



New Rider Orientation





Welcome



Ben Lockett
Board Director



Sean Lieske
Head Coach



Nanette Lieske
Team Director

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hrcyclingclub.org

 [@hrcyclingclub](#)

 [HRJC](#)

HRJC Management Team



- Welcome
- Why Mountain Biking?
- What is the Colorado High School Cycling League?
- What is the HRJC?
- Equipment
- Medications
- Coaches
- Practices
- What To Expect At A Race?
- Registration & Insurance
- Volunteers
- The Time Trial & Setting Up Strava

Agenda

Share Your Sport With
Your Parents!



Ride With Your
Friends



Compete For Your High
School
No Bench
No Tryouts



A Sport For The Rest Of
Your Life



Welcome To High School Mountain Bike
Racing



Decade of Dirt

1598

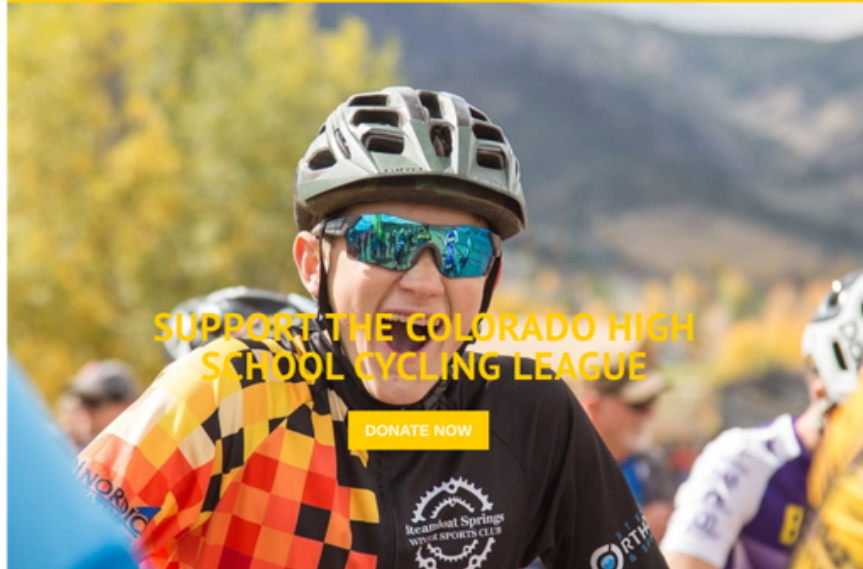
2019 RIDERS

779

2019 COACHES

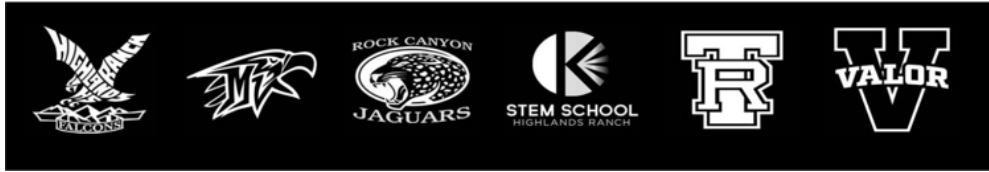
79

2019 TEAMS



Colorado League

- Began in 2010 with 180 racers
- 2019:
 - 1,600 racers (360 female)
 - 79 Teams
 - North & South Conferences
- 2020:
 - 1851 Racers
 - 79 Teams
 - COVID – No Races
- 2021:
 - 92 Teams (Registered)
 - North Conference
 - Yampa Region
 - Platte Region
 - South Conference
 - Crystal Region*
 - Piedra Region



HRJC

- Began with a Rock Canyon team in 2010 with 6 riders
- We train together as HRJC
- We race as independent High Schools
- 105 Riders and climbing
- 20 Coaches (we always need more!)



Bikes, Food, Nutrition & Equipment



Medication
Please Complete The Questionnaire
(email to hrcyclingclub@gmail.com)

Colorado League Coach License Requirements			
Requirements	Level 1 General Volunteer	Level 2 Asst. Coach / Ride Leader	Level 3 Head Coach / Asst. Coach
	<u>Annual</u>		
Membership Fee	*	*	*
Background Check	*	*	*
Waiver & Participation Agreement	*	*	*
NFHS Concussion in Sports	*	*	*
	<u>One-Time</u>		
Mountain Bike Coaching Program - Basic Riding Skills <i>(Formerly OTB 101)</i>		*	*
Professional Development Units (PDUs) Total		3	6
Field Hours		20	40
	<u>Every 2 Years</u>		
NFHS Courses			
<i>Protect Students from Abuse</i>	*	*	*
<i>Bullying, Hazing, & Inappropriate Behaviors</i>			
<i>Mental Health & Suicide Prevention</i>			
CPR & WFA 16 Hrs.*		*	*
Positive Youth Development from the Saddle of a Mountain Bike <i>(Required in 2021, Formerly Student Philosophy & Risk Management)</i>	*	*	*
Continuing Education Units (CEUs) <i>Additional Units to Maintain License Level</i>		2	4
	<u>Every 4 Years</u>		
Mountain Bike Coaching Program - Advanced Skills & Beyond <i>(Series of Practical Clinics)</i>		*	*

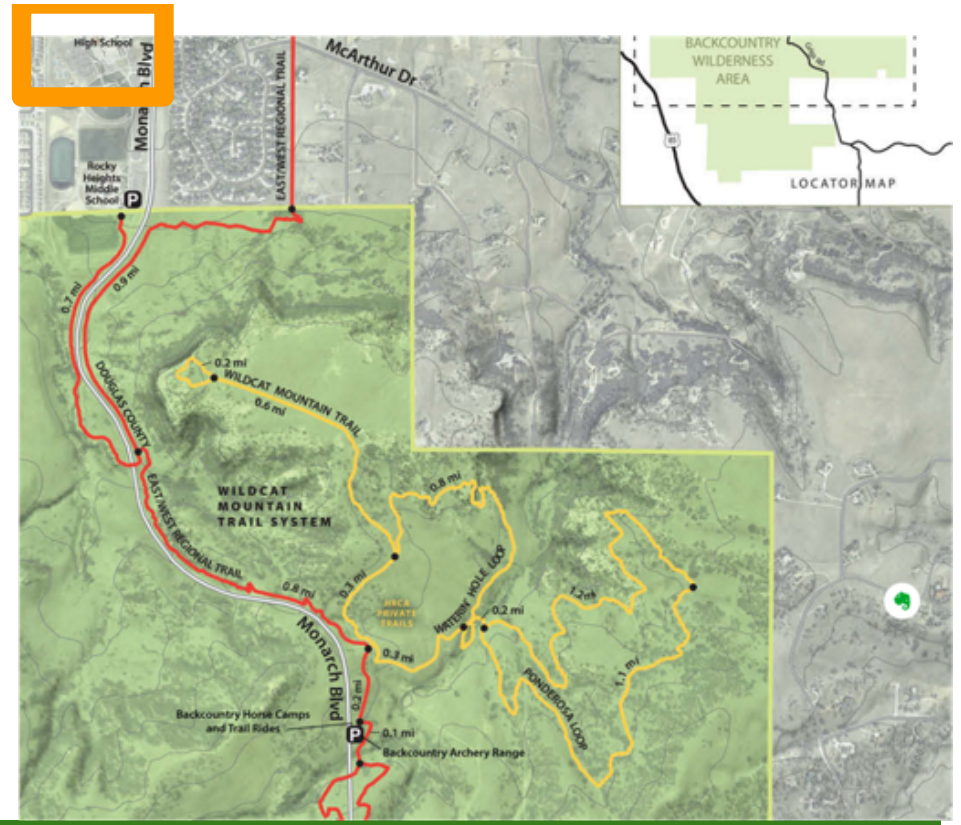
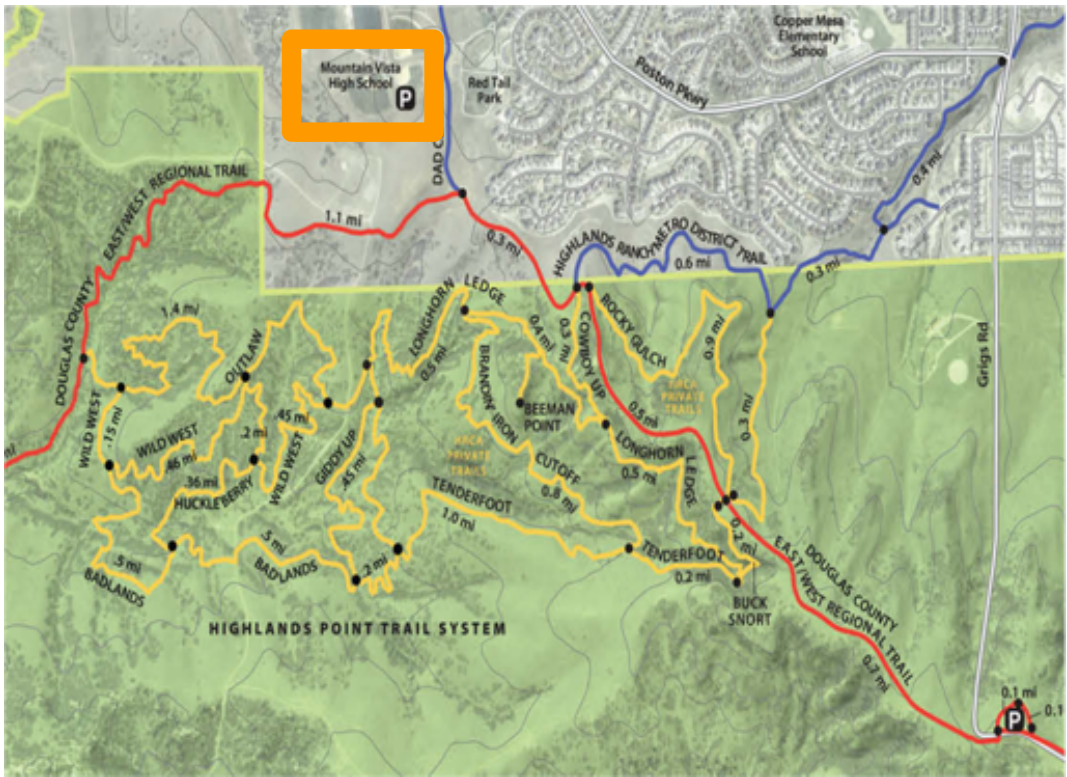
Minimum
To Ride
With Us

Coach Certification Levels



Coaches

- All have at least Lvl 1 certification:
 - Background Check
 - Concussion training
 - Waiver
 - Positive Youth Development
 - Athlete Abuse Awareness
- 6:1 Ratio
- We have 20 this year (so far)



Where Do We Train?

Before Practice	Arrive	Break Out into Ride Groups	Practice Begins	Finish
<p>Complete the COVID Questionnaire</p> <p>Follow Team App Communications and Check in on application</p>	<p>At 4:50 Meet as Team (Generally) Or as Ride Group</p>	<p>Groups based on Time Trial 12 riders Max 2 or more Coaches</p>	<p>5:00 Could be skills training, hill repeats, ride the trails</p>	<p>At 7:00 As Team</p>

**Three Days Per Week –
Tues/Thurs/Fri**

What To Expect At A Practice?

Race 1
 Race 2 → State Championship
 Race 3

2 Best Times*

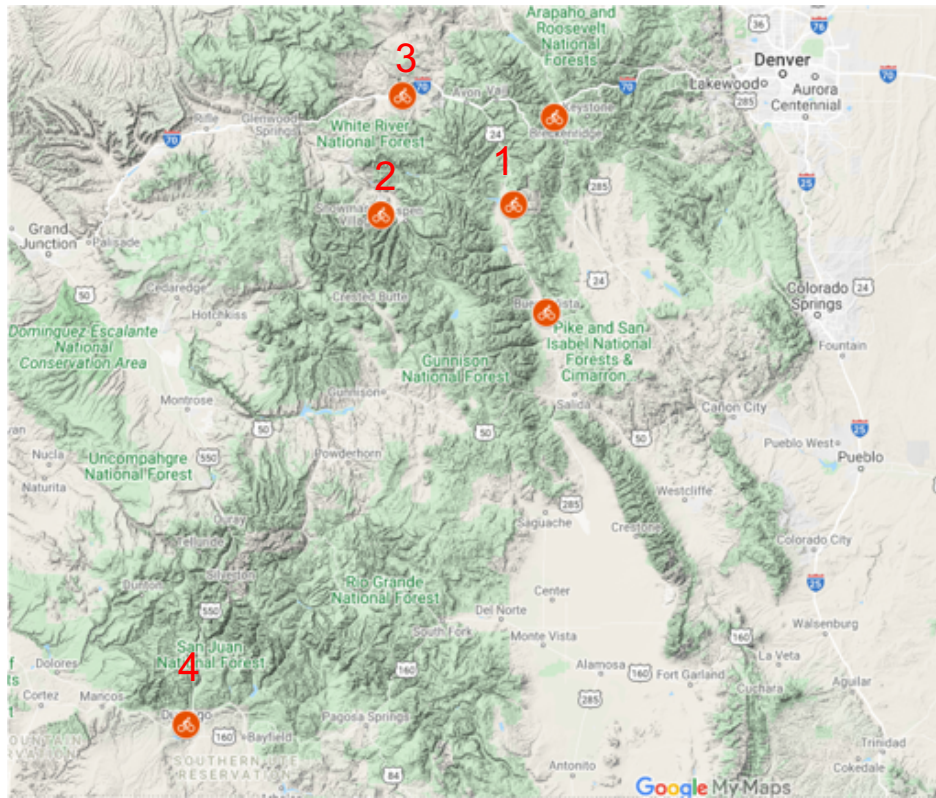
Amount of climbing: ~500 ft per lap

Length of a lap: 4-5 Miles

	Boys	Girls	Miles
Freshman	2	2	10
Sophomore	2	2	10
JV	3	3	15
Varsity	4	3	20/15



What To Expect At A (Typical) Race?



1. Leadville – Saturday, August 28
2. Snowmass – Saturday, September 25
3. Eagle – Sunday, October 10
4. State Championships in Durango (Saturday & Sunday, October 23 – 24)

Where Do We Race?

To Race Or Not To Race?



Registration

Step 1

Register with
HRJC at
www.hrcycling.org



Step 2

Register with the Colorado
League @
www.coloradomt.org
Will need a school code for
each respective school



School Codes

TR – Thunder_Ridge_21
HR – Highlands_21
RC – Rock_Canyon_21
MV – Mountain_Vista_21
STEM – Stem_21
Valor – Valor_Christian_21

Step 3

Download Team
App and register as
Rider/Parent/Coach



Signing Up

**NOTE: IF YOU DO NOT FOLLOW THESE STEPS
YOUR CHILD CANNOT PRACTICE WITH US**

Team Dues	\$200	Due by July 19	Team Website
Jersey	\$40	Due by July 19	Team Website
Rock Canyon Fee	\$50	Due by July 19	Team Website
Colorado League Dues	\$150	Due by August 3	League Website
Per Race	\$65	Week prior to race day	League Website

Scholarships available on request.

Costs

**Insurance Coverage Details On Team Website under Resources ==>>
Documents**

**Coverage begins after you have registered with HRJC and Colorado
League**

League Insurance



Parent Volunteers - We Need You



Upcoming Events

- Regular Practices begin Aug 3 w/ Time Trial (meet @ Mountain Vista)
- Virtual Time Trial if unable to attend.



The HRJC Time Trial Course

1. The Time Trial will run from 5:00 - 7:00 PM on August 3 (First practice)
2. During those times there will be coaches along the route to direct riders
3. You must be wearing a helmet and have water during this event.
4. You must be signed up with the Team and the Colorado League to qualify. No Exceptions. Why? Doing this means that you, the coaches and our club are covered by insurance.
5. If unable to attend the TT, please ride the virtual course before August 7.

See you all on the 3rd!

Instructions



Virtual Time Trial Instructions



Strava: Track Running, Cycling & Swimming

Strava Inc. Health & Fitness

Teen

Offers in-app purchases

This app is compatible with your device.

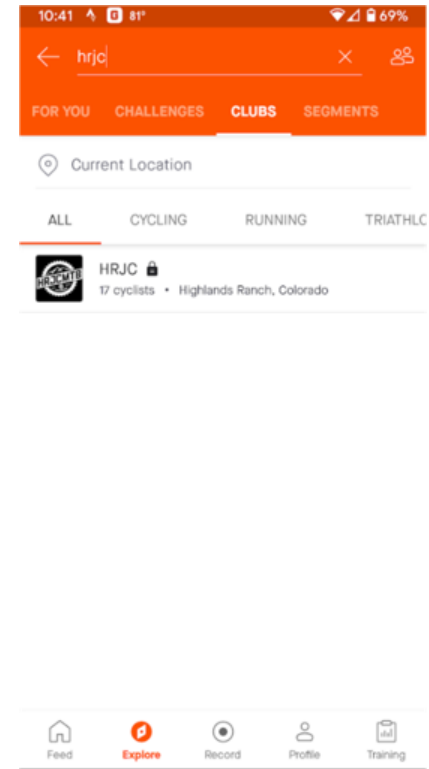
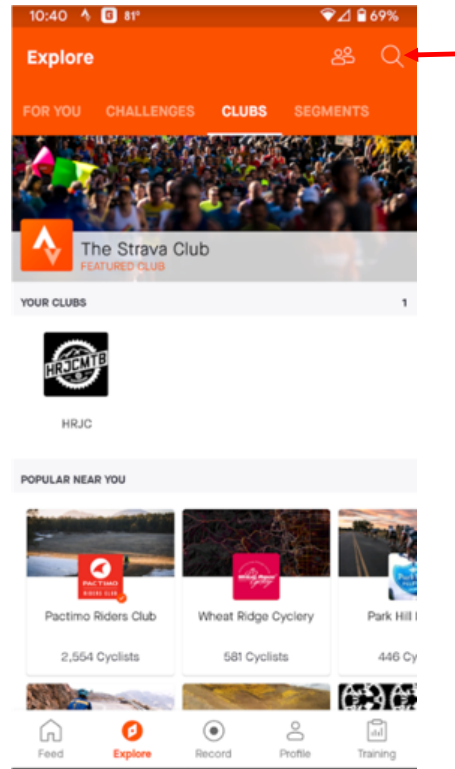
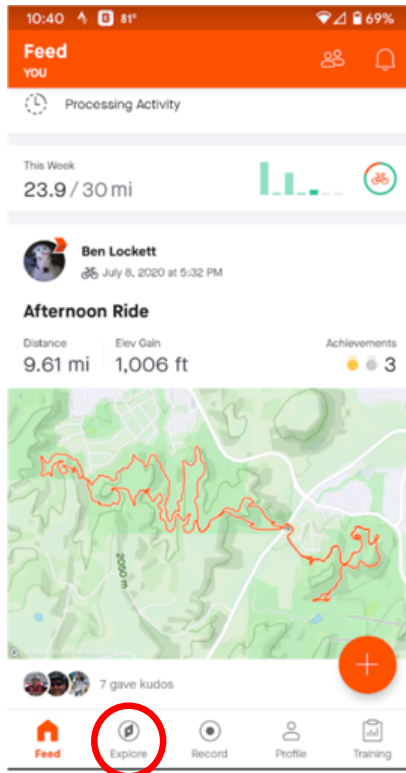
Add to Wishlist

Editors' Choice

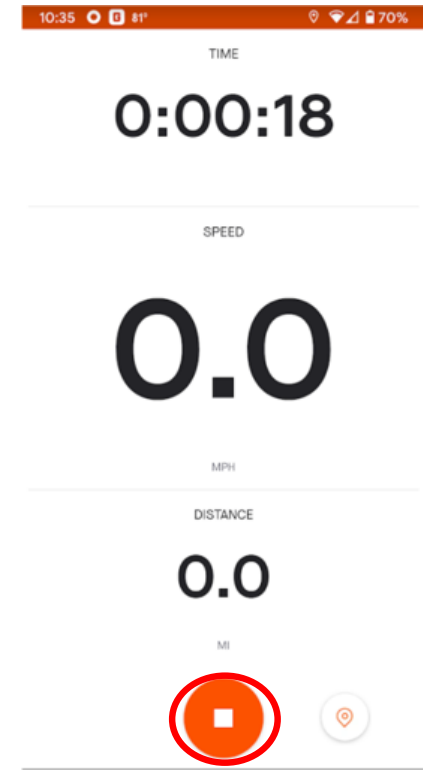
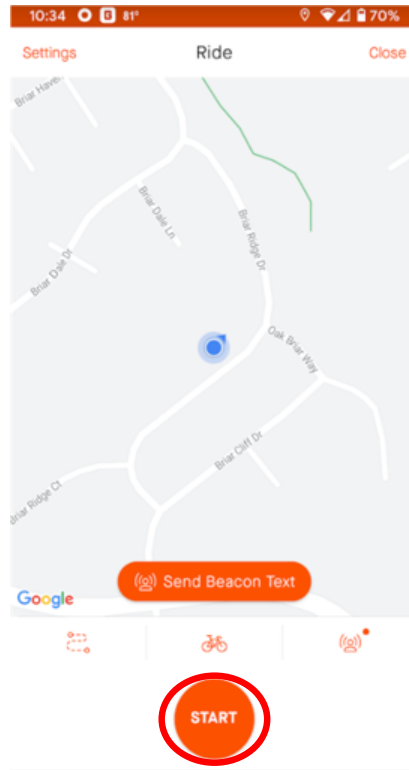
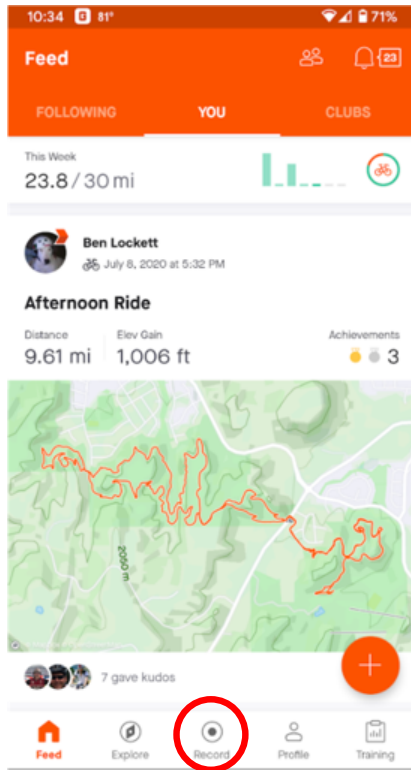
★★★★☆ 571,196

Install

Download Strava App & Sign Up For An Account.
The Free Version is Fine



Search for the HRJC Club and request to join



At the start of your ride tap the Record Button, then the Start Button. Tap the Stop Button when you are finished with your ride. Make sure you include the HRJC Time Trial Course on your ride.

★ HRJC Time Trial

Ride Segment Littleton, Colorado

Distance	Avg Grade	Lowest Elev	Highest Elev	Elev Difference	5,372 Attempts By 1,258 People
3.57mi	3%	5,759ft	6,306ft	547ft	



Start Point -
As you cross
the concrete
bridge/culvert




End Point - At
the top of
Mount Vista

The HRJC Time Trial Course

Leaderboards

All Time
This Year
My Results
People I'm Following
My Clubs
HRJC
By Age Group
45 to 54
See All
By Weight Class
150 to 199 lbs
See All

HRJC

MY CURRENT PLACE	MY BEST TIME	All-Time ▾	All ▾			
4 / 7	22:06					
Rank	Name	Date	Speed	HR	Power	Time
	Jack Bettcher	Jul 7, 2020	14.1mi/h	-	155W	16:45
2	Jeff Bettcher	Jul 8, 2020	12.6mi/h	146bpm	226W	18:45
3	Caleb Schroder	May 23, 2020	11.4mi/h	-	140W	20:47
4	Ben Lockett	Jul 5, 2020	10.7mi/h	-	251W	22:06
5	Cole Brouillette	May 19, 2020	8.9mi/h	-	131W	26:29
6	Kim LOCKETT	Jul 5, 2020	7.3mi/h	-	-	32:19
7	Kelly Schneider	Oct 4, 2017	6.5mi/h	155bpm	112W	36:03

What We See On This End



Questions