



Minnesota Junior Cycling – www.mnjrc.com – 2020 Program

Welcome! – We look forward to having you in our program this year.

It all starts with our annual kick-off meeting on Friday April 3rd in Saint Paul. All returning and new riders should attend. Coaches and Board of Directors will be in attendance to explain the program in detail, answer questions and share experiences from past years.

Friday, April 3rd, 2020 – 6:00pm

(subject to rescheduling)

Best Western Plus Capitol Ridge, 161 Saint Anthony Ave, Saint Paul, MN 55103

Food and refreshments provided

Our mission is to bring the sport of a lifetime to young people between the ages of 12 and 18 by providing a well-rounded development program with exposure to road, mountain and cyclocross training and racing. Although racing is not required, riders should be interested in the competitive aspect of the sport and be motivated to become a better rider through training and competition.

- Pro level coaching and programming provided by Bjorn Selander and Dag Selander
- 20 plus years of success developing riders of all talent levels
- Weekly training rides on Tuesdays out of Afton, MN
- 3 local day camps to train, develop skills and build relationships within the team
- Defined “Thursday homework” for self-motivated training
- Skills based development
 - o Group riding safely
 - o Pace lining and how to draft efficiently
 - o Cornering like a pro
 - o The mechanics of riding: pedal stroke and shifting
- Specific race schedule including road and mountain bike events
- Support at key races throughout the summer.
 - o Nutrition, coaching, light mechanical
 - o Transportation to and from
 - o Team tent
- Personalized athlete evaluations and goal setting
- Velo Du Nord bike shop support and discounts
- Commitment to specific bike requirement and standards for rider safety and enjoyment

Visit our website – www.mnjrc.com for more information

Looking forward to seeing you on April 3rd!