

FREE STATE **RACING**

Amateur Cycling Team Lawrence, KS

2008 Team Handbook



Broadway Cafe Coffeehouse & Roastery
4106 Broadway KCMO 64111

Mission

Free State Racing provides a team oriented environment for all levels of competitive cyclists to compete, enhance skills, achieve, and contribute in USCF and NORBA amateur bicycle racing. Free State Racing members race often, share their experience with others, align individual goals with team goals and provide positive publicity for team sponsors.

Vision

Free State Racing strives to become a team capable of winning at every level in every race.

2008 Goals

1. Maintain an active racing roster of at least 5 Category 4 and 5 Category 5 riders
2. Have 5-10 FSR riders at all local races
3. Win 10 State Championship Medals
4. Upgrade 5 riders to cat 4
5. Add 5 Category 5 riders to the roster
6. Plan and conduct a minimum of 8 FSR Training Rides
7. Establish and lead weekly groups rides in Kansas City and Lawrence
8. Promote Octoginta Time Trial and Sunflower Cyclo-cross

Membership

Membership is open to any person desiring to participate in or support bicycle racing providing they agree to support the mission of Free State Racing, all USA Cycling and USCF rules, and applicable state law. The Director must approve all membership applications and may deny membership to an applicant if doing is in the best interests of the team.

Free State Racing membership will be divided into 4 tiers: A Team, B Team, Development Team, and Boosters.

Free State Racing A Team

Requirements

- Must be USCF Category 4 and above
- Agree to support the Free State Racing Mission
- Must compete in a minimum of 15 races in the calendar year
- Must provide Director with race schedule and race results
- Must fulfill duties of one Team Role
- Must attend FSR Team Training Rides
- \$125.00 annual Dues

Benefits

- 1 Team kit (short sleeve jersey and bibs)
- Equal share of Sponsorship Funds
- Equal Share of Sponsorship Product

The FSR A Team members contribute each will have a role in managing the team or are leaders within the cycling community. A Team members are committed and active bike racers who earn their way within the team and share in the sponsorship benefits.

Free State Racing B Team

Requirements

- Must be USCF Category 4 and above
- Agree to support the Free State Racing Mission
- Must compete in a minimum of 7 races in the calendar year
- Must volunteer at one FSR sponsored race or other approved volunteer activity
- \$125.00 annual Dues

Benefits

- 1 Team kit (short sleeve jersey and bibs)

FSR B Team members are active racers but may have limited time to compete. B Team members still contribute to the team and/or the greater cycling community.

Free State Racing Development Team

Requirements

- Must hold USCF annual license
- Agree to support the Free State Racing Mission
- Must compete in a minimum of 7 races in the calendar year
- Must volunteer at one FSR sponsored race or other approved volunteer activity
- \$125.00 annual Dues

Benefits

- 1 Team kit (short sleeve jersey and bibs)
- FSR Mentor/Coach

Free State Racing Team Booster

Requirements

- Agree to support the Free State Racing Mission
- Must volunteer at one FSR sponsored race or other approved volunteer activity
- \$125.00 annual Dues

Benefits

- 1 Team kit (short sleeve jersey and bibs)

Team Roles

1. Team Director – General Leadership and guidance, Team Handbook, membership management, bookkeeping, budget, USAC relations, team communication.
2. Road Captain – Organize race rosters, coordinate team before the race, pos-race recap and review team and rider performance.
3. Clothing Manager – Order, distribute and warehouse team gear.
4. Team Manager – Coordinate race rosters, race travel, lodging and support.
5. Development Team Mentor/Coach – Provide coaching and mentoring to Development Team Rider(s)
6. Webmaster – Design, develop and support freestatracing.com
7. Sponsor Relationship Manager – Manage all aspects of one or more sponsors including proposals, communications, thank you letters, and payment collection.
8. Octoginta Time Trial Director – Organize all aspects of Octoginta Time Trial
9. Sunflower Cyclo-cross Director – Organize all aspects of Sunflower Cyclo-cross
10. Sunflower Cyclo-cross Volunteer Leader
11. Ride Organizer/Leader – Schedule, Plan FSR Team Training Rides
12. Publicity Manager -
13. FSR Representative to Kansas Cycling Association – Represent FSR at KCA Meetings, communicates with KCA when necessary, read and forward KCA Communications to FSR members as needed.
14. Other Leadership Position – with Director Approval could be local Trail Coordinator, Cycling related Director, Board Member, Official or Representative

Termination

Membership will terminate if:

1. Member fails to pay dues.
2. The Director determines a member has substantially failed to uphold the Membership Requirements set forth in this handbook.
3. Member acts in such a way to bring disrepute upon a sponsor or sponsors, a team member or members, or Free State Racing in general.

2008 Free State Racing Membership Application

Instructions

1) Save a copy of this file. 2) Fill in all the grey areas using the TAB key to navigate. 3) Save your changes 4) Mail completed application and \$125.00 Annual Dues to: Free State Racing Team, 2017 Melholland Rd., Lawrence, KS 66047.

Rider Information

Name	
Address	
City, St, Zip	
Phone(s)	
Gender	<input type="checkbox"/> M <input type="checkbox"/> F
Email	
USCF Cat	

2008 Race Schedule

Rider Agreement

By signing this agreement the member agrees to the following:

1. Join FSR as: FSR A Team FSR B Team FSR Development Team Booster
2. Uphold the principles of Free State Racing
3. Agree to fulfill the requirements of Membership
4. Work towards accomplishing the purpose of the team
5. Wear designated team uniform at all USCF and NORBA races
6. Provide Team Director with 2008 race schedule
7. Provide Team Director with 2008 Race Results

 Signature of Team Member

 Date

 Signature of Team Director

 Date

2008 FSR Clothing Order Form

Member Information

Name	
Address	
City, St, Zip	
Phone(s)	
Date	

Price List

Item	Price	Size*	Qty.	Total Amount
Short Sleeve Jersey	\$46			
Long Sleeve Jersey	\$53			
Bib Shorts	\$61			
Regular Shorts	\$53			
Short Sleeve Skinsuit	\$86			
Cyclo-Cross Skinsuit	\$111			
Wind Jacket	\$51			
Wind Vest	\$44			
Winter Jacket	\$91			
Winter Vest	\$85			
Cycling Gloves	\$18			
Optional Shipping				
Total Due				

- 2008 Membership Dues include one Short Sleeve Jersey and one Bib Shorts. You must only pay for any additional clothing ordered.
- This clothing is the "Race Cut". so is snug fitting, order accordingly.
- *Specify if ordering Women's cut
- Visit the [Champion Systems Website \(www.champ-sys.com\)](http://www.champ-sys.com) for additional product information and sizing.
- To avoid delays your order can be shipped to you when it arrives. Please add \$6.00.
- Make checks payable to: Free State Racing
- Mail this completed form and payment to: Free State Racing, c/o Curtis Martell, 2017 Melholland Rd, Lawrence, KS 66047.