shows the CCN website dashboard. On the left is a navigation menu with the following items: Home, Memberships, Licences & Certifications (circled in red with an arrow pointing to it and labeled 'Step 2'), Club Registrations, Event Registrations, Transaction History, User Account Settings, My Profile, Dashboard, and Logout. The main content area has a header for 'Memberships, Licences & Certifications Management' with a sub-header 'Here you'll find all of the memberships, licenses, and certifications for all the people linked to your user account.' Below this is a '< BACK TO DASHBOARD' button and a section 'Manage memberships, licences or certifications for:' with a dropdown menu currently set to 'All'. Below the main content area are two promotional cards. The first is for 'Complete your Canvas Requirements' with a 'Log In to Canvas' button. The second is for 'Race Series Registration' with a 'Register for Race Series' button (circled in red with an arrow pointing to it and labeled 'Step 3').



# Race Registering - CCNbikes.com



**Step 4:** Click on Blue “Register” button



ccn

ENGLISH | FRANÇAIS | TOOLS   EHREN

## MN CYCLING ASSOCIATION

### Minnesota Cycling Association 2023 Race Season

**PLEASE NOTE:**  
You must be a registered Minnesota Cycling Association member for the season to register for races. To find your team and register with the Minnesota Cycling Association click [HERE](#). You are eligible to register for those races that are assigned to your team. **If you are not yet registered as an athlete for your team, races will not be available for selection.**

Be sure to log in with the same email address associated with your athlete profile.

For questions or concerns on race eligibility email [info@minnesotacycling.org](mailto:info@minnesotacycling.org)

**SUPERPASS DISCOUNT ENDS AUGUST 1**  
**RACE REGISTRATION ENDS AUGUST 1**

**Step 4**

Register



## Event &amp; Category Selection

Event	Date	Status
Race 1 Race Brophy Park	August 24 2024 - August 25 2024	AVAILABLE
Registration Options <input type="checkbox"/> All Athletes		
Race 2 Race Lk Rebecca	September 7 2024 - September 8 2024	NOT ELIGIBLE
Race 3 Race Jait Trail	September 14 2024 - September 15 2024	NOT ELIGIBLE
Race 5 Race GameHaven	September 21 2024 - September 22 2024	NOT ELIGIBLE
Race 4 Race Loppet/Theo Wirth	September 21 2024 - September 22 2024	AVAILABLE
Registration Options <input type="checkbox"/> All Athletes		
Race 7 Race Mt Kato	September 28 2024 - September 29 2024	AVAILABLE
Registration Options <input type="checkbox"/> All Athletes		
Race 6 Race WhiteTail	September 28 2024 - September 29 2024	NOT ELIGIBLE
Race 8 Race Pine Valley	October 5 2024 - October 6 2024	AVAILABLE
Registration Options <input type="checkbox"/> All Athletes		

NEXT



## What do I need?



- Mountain Bike in good condition
  - Minimum 1.75" size tires
  - \*Loaner bikes available\*
- Helmet
- Tube repair kit
- Gloves
- Glasses, Sun glasses and/or clear glasses
- Water bottle that attaches to the bike or hydration pack
- Sunscreen
- Medications (Epipen, inhaler, wasp sting, etc.)

### Optional:

- Padded bike shorts
- Snack (granola/protein bar)
- Layers for fall weather
- Tire pump or CO2

## TIRE PRESSURE

Rider Weight	29" Tubeless	29" Tube	26" Tube
	Front / Back (+/- 2 PSI)	Front / Back (+/- 2 PSI)	Front / Back (+/- 2 PSI)
100	13.3 / 16.3	15.7 / 18.7	17.2 / 20.2
105	14.0 / 17.0	16.5 / 19.5	18.1 / 21.1
110	14.7 / 17.7	17.3 / 20.3	19.0 / 22.0
115	15.4 / 18.4	18.2 / 21.2	19.9 / 22.9
120	16.1 / 19.1	19.0 / 22.0	20.8 / 23.8
125	16.9 / 19.9	19.8 / 22.8	21.7 / 24.7
130	17.6 / 20.6	20.7 / 23.7	22.6 / 25.6
135	18.3 / 21/3	21.5 / 24.5	23.5 / 26.5
140	19.0 / 22.0	22.3 / 25.2	24.5 / 27.5
145	19.7 / 22.7	23.2 / 26.2	25.4 / 28.4
150	20.4 / 23.4	24.0 / 27.0	26.3 / 29.3
155	21.1 / 24.1	24.8 / 27.8	27.2 / 30.2
160	21.9 / 24.9	25.7 / 28.7	28.1 / 31.1
165	22.6 / 25.6	26.5 / 29.5	29.0 / 32.0
170	23.3 / 26.3	27.3 / 30.3	29.9 / 32.9
175	24.0 / 27.0	28.2 / 31.2	30.8 / 33.8
180	24.7 / 27.7	29.0 / 32.0	31.7 / 34.7
185	25.4 / 28.4	29.8 / 32.8	32.6 / 35.6
190	26.1 / 29.1	30.7 / 33.7	33.5 / 36.5
195	26.9 / 29.9	31.5 / 34.5	34.5 / 37.5
200	27.6 / 30.6	32.3 / 35.3	35.4 / 38.4





## Bike Shops



- Mention you are a member of MCA
- MCA Bike Discounts vary
- MCA Member Discounts: <https://minnesotacycling.org/mca-member-benefits/>
  
- NOW Bikes <https://www.nowbikes-fitness.com/> (SPYMTB Sponsor)
- Grand Performance <https://www.gpbicycles.com/> (SPYMTB Sponsor)
- One On One Bikes <https://www.oneononebike.com/>
- Erik's bike shop <https://www.eriksbikeshop.com/minneapolis-st-paul-bike-shops>
- Freewheel <https://www.freewheelbike.com/>

# Night Ride



We typically do a night ride at the end of the season, after the State Championships. We schedule this event after the State Championships.

All riders will need typical equipment, and also:

**1000 lumens bike light (required)**

1000 lumens bike light  
(required)





# Questions? [info@SPYMTB.org](mailto:info@SPYMTB.org)

Head Coach



Rachel

Board President



Molly

