

Greetings Juniors,

We are getting excited to start practices in less than 2 weeks! Our practices begin the week of August 14, and are now in the TeamSnap calendar. (Be sure to toggle to the fall team.) This email is FULL of stuff you need to know, so please read it carefully and flag it for easy reference later. I will also upload it to the [Team Resources](#) webpage. We have spots available for the fall session in Highlands Ranch and Castle Rock. Tell your friends and have them [register](#) if interested! Also, for those that are curious about cyclocross (the best fall/winter cycling sport!), check out our [cyclocross programs](#).

Just before the start of practices, I will send out a list of juniors and who their coach is for the session. Each program also will have one head coach who is the go-to leader at practices. Here are the Head Coaches for the fall session:

- Ken-Caryl Fall 1: Jordan Heguy
- Ken-Caryl Fall 2: Matt Turner
- Highlands Ranch: Tom Hall
- Castle Rock: Brian Dingman

Highlights for returning juniors: As you might not read all the rest: (1) The practices at the end of the fall session are a little shorter because of losing daylight. (2) All of our girls and moms should consider the [Beti Bike Bash](#) on October 1!

Schedule and much more will be in TeamSnap. **Download the TeamSnap app** to your phone if you haven't already. Practices are not mandatory. If you can't make a practice, that's ok! Just indicate your 'no' RSVP in TeamSnap.

Timing – Our start time is 5:30pm, so please arrive about 15 minutes beforehand so that kids are ready to ride at 5:30pm. (Make sure you check TeamSnap so you know where you are going!) Our end time is a little flexible. Please be prompt in returning by 7pm to pick up your juniors but understand that we may arrive back to the parking lot a little later than 7pm. **IMPORTANT NOTE:** As we lose daylight, the practices get a little shorter at the end of the session. TeamSnap has the accurate end times!

Practice Cancellations – Weather in Colorado can be volatile! We will cancel practice if it is 45 degrees or below at start; if there is an active storm/precipitation; or if there is lightning proximity (within 5 miles). We will notify via TeamSnap – please check for last minute cancellations especially when weather is iffy. We have built in 2 potential makeup practices at the end of the session that we will only use in the event of practices being canceled during the session. If the weather is ok, but the trail conditions aren't, we may need to change the location of practice.

Team clothing/kit – You should have received any orders you placed directly with Castelli so that you will have some awesome team bike clothing to wear for practice (if you want). We will also hand out the jerseys (or t-shirts for those late registrants) included with registration at the first practice.

Equipment needed for practices –

- Bike in good working order that your junior can SHIFT and BRAKE well! We recommend at least a 20” wheel bike with gears.
- Properly fitted helmet in good condition and less than 5 years old
- Sunglasses and/or clear/amber glasses (some form of eye protection is required)
- Bike gloves (preferably full finger)
- Closed-toe shoes
- Water
- Tube to fit your bike
- Pump or 2 cartridges + inflator
- Multi tool
- Tire levers
- Jacket/layers (*it gets cold quickly in the evening!*)
- Small snack (but be sure to eat before coming to practice so you aren’t starving!)
- Bike bell (see Bells note below)
- Needed medications (epipens, inhaler)
- A way to carry it all – in jersey pockets, bike bag, and/or small camelbak/hip pack

Allergies/Medical Issues – Be sure to inform me and your kid’s coach of any allergies or medical issues that might impact them during our practices.

Bike in Good Working Order – This is huge. In next week, be sure to **clean and lube** bikes and make sure tires are pumped up and holding air. (Tubeless tires – add fresh sealant!) Then have your kid get on their bike and test out all the gears and the brakes and make sure everything is working properly. They need to be able to **easily shift and brake!** If they can’t, be sure to get those issues fixed before practice. Check that the wheels are well attached, and the quick releases are well tightened – sometimes they will rattle loose on bike racks. You don’t want your kid’s wheel falling off while they ride. We recommend at least a 20” wheel bike with gears. The bigger the wheels are, the better, as long as it fits well.

Parent volunteer riders – For each event (bike practice) in TeamSnap, you can look at the “Assignments” section and sign up if you want to ride along with a group. The sign up will show up as your kid’s name – that’s ok. We really like people to sign up for this and not just show up unannounced volunteering to ride so that we know we have enough helpers (but not too many).

Bells – Our returning juniors (from spring/summer or previous years) should have their Timber bells. Please be sure they are properly attached to your bike for practices. For our new juniors, please put a bell on your bike if you have one. We have bells to give out to anyone without a bell. You can choose from the bolt-on or quick release model. If possible, we ask that you pay \$15 for them (MSRP is \$25 <https://www.mtbbell.com/>) via Zelle (303-378-6417) or Venmo (@AvoutRacing, last 4 digits of cell are 8242), with purchase protection turned OFF.

Ken-Caryl Residents in the Ken-Caryl Program ONLY – Residents are required to have a tag on your bike when riding in Ken-Caryl during juniors practice. This is part of our permit requirements to be allowed to use Ken-Caryl trails, so please be sure to put on your KC or KC/WS trail tag when you come to practice. If you aren't in the Ken-Caryl Rec program, disregard. If you are in the Ken-Caryl program but not a resident, you can also disregard (please note that non-residents are not permitted on the private KC trails except during our bike practices or while accompanied by a KC resident). But, if you are in the Ken-Caryl Rec program *and* a Ken-Caryl resident, you are required to have a trail tag on your bike for practices!

Code of Conduct & 5 Respects – We task ourselves with not just creating great cyclists but also great human beings! With this, we take the Code of Conduct and our 5 Respects seriously and teach these to the juniors throughout our sessions. When you wear the Avout Racing kit, you are an ambassador of Avout Racing. Please be sure to yield properly (hikers and horses always have right of way, followed up uphill riders). When you are on the trail, spread sunshine and rainbows to all the users you encounter with kind words and proper trail etiquette. It is essential to represent Avout Racing and all mountain bikers well! You signed the Code of Conduct at registration, and I encourage you to go over with your junior again here: [Avout-Racing-Code-of-Conduct.pdf](#)

Picture in TeamSnap – It would be helpful to the coaches if your kid's profile had a good recent picture of them. Go to the TeamSnap roster, click on their name, click edit and take a picture of your child to add to their profile.

Races – While our Inspire Juniors Rec program is not a race focused program, many of the juniors may decide to give a race or two a try. We are winding down the MTB race season, but for all of our GIRLS (and moms!) out there, you don't want to miss the [Beti Bike Bash](#) on October 1!

Strava – If you have a way to track your riding with a bike computer, GPS watch, or phone, you may consider signing up for a free Strava account. Strava is a GPS based training interface that is great keeping track of your riding progress and knowing what your friends are up to also. Be sure to request to join our "club" on [Strava](#).

Phew! I know that was a lot of information. Be sure to read it a couple of times, maybe print it, and share it with your whole family. Also see the attached pre-season checklist to help you get prepared. (Be sure your junior is part of this process at an age-appropriate level. Kids 12+ can do this on their own! We are teaching some self-sufficiency with their bikes.) As always, please reach out if you have any questions.

Let's ride!

Jessica Mullins

Avout Racing Team Manager

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Preseason Checklist

- Download TeamSnap to phone
- New to program – If possible send \$15 for a Timber Bell via Zelle (303-378-6417) or Venmo (@AvoutRacing, last 4 digits of cell are 8242), with purchase protection turned OFF.
- Verify junior can easily SHIFT and BRAKE their bike
- Clean bike
- Lube bike
- Check that tires are holding air (tubeless tires – add fresh sealant!)
- Tighten bolts, especially wheels
- Go on a ride and make sure bike is shifting and braking properly
- If needed, take bike to a mechanic to fix any of the above issues
- Check fit and condition of helmet, buying a new helmet if necessary
- Accumulate all needed gear:
 - Properly fitted helmet in good condition and less than 5 years old
 - Sunglasses and/or clear/amber glasses (some form of eye protection is required)
 - Bike gloves (preferably full finger)
 - Closed-toe shoes
 - Way to carry water (water bottle or camelbak) + snack (be sure to eat before practice)
 - Tube to fit your bike
 - Pump or 2 cartridges + inflator
 - Multi tool
 - Tire levers
 - Jacket/layers (it gets cold quickly in the evening!)
 - Bike bell (see Bells note below)
 - Needed medications (epipens, inhaler)
 - A way to carry it all – in jersey pockets, bike bag, and/or small camelbak/hip pack
- Contact me with any allergies or medical issues
- Add picture in TeamSnap roster profile
- Ken-Caryl Residents – put tag on bike for Ken-Caryl practices