

## Century Road Club Association Bicycle Racing Orientation Page

### Prior to reading this Page you should already have:

- a road bike with drop bars (not aero handlebars)
- a helmet that meets the CPSC safety standard
- a USAC license:

<https://www.usacycling.org/news/user/story.php?id=6784>

Hello, and welcome to the  
**Century Road Club Association (CRCA)**

Thank you for joining and we hope your experience will be positive and exciting. To begin:

### Club Highlights:

Over 750 members in 2011  
Awarded “Club of the Year” by USACycling in 2009

Board of Directors: <http://www.crcanet.net/about/2012-board-of-directors/>

**History:** <http://www.crcanet.net/history-project/history/>

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## **Know the rules**

Like any sport, bicycle racing has rules — lots of them.  
One of the most important rules of racing is:

**USAC Rule # 1Q4. Rules and Course.** It is the rider's responsibility to familiarize themselves with the rules of the event and the race course before the start of the race.

### 1. Know the USAC Rules

#### • USAC Rule Book:

<http://www.usacycling.org/news/user/story.php?id=4220>

- Rules include equipment requirements
  - Road bikes only with drop handlebars
  - Helmets worn at ALL times when riding the bike
  - No use of headphones while riding the bike

### 2. Know the CRCA/Central Park Rules

CRCA Club races are held in **Central Park**.

<http://www.crcanet.net/membership/dept-of-parks-rules-for-racing-in-central-park/>

- Respect ALL other Park users.
- Bike riding on Park paths is prohibited.
- Ride ONLY in a counter-clockwise direction on the Park loop road.

The above rules allow you to travel to Registration.

- Where do I find Registration: <http://www.centralparknyc.org/maps/>
- Just south of the 79th-81st St. transverse
- Enter @ 72nd St and ride north

### **3. Know the Club Race Protocol**

<http://www.crca.net/racing/club/race-protocol/>

### **4. Know the rules of Sportsmanship**

**CRCA Code of Conduct:**

<http://www.crca.net/membership/code-of-conduct/>

**USADA:**

<http://www.usantidoping.org/>

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## **Prior to Race Day**

**Checklists** have been shown to be very helpful in stressful situations. Here are some suggested **timelines and items** to help you prepare.

### **Months and weeks prior to racing:**

Use the **CRCA Coaching Program**

<http://www.crca.net/coaching/coaching-schedule/>

- Open to all Racing members & Associate members
- Skills sessions offered to all new members
- Excellent physiological & tactical group training

Participate in any of the CRCA Sub-team rides that are offered

Participate in local group rides

### **1-3 Days Before the Race:**

- Check bike - tire wear, noises, brake pad wear and alignment, loose parts, cables and housing, etc.
- Plan race wardrobe, weather dependent

- Confirm start time, finish, number placement, and location
  - Things change

### **Day Before the Race:**

- Clean bike; clean and lube chain
- Organize race bag, include items such as:
  - extra clothes if cold or wet weather
  - in-race & post-race nutrition
  - completed and signed 2011 USAC liability release

### **Day Before or Race Day:**

- Lay out your racing kit
  - Pin number on jersey (if you have one already)
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## **On Race Day**

### **Preparation Tips:**

- Dress appropriately for the weather
- Pump tires to proper inflation
- Arrive early to Registration; register at least 15 min. prior to start
- Allow time for warm-up
- Report to start 5-10 minutes before start time
- Listen to instructions from officials at the start
- Familiarize yourself with the finish even if you can't pre-ride the entire course

### **Pack Racing Skills:**

[http://www.crca.net/wp/wp-content/uploads/CRCA\\_Safety-Revised.pdf](http://www.crca.net/wp/wp-content/uploads/CRCA_Safety-Revised.pdf)

- Ride within your capabilities.
- Ride predictably (“Hold your line”).
- Avoid abrupt moves or changes.
- Scan the road ahead.
- Look where you want to go. The body will follow the eyes.
- Anticipate the dynamics of the group.
- Feather your brakes to slow. Avoid fast braking.
- Stay in the front third or front half of the pack in order to respond to moves.

The 2011 CRCA Coaching Program consists of David Jordan, Ann Marie Miller, Deirdre Murphy, Scot Willingham.

**Remember to have fun!**