

A new rider's guide to Penn State Cycling

(Last updated - August 2006. For more info, see <http://www.clubs.psu.edu/bike>)

Who we are

The Penn State Cycling club is a club sport within the university. We are not a varsity team, and we do not have tryouts; ANYONE can join, regardless of what kind of bike you have and type of riding you do. Our club consists of roadies, mountain bikers, downhillers, cyclocross-ers, unicyclists, and everyone in between. Not everyone races; some members race a lot, some race a little bit, and some don't race at all. Whichever way you ride, you are almost guaranteed to find people in this club who you can ride with on a regular basis. Bottom line: we like having fun.

How to join

This club has a lot to offer, and it is well worth your time to join and get involved. In addition to group rides and races, we have regular meetings, fundraising events, road trips, and much more. Members only pay \$25 in yearly dues and must sign a club sports waiver. The dues and waiver are required to race and to order discounted merchandise from our sponsors. Members receive a 10% discount at Mt. Nittany Wheelworks, and this can be upgraded to 25% if you participate in enough fundraising events. Talk to one of the officers for more info.

List-servs

The club has two email list-servs: one for mountain bikers and one for roadies. Anyone can join the list-servs, and they are used to announce the latest club news and events. Anyone can also use the list-serv to announce a group ride or find people to ride with. You can subscribe AND unsubscribe from the list-servs by going to the club webpage and clicking on "Contact". To email the lists, use either psumtnbike@lists.psu.edu or psuroadies@lists.psu.edu

Meetings

Club meetings are normally held weekly, usually on Wednesday evenings. Check the website/list-serv for exact time and location, since it may vary throughout the semester. Meetings are good opportunities to meet other people in the club, ask questions, find out about upcoming events, and place orders for merchandise from our sponsors.

Group rides

PSU cycling club group rides generally meet at Rec Hall (at the intersection of Curtin and Burrowes Roads). Check our website, Wheelworks' website, or the list-serv for the latest info on local group rides.

Here are some things you should ALWAYS bring on rides:

- Helmet
- Appropriate Clothing (arm warmers and a vest can come in handy)
- Money, I.D., and cell phone.
- Food (fruit, granola bars or energy food)
- Water (2 bottles are recommended)
- Pump, spare tube, patch kit, and multi tool.
- Map (even on group rides this is handy, since it doesn't hurt to be prepared)

Racing

We race collegiate events in the Eastern Collegiate Cycling Conference (ECCC), which is part of the National Collegiate Cycling Association (NCCA), a division of USA Cycling. Anyone can race (even first-timers), and all you need is a USA Cycling license (cost varies from \$10-60). For mountain bike racing (held in the fall), there are three men's categories (A,B,C) and two women's categories (A,B). For road racing (held in the spring), there are four men's categories (A,B,C,D) and two women's categories (A,B). These races are cheap (~\$13 per event), lots of fun (everyone is laid-back), and plenty of people usually show up (some races have 200+ riders split among 6 categories). For the latest race schedules/results, check out the ECCC website – <http://www.eccc-info.com>

Other Events

At Freeze Thaw Cycles (<http://www.freezethaw.com>), we have our own club work area where club members can hold how-to clinics, work on their own bikes, or teach other members how to work on their bikes. The club has a full set of the Park Tools available.

Every year for the past three years, we have traveled to Asheville, NC during spring break for a week of riding and relaxing. The weather there is usually better than State College in March, and Asheville is surrounded by some of the best road riding (Blue Ridge Parkway) and mountain biking (Pisgah Nat'l Forest, DuPont State Forest) on the East Coast. We get free lodging, and if you help out with fundraising in the fall, gas expenses for the drive to and from Asheville will be paid for by the club. This is definitely a trip you don't want to miss.

Speaking of fundraising...since the university gives us very little money, we do quite a bit of fundraising in the fall. At every home football game, we work a concession stand at Beaver Stadium, and we also do one stadium cleanup event each year on a Sunday following the game. It is extremely important for all club members to get involved with these fundraisers, since they ensure funding for race weekend travel, the trip to Asheville, the purchase of Park Tools for the club, and many other events/activities.

Sponsors

We are very fortunate to have several great sponsors who offer great discounts and promotions on their fantastic products. Our primary sponsor is a local bike shop – Mt. Nittany Wheelworks – and they offer club members discounts on merchandise and special deals on bikes from Trek, LeMond, and Gary Fisher.

Here is a list of our current sponsors:

-Mt. Nittany Wheelworks	http://www.mtnittanywheelworks.com
-DeFeet (socks, apparel, accessories)	http://www.defeet.com
-Thomson (seatposts, stems)	http://www.lhthomson.com
-Rudy Project (sunglasses, helmets)	http://www.rudyprojectusa.com
-Park Tool (tools, workstands, accessories)	http://www.parktool.com
-Azonic (XC/DH/DS mountain bike parts/gear)	http://www.azonicusa.com
-Kreitler (rollers, accessories)	http://www.kreitler.com
-Nalini (custom PSU cycling apparel)	http://www.nalini.com

Officers:

The club officers are elected by the club members each year in April. They are here to serve YOU (the members) and are more than willing to help you with just about anything. If you have questions about the club, these are the people to talk to. Here are the officers for 2005-2006 and how to get in touch with them:

Title	Name	Email	Phone
President	Melissa Wills	maw347@psu.edu	717-576-0840
Vice President	Lauren Peck	lcp136@psu.edu	412-526-3819
Treasurer	Ben Daniels	bmd5003@psu.edu	
Sponsorship Chair	Matt Spohn	mas703@psu.edu	
MTB Race Director	Rich Hoover	rch179@psu.edu	
Road Race Director	Eric Turner	etzepplin@gmail.com	
Webmaster	Ben Hoover	buh119@psu.edu	
Recreational Ride Director	John Draskovic	jpd5007@psu.edu	
Women's Coordinator	Kristine Jimenez	klj159@psu.edu	908-875-1847
Coach	Jim Young	jsy1@psu.edu	610-253-1717