

## Cycling Development Foundation Masters Racing

### Team Information Sheet

<b>Mission:</b>	To support and develop riders who seek competitive participation from novice to experienced levels of cycling.	
<b>Goal</b>	To increase the participation of male and female riders of masters age (men 30+ women 30+) at local, national and international cycling events.	
<b>Objective</b>	Provide a sense of belonging in a welcoming community that facilitates competitive participation in a supportive environment.	
<b>Personnel</b>	Advisory Group	TBC
	Sports Director, Coach	Mr Brad Hall
	Team Manager	TBC
<b>Elite Team Affiliate</b>	Cycling Development Foundation Racing (formally Veris Racing)	
<b>Foundation Affiliation</b>	Cycling Development Foundation (CDF).	
<b>Kit</b>	Unique Pedal Mafia Kit - similar to CDF Racing clothing	
<b>Membership</b>	<p>Invitation to likeminded individuals who have values consistent with the CDF's Mission, Goal and Objectives.</p> <p>Membership is for a 12-month calendar period: Jan – Dec</p>	
<b>Membership Agreement</b>	<p>Members will be required to sign a 12-month membership agreement. The document will outline the CDF's Mission, Goals, Objectives and Code of Conduct. The agreement will cover the designated membership period and is renewable.</p> <p>The term of Membership is for the period of the Membership Agreement unless otherwise agreed between the parties.</p>	
<b>Membership Fees</b> <b>12-month term</b>	<p><b>RACE PROGRAM:</b></p> <p>\$600 in one payment or in 12 instalments;</p> <ul style="list-style-type: none"> <li>• \$300 Kit plus \$25 first month due by 1st Jan; plus</li> <li>• 11 x \$25 due 1<sup>st</sup> of following month.</li> <li>• Refer below for additional membership benefits</li> </ul> <p>or</p> <p><b>RACE + TRAINING PROGRAM:</b></p> <p>\$2,040 in one payment or in 12 instalments;</p> <ul style="list-style-type: none"> <li>• \$300 Kit plus \$145 first month due by 1<sup>st</sup> Jan; plus</li> <li>• 11 x \$145 due 1<sup>st</sup> of each following month.</li> </ul>	

	<p>In addition to membership benefits detailed below, Training Program Entitlements include:</p> <ul style="list-style-type: none"> <li>• 3 x indoor sessions/month</li> <li>• 3 x outdoor sessions/month</li> </ul> <p>(Inclusions are based on an optimum program of 3 weeks on, 1 week off).</p> <p>or</p> <p><b>RACE + GYM + TRAINING PROGRAM:</b></p> <p>\$2,904 in one payment or in 12 instalments;</p> <ul style="list-style-type: none"> <li>• \$300 Kit plus \$217 first month due by 1<sup>st</sup> Jan; plus</li> <li>• 11 x \$217 due 1<sup>st</sup> of each following month.</li> </ul> <p>In addition to Membership benefits detailed below, Training Program Entitlements include:</p> <ul style="list-style-type: none"> <li>• 3 x GYM supervised sessions/month</li> <li>• 3 x GYM unsupervised sessions/month</li> <li>• 3 x indoor sessions/month</li> <li>• 3 x outdoor sessions/month</li> </ul> <p>(Inclusions are based on an optimum program of 3 weeks on, 1 week off).</p> <p>NOTE: Sessions are not interchangeable between services</p>
<b>Membership Benefits</b>	
Kit	<p>1 x Premium Knicks + 1 x Premium Jersey</p> <p>Additional items can be ordered at own cost.</p>
Major Events	<p>12 days of local racing attendance a year as an organised event</p> <ul style="list-style-type: none"> <li>• AusCycle Events</li> <li>• West Coast Masters</li> <li>• Tour of Margaret River</li> <li>• Other as arranged</li> </ul> <p>Sponsored team tent, drinks, bike stands and seating, team briefings prior to an event and on course support.</p>
Online Resources	<ul style="list-style-type: none"> <li>• Closed Facebook page – for team members</li> <li>• Invitation to participate in webinars on racing strategies, tactics and de briefings</li> <li>• Several opportunities to be invited to indoor testing sessions, outdoor skill sessions and social rides with the Veris Racing Team</li> <li>• The membership group has a diverse range of both new and experienced cyclists with opportunities for learning and mentoring</li> </ul> <p>Exercise Institute: - 5% off services</p> <ul style="list-style-type: none"> <li>• Indoor and outdoor sessions</li> <li>• Vo2max Testing</li> <li>• 3-Dimensional Bike Fitting</li> <li>• Exercise Physiology</li> </ul>

<b>Riders Costs</b>	<ul style="list-style-type: none"> <li>• Associated travel costs</li> <li>• Event entry fees</li> <li>• Applicable licenses (WCMCC; and/or AusCycle)</li> </ul>
<b>Additional Team Kit cost</b>	<ul style="list-style-type: none"> <li>• Made through Pedal Mafia online order portal every 6 months</li> </ul>
<b>Code of Conduct</b>	<p>The Code of Conduct items below are to assist riders in maintaining acceptable standard of behaviour consistent with the values of the team.</p> <p><b>BEHAVIOUR</b></p> <p>Rider must be aware that whilst wearing the Team Kit they are an ambassador for the Cycling Development Foundation and other nominated sponsors. Any transgressions on the road, unseemly or anti-social behaviour reflects badly on the team its sponsors and key affiliates. Rider must;</p> <ul style="list-style-type: none"> <li>• respect and adhere to the obligations of the team</li> <li>• participate with the highest integrity</li> <li>• not engage in unlawful behaviour whilst riding</li> <li>• respect cultural, ethnic, religious, gender and sexual orientation differences</li> <li>• not intimidate, threaten or harass another person or behave improperly or unethically</li> <li>• contribute positively to the success for the team</li> <li>• respect to other riders and other road users at all times</li> <li>• not engage in aggressive behaviour towards vehicle drivers.</li> </ul> <p><b>SAFETY</b></p> <p>Riders must recognise that unsafe riding places other riders and members of the public at risk. Riders must;</p> <ul style="list-style-type: none"> <li>• wear an Australian Standard cycling helmet at all times</li> <li>• stop at red traffic lights and train lines</li> <li>• stay in position behind queued vehicles rather than rolling up the side of stopped traffic</li> <li>• not track stand at traffic lights</li> <li>• keep to the left on the road to allow clear passage for passing traffic.</li> <li>• have front and rear lights fitted on bike (able to be removed for racing)</li> <li>• always be predictable and indicate your intentions.</li> <li>• ride maximum two abreast (including bike paths)</li> </ul>