

# FLORIDA STATE CYCLING

Thursday, November 19<sup>th</sup> 2009 Meeting Handout



## Road Race Schedule:

| Date           | School                   | Location        |
|----------------|--------------------------|-----------------|
| February 6/7   | University of Florida    | Gainesville, FL |
| February 20/21 | Florida State University | Tallahassee, FL |
| February 27/28 | Georgia Southern         | Statesboro, Ga  |
| March 13/14    | Georgia Tech             | Atlanta, Ga     |
| March 27/28    | Furman                   | Greenville, SC  |
| April 10/11    | UAH                      | Huntsville, Al  |
| April 17/18    | Mars Hill (Conference)   | Mars Hill, NC   |
| May 7/8        | Nationals                | Wisconsin       |

## How to get your Collegiate Cycling Racing License: (do not sign up until after Dec 1<sup>st</sup>!)

1. Go to [www.usacycling.org](http://www.usacycling.org)
2. Click on "My USA Cycling" on the left side of the website
3. Login or create an account. (creating an account is free)
4. Click on Purchase/Renew License
5. Select the Collegiate License Option (\$30) and continue. You can buy the regular racing licenses at the same time to compete in USAC and NORBA races, however you only the collegiate license to race the collegiate races with FSU Cycling.
6. Complete the rest of the License information and make sure that you select "Florida State University" as your college team.
7. If you want to upgrade categories, go back to "My USA Cycling" and click on the "License Info" tab. From there select the appropriate license you wish to upgrade and be sure to give proper information for your upgrade.

## Collegiate Categories: Categories/race distance/ and training recommendations

| Category  | USAC Equivalent | RR Distance (minimum) | Crit Length (minimum) | Suggested amount of Training |
|-----------|-----------------|-----------------------|-----------------------|------------------------------|
| Men's A   | Cat 1,2,3       | 60mi                  | 60min/20mi            | 15+hrs/week                  |
| Men's B   | Cat 3,4         | 40mi                  | 45min                 | 12-15hrs/week                |
| Men's C   | Cat 4,5         | 30mi                  | 30min                 | 9-12hrs/week                 |
| Women's A | Cat 1,2,3       | 40mi                  | 45min/15mi            | 12+hrs/week                  |
| Women's B | Cat 3,4         | 20mi                  | 20min                 | 9-12hrs/week                 |

**Scoring:**

| <b>Road and Time Trials Points</b> |          |          |          |
|------------------------------------|----------|----------|----------|
| <b>Place</b>                       | <b>A</b> | <b>B</b> | <b>C</b> |
| 1                                  | 80       | 48       | 32       |
| 2                                  | 70       | 42       | 24       |
| 3                                  | 63       | 36       | 18       |
| 4                                  | 57       | 32       | 15       |
| 5                                  | 51       | 28       | 12       |
| 6                                  | 45       | 24       | 9        |
| 7                                  | 40       | 21       | 7        |
| 8                                  | 35       | 15       | 5        |
| 9                                  | 30       | 12       | 4        |
| 10                                 | 26       | 9        | 3        |
| 11                                 | 22       | 7        | 2        |
| 12                                 | 18       | 5        | 1        |
| 13                                 | 15       | 3        |          |
| 14                                 | 12       | 2        |          |
| 15                                 | 9        | 1        |          |
| 16                                 | 7        |          |          |
| 17                                 | 5        |          |          |
| 18                                 | 3        |          |          |
| 19                                 | 2        |          |          |
| 20                                 | 1        |          |          |

| <b>Criteria Points</b> |                       |                       |                       |               |
|------------------------|-----------------------|-----------------------|-----------------------|---------------|
| <b>Place</b>           | <b>A<br/>6 primes</b> | <b>B<br/>4 primes</b> | <b>C<br/>3 primes</b> | <b>Primes</b> |
| 1                      | 70                    | 41                    | 22                    | 5             |
| 2                      | 64                    | 35                    | 16                    | 3             |
| 3                      | 58                    | 31                    | 13                    | 2             |
| 4                      | 52                    | 27                    | 10                    | 1             |
| 5                      | 46                    | 23                    | 9                     |               |
| 6                      | 41                    | 18                    | 8                     |               |
| 7                      | 36                    | 15                    | 6                     |               |
| 8                      | 31                    | 13                    | 5                     |               |
| 9                      | 27                    | 11                    | 4                     |               |
| 10                     | 23                    | 9                     | 3                     |               |
| 11                     | 19                    | 7                     | 2                     |               |
| 12                     | 15                    | 5                     | 1                     |               |
| 13                     | 12                    | 3                     |                       |               |
| 14                     | 9                     | 2                     |                       |               |
| 15                     | 7                     | 1                     |                       |               |
| 16                     | 5                     |                       |                       |               |
| 17                     | 4                     |                       |                       |               |
| 18                     | 3                     |                       |                       |               |
| 19                     | 2                     |                       |                       |               |
| 20                     | 1                     |                       |                       |               |

- Individual Omnium is determined by your cumulative scores of all the races (RRs, TTs, & Crits) during the season.
- Conference Championship is worth double points
- Individual Omnium points do not transfer up if you Cat up.
- Team Time-Tracks count only towards Team Omnium & Primes don't count to Team Omnium

**Traveling Checklist:**

- Bike
- Helmet
- Bike Clothes: Jersey, Shorts, Gloves, Shoes
- Toiletries: Shampoo, Soap, Deodorant, Toothbrush
- Money
- Driver's License
- USA Cycling License
- Racing Number (you get it at your first race)
- Regular Clothes
- Towel
- Water & Food

**Before You Travel to a Race, make sure you have the following completed:**

- Informed Consent Form
- Signed the Travel Roster
- Paid Club Dues (\$45)
- USA Collegiate Cycling License