

PowTown RAD!



Having fun, ride bikes, creating a support network for training and racing.

Powell River's Youth Racing & Athlete Development Offroad Team - PowTown RAD!

Lindsey Gosnell (Ransom Bike Co.), Andrew Shostak (Kelly Creek Outdoor Program), and Justin Bailey (TAWS Bike Garage) are excited to start a new program for intermediate to advanced cyclists, aged 14-18. The program will offer a blend of coaching, technical support, strength training and community engagement.

What's involved in this program?

- Weekly mountain bike rides: This will be a mix of gravity and cross country riding. The ratio will largely depend on the riders involved in the program. However, you have to be fit to race an enduro!
- Strength training: We will be partnering with Eddie Charlton, owner of PowTown Crossfit to do a weekly group fitness class. These workouts will mostly be 'team' or 'partner' workouts and will be made specifically for our team. **Sessions will run Monday Evenings 7:35-8:35pm**
- Racing: Powell River will be hosting Enduro and Cross Country races this year, plus Gravel and Cyclocross. We expect athletes will be interested in travelling to the island for some events, Highschool Provincial Championships, BC and Canada Cup races located on the west coast. One of the goals of this program is to fundraise to offer support for athletes traveling to race.
- Volunteer Opportunities: We hope to provide some volunteer opportunities, through events, trail maintenance and other community involvement.

Who can join?

- Are you 14-18 years old?
- At a minimum riding level described as ['Navy Blue' on Ransom Bike Co.'s website](#). Comfortable riding trails like Fungi, and Fairies Wear Boots on Mount Mahony.
- Interested in racing and strength training.
- Love riding bikes!

Insurance & Costs etc.

- We have created a Cycling BC affiliated club. They offer a few levels of insurance for their members. Each member of the club will be required to have insurance to participate in our rides. Many events and races will be affiliated with Cycling BC, so you're insurance will be valid for those events. See below for relevant race events this spring/summer.

- Racing and Travel – We hope that we can fundraise through the club and events enough to assist with the cost of races and travel. This doesn't mean that everything will be covered, but we hope to help!
- Ransom Clinics – Lindsey will be offering optional race specific clinics for riders wanting to put in some extra training.
- Strength training –Eddie Charlton – PowTown Crossfit will be programming weekly strength training courses for the club. This will cost \$10 per participant, per session. We hope that athletes to make the most of this opportunity to train off the bike, and will see benefit on the bike. The goal will be to run this program starting February 28 and then running weekly for March, April, May, June, and then depending on demand, every 2 weeks for July and August. These classes will offer workouts specifically programmed for our club and athletes.
- Club Registration fee is \$10, processed on CCN during registration and Insurance purchase.

How do we start?

- Our first ride will be on Saturday February 26th at 8:45. Riding by 9:00am. Each rider gets 1 free without paying for insurance under CyclingBC. This will be a social, group mountain bike ride. We will meet at the 4km bridge on Inland Lake Rd. The ride will be Retrograde, to the road, and then up to Burly (pending logging operation, route may go up the old road instead). The downhill will be Fungi, Fairies Wear Boots, Minions, Lower Civil and Marvin's Bent Wrench. We will aim to be back at the 4km bridge by 11:00am.
- After the first ride, interested parties will be emailed all club information, and links to register for the club, and insurance.
- PowTown Crossfit sessions will start February 28th at [7:358:00](#)
- The next 2 rides will be the following Saturday's March 5th and March 9th. Same time 4km bridge. Wednesday March 9th will be a special indoor fitness session. Stay tuned.

If you are interested in joining this program, please email justin@tawsbikegarage.com. You will be given a waiver to fill out and bring to the first session on February 26th.

Race Schedule:

March

27th – Hammerfest XC

April

3rd – Victoria XC

17th – Cobblehill XC

24th – Tzouhalem Enduro

24th – Powell River XC

30th – Nanaimo XC

May:

1st – Hammerfest Enduro

15th – Cumberland XC

22nd – Victoria XC – Island Cup Finals

27th – BC Highschool Mountain Bike Provincials

June

18th – Hornby Bike Fest Enduro

July

3rd – Jordie Lunn Bike Park Enduro

17th – Powell River Enduro

August

14th – Mt Washington Enduro

September

4th – Dodge City Enduro

October

2nd – Prevost Enduro

Fall – Cross on the Rock – Cyclocross, Dates TBA