



Tulane University Cycling Association

FREQUENTLY ASKED QUESTIONS

Do I have to be a hard-core racer to join? NO! There is a pace and a category for everyone. Just come ride your bike with us. That's it! You can decide how much riding you want to do later. You never have to pin a race number on if you don't want to. We're much more than that. But if you do want to race, the beginner categories (Cat D) are the place where you'll learn to race. Don't worry, it's just pedaling a bike.

Where do you ride? Our riders spend a lot of their training ride time on the Mississippi River Trail, the bike path atop the Mississippi River levee. From Audubon Park, the path extends over 25 miles upriver, all the way to the Bonnet Carré Spillway. The bike path is easily accessed from campus via Willow or Oak streets. There are lots of other good routes throughout the city and riders often join up with local training ride groups around City Park and the Lakefront. We also do some casual group City Rides on weekends.

Do I have to have a \$5,000 race bike to ride with TUCA? NO! You can come ride with us on anything you have with 2 wheels: Cruisers, MTB's, Single Speeds, etc. As a matter of fact, one of our champions started last season on a heavy, hybrid Mountain Bike that was several sizes too big for her. By the time the season was over, she was winning races! Also, we have negotiated discounts at a couple of our local shops for TUCA members.

I've heard TUCA Riders are the fastest around. I'm new! How will I ever keep up? We don't race each other. Our social rides are strictly "conversation pace" and we don't EVER leave anyone behind. We are here to help you and show you the ropes, where to ride, how things work on the racing scene and how to get around without a car. Feel free to show up to any of our rides on that old beater bike. We ALL have one like it at home.

Social riding is fine, but I want to race. What can TUCA do for me? TUCA is the reigning 3-Time Division II Champion in the SCCC (South Central Collegiate Cycling Conference). We are a fully supported race team with coaching, transportation and lodging to all team approved events. We'll soon have a dedicated TUCA Cycling Center on the Uptown Square Campus with all the appropriate equipment. If you want to be fast, we'll help you get faster. Some of our riders also belong to elite non-collegiate teams with which they race during the summer months.

But I hear that New Orleans is a terrible place to be for a bike racer. Not true! As a matter of fact, we have several national champions living here in New Orleans that we regularly train with. The racing community here is a well-connected group that gets along well. New

Orleans has a storied weekend group-ride called "The Giro." Some days, The Giro will have close to 100 riders, all racer types. You'll get to go as fast as you ever want to in The Giro. On the Weekdays, there is a morning group ride of about 25 riders with several Cat 1/2/3's. Don't worry, if it's speed you need, you'll find it here. We have to drive to get to the hilly stuff, but the flat-lands make you smooth and fast. Just check the speeds of some of the Strava segments around town. It's a great place for a racer.

I'm a grad student. Is there a place for me? Yes! About half of our riders are in some level of graduate work. You can even race at the highest level in the SCCCC as a grad student. So yes! We'd love to have you!

Are there regular team workouts? Because of class schedules, many club members do their training rides alone or with a couple of other riders with similar schedules, however there is a regular early morning group that meets at the Reily Center, and sometimes a regular afternoon group as well. The team coach will send out a weekly recommended training schedule for both new and experienced riders, and we will periodically organize team workouts and time trials as schedules permit.

What's the Collegiate racing scene like? The Tulane cycling team is a member of the South Central Collegiate Cycling Conference, which is a USA Cycling collegiate conference that includes Texas, Oklahoma, Arkansas and Louisiana. Although the team is currently focused mainly on the spring semester road racing season, there are SCCCC collegiate races year-round in Road, Mountain Bike, Track, and Cyclocross. Qualifying riders are eligible to compete in Collegiate National Championships. You can find more information on the SCCCC at <http://www.thescccc.org/>. Collegiate races are held under USA Cycling rules and regulation, and in order to enter you will need a USAC collegiate cycling license or a one-day license purchased at an event. See <https://www.usacycling.org/collegiate/> for more information.

How much time will being on the team take? That's entirely up to you. Collegiate cycling has categories from A to D. Riders in Category A are the most advanced and experienced, while riders in Category D are just getting started. While Cat. A riders might spend 14-16 hours a week on the bike, covering 250-300 miles, you can still make a big contribution to the team riding in Category C or D with 6-8 hours a week riding time.

What's a typical race like? TUCA typically fields teams to 5-7 collegiate races during the spring semester. A typical collegiate race will include a road race of 30-80 miles, depending on category, a short individual or team time trial, and a 30-60 minute long Criterium. A typical SCCCC race might have anywhere from 10 to 50 riders, depending on category. For races in Texas, we usually try to hit the road on Friday afternoon, and generally get back to campus late on Sunday night. The team uses Club Sports passenger vans and rental vehicles and covers most of the travel and lodging costs.

Great! How do I keep in touch? Of course we have an active Facebook Page, website and email list.

Facebook: <https://www.facebook.com/groups/130343327355/>

Website: <http://tulane.edu/studentaffairs/orgs/cycling/>

Email group: https://groups.google.com/forum/#!forum/tulane_cycling