



EBBB

Edina, Blake, BSM, Breck Mountain Bike Information Meeting

April 29th, 2023



Mountain Biking Overview



- MCA & EBBB Team 101
- Season Overview
- How Do I Join?
- Race Day
- Coaching



MCA & EBBB Team 101



- ❖ **MN Cycling Association**
 - 2012 = 151 athletes
 - 2022 = 2,650. 1,300 coaches,
 - 80+ teams

- ❖ **EBBB One Team, Four Schools**
 - Edina
 - Blake
 - Benilde - St. Margaret's
 - Breck



- ❖ **Opportunities & Challenges - What I Love about Mtb and MCA**

Mountain Biking Team 101

Our mission is to build a passion for cycling that will last a lifetime!

- ❖ Fun and Adventure
- ❖ Skills and Fitness
- ❖ Individual Accomplishments
- ❖ Social Experiences and Team Community
- ❖ Opportunity to Race



Season Overview



- ❖ League Try It Out Sessions (www.minnesotacycling.org)
- ❖ Team Try It Out Sessions - Creek Valley Elementary 6:30-8pm
 - Wednesday, May 17th - Girls (female identifying) Only
 - Wednesday, May 24th
- ❖ Pre-Season Activities -
 - Mix of Social Rides & Activities.
- ❖ Season Officially Starts Mid-July
 - Practice Tuesday, Thursday, Sunday, and Optional Saturday
 - Practices broken into groups by age and/or ability
 - Cuyuna Camping Trip July 28th to 30th

Pre-Season



- ❖ Kit Sizing (jersey, shorts and/or bibs) & Gear Swap: Sunday May, 21.
 - Ordering mid / late June for early August Delivery.
- ❖ Pre-Season Rides, social, getting ready: May - June
 - Make sure bikes are ready.
 - Get our bodies ready.
 - Coaches ready



Regular-Season



- ❖ Website Photo montage (pictures are more fun than my words).
- ❖ Official practices start Mid-July (7/11 for HS; 7/18 for MS)
- ❖ Typical Week: Tues / Thurs 5:30 - 7:30; Sunday afternoon non-race weekend.
- ❖ Location: Varies depending on practice plan. Typical locations: Creek Valley Elem., Wirth, Dred Scott Park, other trailheads.
- ❖ Bike FEST: Fun, Endurance, Strength, Technique
- ❖ Opportunity for a Great Experience for ALL:
 - ❖ Middle School / High School / Performance



Regular-Season



- ❖ Opportunity for a Great Experience for ALL:
 - ❖ Middle School / High School / Performance
- ❖ Before the “How” to join... “Why?” - **Athlete thoughts**



How Do I Join?



- ❖ What do I need?
 - Mountain Bike (26", 27.5", 29")
 - Helmet
 - Eye protection (recommended)
 - Water Bottle
 - Basic Repair Kit (Tube, multi tool, Pump or Co2)
 - Bike Lights (front and back)
 - Kit (jersey and shorts or bibs, only the team jersey is required for racing)
- ❖ Where do I learn about the right gear
 - Bike shops
 - Coaches
 - Teammates
- ❖ Where do I get the right gear?
 - Bike shops
 - Facebook Twin Cities Bicycle Trading Post



Mountain Biking Team 101



- ❖ Racing: Late August - Mid October
 - Every Team Races 5 out of 8 possible Races
 - Every Team Races The State Championship
 - Regular Season Races - MS Saturday & HS Sunday
 - State Championship is Saturday & Sunday
- ❖ Teams
 - Composite Teams
 - Single School Teams
 - HS & MS Teams
 - Division 1 & Division 2 Teams
- ❖ Scoring
 - Any Category Can Score
 - Both Girls & Boys Must Score



Mountain Biking Team 101



- ❖ The Race Course (EBBB Sch on website)
 - Varied Terrain
 - +/- 4 miles in Length
 - Laps Vary by Category
- ❖ Race Categories (Grade & Performance)
 - MS – 6th, 7th & 8th Grade: 1 Lap
 - HS – Freshman: 2 Laps
 - HS – JV2: 2 Laps
 - HS – JV3: 3 Laps
 - HS – Varsity: 4 laps



Race Day!



- ❖ Friday - Afternoon Pre-ride available.
- ❖ Saturday
 - Pre-ride the Course & Warm Up (coach led)
 - Middle School Racing Noon - 4:30pm
- ❖ Sunday
 - Pre-ride the Course & Warm Up
 - High School Racing 8:30am - 4:30pm
- ❖ Race Day: exact category schedule TBD
 - No Team bus, Transportation is on your own
 - Race, then stay and cheer on teammates in other races
 - Team Tent
 - Support at tent for bike issues and questions
 - Potluck Food at tent



Race Day - PitZone at Mankato



Season Overview



- ❖ EBBB Racing Schedule
 - Race 1 on Weekend 1
 - Aug 26/27 - Schindler's Way, Austin, MN
 - Race 2 on Weekend 4
 - Sept 23/24 - Theodore Wirth,, Minneapolis, MN
 - Race 3 on Weekend 5
 - Sept 30/Oct 1 - Gamehaven, Rochester, MN
 - Race 4 on Weekend 6
 - Oct 7/8 - Whitetail Ridge, River Falls, WI
 - Race 5 on Weekend 7 - State Championship
 - Oct 15/16 - Mount Kato, Mankato, MN

- ❖ EBBB Bye Schedule
 - EBBB does not race on Weekends 2 and 3 this year

 2023 RACE SERIES		
RACE WEEKEND #1	RACE WEEKEND #2	RACE WEEKEND #3
August 26 & 27 Schindler's Way Austin, MN	September 9 & 10 Lake Rebecca Rockford, MN	September 16 & 17 Xcel Energy Mountain Bike Park Shakopee, MN
RACE WEEKEND #4	RACE WEEKEND #5	RACE WEEKEND #6
September 23 & 24 The Trailhead at Theodore Wirth Park Minneapolis, MN AND* Spirit Mountain Duluth, MN <small>*concurrent races</small>	Sept. 30 & Oct 1 Gamehaven Rochester, MN AND* Detroit Mountain Detroit Lakes, MN <small>*concurrent races</small>	October 7 & 8 Whitetail Ridge River Falls, WI
	RACE WEEKEND #7	
	October 14 & 15 STATE CHAMPIONSHIP Mount Kato Mankato, MN	

Participation Fees



- ❖ MN League Fee (one-time payment on League Website - \$100)
- ❖ Race Registration Fee - \$50 per race (x five races, paid on League Website)
 - Superpass Option for \$150
- ❖ Team MBT Fee \$130 (Paid Directly to EBBB Mountain Bike Team)
- ❖ Racing Jersey \$40 - \$100 (new kits in 2022)



2023 Kit



Volunteers - Can't Roll without them!



- ❖ Coaching: Volunteer Parents, Community members.
 - Background check and training (Level 1, 2, 3)
 - Minimum Coach : Athlete Ratios required.
 - What's better than spending time outside with teenagers on bikes???
- ❖ Off-the-Bike Volunteers
 - Race day food & other coordination.
 - Practice support.



Resources / Questions



- ❖ Team Website: (www.edinacyclingteam.com)
 - FAQ's, Online Resources: local racing opportunities
- ❖ MN Cycling Association (MCA) Website: www.minnesotacycling.org

❖ Questions

