

TEAM REVOLUTIONS INFORMATION SHEET

MISSION STATEMENT: To bring riders together of all experiences and disciplines, form a 'network' of motivated active individuals, promote the sport of cycling and healthy lifestyle in the surrounding foothills communities and support local businesses.

TEAM REVS GOAL: Our goal is that everyone meet at least 2-3 new riding partners this season...*we have almost 400 members!!*
Everything you need is available through *Team Revolutions* and *Revolutions Cycling Center*. Get out and Ride. **Get involved. Meet people. The more you utilize the Team website, the more you're involved, the more you will get out of it!!**

CONTACTS:

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Questions / Suggestions regarding Team Revs? Email one of the people above:

CATEGORIES: Team Revolutions is split into 5 different Categories (“Cat”) based on a Time Trial or an educated guess by Mike Beretta. Your fellow teammates listed in your Cat are riders of similar experience and/or fitness. This system is not perfect, but should help riders meet one another. **The intent of the categories is to help you find riders of the same ability and is not intended to separate riders. There are no restrictions when finding a ride and you are free to ride in any category.**

HOW TO FIND A RIDE: Team Revs is unique in that riders log into our Forums page and either **Post or Reply to rides.**

- 1.) To “**POST**” a ride is to place a ride in the message board for others to see and join the ride:
www.revolutionscycling.com → **MEMBERS** → **Log in** → **TEAM Forums** (upper left corner) →
”**Find People to Ride with HERE Road, MTB, Tri**” → **NEW TOPIC** → fill out the form like an email → **SUBMIT**
- 2.) “**REPLY**” to a posted ride letting others know you’re going to join the ride:
www.revolutionscycling.com → **MEMBERS** → **Log in** → **TEAM Forums** (upper left corner) →
”**Find People to Ride with HERE Road, MTB, Tri**” → Click on the Listed ride and read → **POST A REPLY**

NOTE: *If you post a ride you are NOT the designated ride leader. You are NOT responsible for others on the ride.* You simply suggest a ride and others join in. Just get together, start the ride with a plan, take note who is on the ride, and regroup with others as needed or as your plan dictates. If you are faster on the hills, simply ride ahead, turn around and climb it again. Easy.

WEEKEND “SET” RIDES: These are for Team Revs members ONLY. There will be several “set” rides each weekend leaving from Bicycles Plus, and from Folsom Bike. Likely Cat 5, Cat 3-4, and Cat 1-2 Routes to choose from. Start times will be separated by 30 minutes. Details of routes will be posted on website. Riders can do any loop they choose, however each is responsible for knowing the route. PLEASE REPLY in the forums as described above so everyone knows who is showing. Nothing worse than having 4 people RSVP for a ride... and then 25 show! It’s difficult to plan. Use judgment at the beginning of rides. If it is a larger group of 15 or 20? Split the group up and give 10-15 minute gaps. For example, take a larger Cat3/4 ride group, and split it into a groups of Cat3’s and 4’s.

RIDE SCALE: Use the following info to help when posting or looking for a ride:

Category of Ride: (Cat5 = Novice → Cat1 = Advanced) or combo (i.e. Cat5/4, etc.). State the *Date, Start Time, Start Location, Planned Route, Distance in miles, Estimated Total Ride Time* including rest stops and expected *Climbing* (Flat, Moderate, Hilly).

WHAT TO DO AT THE START OF THE RIDE: Gather together, everyone introduce themselves and name category. Discuss the plan and route of the ride. Does everyone know where to go? Is the goal to all stay together? Regroup on hills? Start the ride with a plan and stick to it. Do you have a riding partner on the ride? Take note of how many people are starting the ride.... Be conscious of not dropping your teammates. It is our hope that we build several smaller group rides rather than HUGE pelotons.

RULES OF THE ROAD: Road riders are notorious for not following the rules of the road and bike trail. These laws are not optional. Stop at stop lights and signs. Always be courteous to others, even if they're not. We need to represent Team Revs and our sponsors in a positive light. Team Revs has a great reputation in the cycling community for being smart, safe, and courteous riders.

SPONSOR/DISCOUNTS: Team Revs promotes local small businesses. They support us. Carry your plastic Team Revs card and present at participating sponsors. To find info and specials from our sponsors: www.revolutionscycling.com → Log in → under "Board Navigation" → "Sponsors/Discounts", click on links to websites. → Print PDF for specific discounts and coupon info.

ENTER YOUR MILEAGE AND POINTS: There will be several contests for Team Revs Categories, involving Team Points, Mileage, and Climbing. Once logged into the **Team Forums**, click on **Mileage and Points**. Enter your mileage then press the drop down arrow to enter your POINTS. You can accumulate points for various activities....from joining a ride to helping on the bike trail...***Don't miss out!!*** See an annual view of your entries by clicking on the "View Annual Mileage Entries" button in the upper right corner of the Mileage and Points entry screen.

LOST PASSWORD: Reset your password here: www.revolutionscycling.com → MEMBERS → click "I Forgot My Password" under login at middle right hand side of page. Problems? Email Mike B. (contact listed above)

FORUM TIPS: The **Team Revs Logo** in the upper left hand corner of the webpage, will take you back to the Home page. Scrolling posts on the Home page are the most recent posts. Also, use the **Board Navigation** to find resources (Ride Calendars, Points and Mileage, etc.)

PRINT AND SAVE THESE PAGES FOR FUTURE REFERENCE!