

## **Buffalo Bicycling Club Developmental Team**

*We are glad you have shown an interest in our Developmental Team and the sport of bicycle racing. We are happy to answer any questions or concerns you may have regarding the team as well as provide any assistance the rider requires to enjoy this exciting sport. Hopefully, this document answers some of those questions and concerns. For most of us, bicycle racing is a life-long passion; let us share it with you. Once you hear the unmistakable sound of a pack of bicyclists cruising down the road, perhaps you will be hooked too!*

### **I. What is bicycle racing?**

Bicycle racing is a healthy, fast-paced and exciting sport which has a long history. Riders compete in individual and group events, racing on city streets or country lanes, around grass courses, on paths through the forest and hills, and on special banked tracks designed for bicycles. Depending on the event, a race may last a minute while others may go on for hours and some for days. Events are designed so men and women race based on their gender, then on their age or ability. Bicycle racing is a lifetime sport which provides great physical conditioning with less impact on the body than running.

### **II. What is the Developmental Team?**

The BBC Developmental Team is for riders 14-18 years of age. We will help you get started with the sport; provide coaching from certified coaches, technical assistance and local opportunities for safe, supervised competition and training. For those riders who wish to travel to larger events, we will offer aide with travel expenses.

### **III. What is the cost?**

Attend one of our training races for free. After the race, if you had an enjoyable experience and would like to participate in the program, the cost is \$100. Developmental Team members will receive a racing uniform, coaching, entry into our club training races, and a United States Cycling Federation racing license. The total value of the program is over \$500 per rider.

### **IV. What will I need?**

Riders will need a working road bicycle that can stop quickly and shifts gears. A helmet which is in good condition and fits correctly is required for all racing and training events. Riders will need clothing to stay comfortable in all of the various weather conditions we encounter during the riding season (April-November).

## **V. Is it safe?**

The main safety concerns with the sport are falls caused by contact with other riders, road conditions, and collisions with cars. Due to the potential for injury, as part of the program, developmental riders will be taught how to race safely, how to avoid crashes, and how to ride in traffic that is both safe and respectful to the motoring public. Parents will be involved in these safety discussions and are expected to be partners in ensuring safe cycling practices.

## **VI. What do I do next?**

First and foremost let the BBC know your interest level. Please contact [president@buffalobicycling.com](mailto:president@buffalobicycling.com). For those that are interested a meeting will be held in March, date, time & location TBD. At this meeting both racing candidates and guardian are encouraged to attend. Our coach's along with a special guest will then lay out the specifics of what is bicycle racing is and how this sport can take you to new levels of both fitness and confidence.