

**FRONT RANGERS RACING TEAM
and PARENT/GUARDIAN
GUIDELINES
- 2012 -**



Introduction:

This document provides information for new and returning members of the Front Rangers Cycling Club (FRCC) and the FRCC Racing Team. Although this is primarily written for Junior and U25 members, adult racing team members must follow these guidelines as well.

This document consists of five parts:

- I. Mission Statement (page 1)**
- II. Racing Program Membership (page 2)**
- III. Front Rangers Cycling Club Code of Conduct and Ethics (page 5)**
- IV. Racing Guidelines (page 8)**
- V. Contributions to Front Rangers Cycling Club (page 12)**

I. The Front Rangers Cycling Club - MISSION STATEMENT:

The Front Rangers Cycling Club is a program designed around cycling to:

- Create positive role models
- Enhance the image of law enforcement
- Promote bicycle safety
- Introduce youth to the sport of bicycling
- Further a healthy lifestyle
- Support Junior and Adult Bicycle Racing

The Front Rangers Cycling Club, established in January 1993, was founded on the belief that direct interaction with youth will offset the influences of drugs, gang membership, crime, and other social ills facing young people today. The membership of the Front Rangers Cycling Club is composed of a group of adult professionals who are bicycle racers, ex-racers, and cycling enthusiasts. In addition, officers from the Denver Police Department are active members in the program. All members share their time and enthusiasm to ensure worthwhile achievement for each and every participant. As our primary partner, the Denver Police Department recognizes and supports the Front Rangers Cycling Club as a vital link with Metro Denver youth to encourage healthy, recreational activities and drug-free lifestyles.

With funds from private and public donations, the Front Rangers Cycling Club strives to create a positive impact on Metro Denver youth. Thank you for your interest to help this great cause.

DEFINITIONS AND ACRYONYMS USED IN THIS DOCUMENT

1. Active Member – to be an Active Member of the club, individuals must meet all the requirements and adhere to the codes of conduct listed in this document. **Only Active Members are eligible for club benefits.** Members not meeting these requirements may be dismissed from the team by the Team Director.
2. Bicycle Racing Association of Colorado (the ACA) – Serves as the Local Association for USA Cycling in Colorado and eastern Wyoming. Provides local support for racers.
3. Elite Team – very experienced racers within the Junior/U25 Team. These racers are selected by the Team Director, have shown commitment to hard/consistent training and have participated in many FRCC events. Members of the Elite Team may get additional benefits from the club and must adhere to additional requirements. See Elite Level membership on page 3 of this document.
4. FRCC – Front Rangers Cycling Club of Denver, Colorado (www.frontrangersdenver.org).
5. FRCC Racing Team – the team made up of Junior, U25, Senior and Masters racers.
6. Junior (Jr.) Racers - girls or boys with racing ages from 8 to 18 years (racing age is the age of the racer on Dec. 31st of the current year).
7. Masters Racers - women or men with race ages from 35 years and up.
8. Monthly Youth Events – monthly activities arranged by the FRCC Board to meet the club’s Mission Statement, and designed to engage Metro Denver Youth in recreational and cultural experiences
9. Senior Racers - women or men with race ages from 19 to 34 years.
10. U25 Racers (“Under 25”) – women or men with race ages from 19 to 25 years.
11. USA Cycling (USAC) - the national governing and licensing body for all cycling related disciplines.

II. RACING PROGRAM MEMBERSHIP

The FRCC Racing Team is open to athletes wishing to support the Front Rangers Mission Statement (see page 1 of this document). Commitment to serving Metro Denver urban youth is essential to ongoing membership in FRCC and the Racer’s continued participation on the team. **Senior/Masters Racers** should refer to the Adult Membership section on page 4. Once this commitment is understood by Racers and their families, Jr./U25_Racers will join the team at one of the 3 levels of membership outlined below. U25 racers have the option of joining as just a Senior Racer, but will not receive the benefits of the Jr./U25 Team. (Please refer to the current Jr./U25 Racing Membership Application at www.frontrangersdenver.org for membership fees.)

1. Basic Level

This level is best for members who are very young, just getting started in the sport, and/or who can’t or don’t want to make a serious commitment to racing yet. The benefits of this membership level include:

- Very generalized group coaching/training schedules from February through September.
- Indoor/Outdoor workout information.
- Training rides with the club; some rides include basic skills coaching.
- Email notification of races, rides, coaching/training and general club information.
- Use of FRCC equipment including bikes, when available to Active Members. Priority given to higher level members.
- Access to private/semi-private coaching from the club’s coaches; fees determined by and paid directly to the Head Coach.

- “Fitness testing” (e.g., Conconi testing) for a discounted fee is available; contact the Head Coach (Mike Carter) for details and payment. Ideal for determining a baseline fitness level developing the most appropriate training zones (heart rates, watts and “RPE”) and also for tracking improvements and preventing over training.
- Discounts on team clothing, equipment, and bicycles, including club discount card purchases and service at all Bicycle Village Stores.
- The club will not pay race entries.

Racing Commitment – little to none; race and train at the level you want.

2. Competitive Level

This level is for the aspiring racer who wants to be competitive and committed to the sport. Membership benefits include:

- Basic Level benefits, listed above.
- Fitness testing every other month from February to August (within same calendar year)
- Monthly generalized, but more aggressive group workout schedules from February to September (within same calendar year).
- Clinics covering topics such as fitness testing, training, skills, nutrition, and tactics.
- Limited access to the Head Coach via email and phone.
- For members who are active and are in good standings the club will pay all or a portion of race entries, excluding late fees, to several targeted races during the year.

Racing Commitment – we ask that you complete at least 8 races per year or 2 per month during the Colorado road racing season. Attend team clinics/meetings and as many training rides as possible.

3. Elite Level

This level is for the very competitive athlete. These members must be selected by the Team Director and must meet the requirements listed in Section IV 8.0 (see pages 9-10 of this document). Membership benefits include:

- Basic Level benefits, listed above.
- Use of an Elite Team racing bike and equipment, when available.
- Frequent access to the Head Coach via email or phone.
- Fitness testing every month from February to September (within same calendar year).
- Monthly **personalized** workout schedules from February to September (within same calendar year).
- Clinics covering topics such as fitness testing, training, skills, nutrition, and tactics.
- For members who are active and are in good standings the club will pay all or a portion of race entries, excluding late fees, to several targeted races during the year.

Racing Commitment – complete 14 races per year from February to September. Try to correspond weekly via email or phone to the Head Coach and Team Director with training info from the past week. Attend team clinics/meetings and as many training rides as possible.

Please note: refunds cannot be given to members (at any level) who decide to leave the club for whatever reason. This includes being asked to step down to a lower level of membership, asked to leave the club

by the Team Director because of commitments not met, or for Racer or parent conduct/disciplinary reasons. Members are responsible for full membership payment for the entire calendar year (no prorating). Individuals joining after Oct. 1st can participate for free until the start of the following year.

Junior/U25 RACING TEAM MEMBERSHIP APPLICATION

The application process to FRCC includes:

- 1. Completion of the most current Front Rangers Racing Team Application**
- 2. Completion of the most current FRCC Release Form**
- 3. Payment**

Review and download the Front Rangers Racing Team Application and FRCC Release Form from the club website at www.frontrangersdenver.org. New members must contact the **Racing Team Director, Paul Braun**, about membership to the FRCC Junior/U25/Senior/Masters Racing Team (303.972.2426), cpbraun@comcast.net

After determining what level of membership, mail: 1) the completed application, 2) signed FRCC Release form, and 3) a check made out to “Front Rangers Cycling Club” to:

Paul Braun, FRCC Racing Team Director
9882 West Unser Avenue
Littleton, CO 80128

ADULT MEMBERSHIP

Adult/Senior/Masters Racing Team Membership

Adults who want to race for FRCC should also contact Paul Braun, Racing Team Director (listed above) and also submit a **Front Rangers Racing Team Application and FRCC Release Form**. There are **no membership fees for adults, but members are required to purchase/have a jersey with the current design.**

Adult members are asked to volunteer their time as much as possible at the Monthly Youth Events, including driving kids to and from these events. Note: after driving 3 times, adult members can earn a free jersey or other item of clothing of equivalent value. Adult members are also asked to lead club rides, assist with Junior coaching, and drive Jr./U25 members to races and other events when possible. Senior/Masters racers will receive the same equipment discounts as Jr./U25 racers and are eligible for discounted coaching directly from the Head Coach.

Non-Racing Membership

Adults who would like to be members of FRCC should contact Sharon Bair, Adult Membership Coordinator at 303.898.8581, or email: sharon.bair@lockton.com. All members are required to complete a FRCC Release Form, before participating in any club-related activity.

III. FRONT RANGERS CYCLING CLUB CODE OF CONDUCT AND ETHICS

***** EVERY ATHLETE, PARENT/GUARDIAN MUST READ THIS SECTION BEFORE PARTICIPATING IN FRCC ACTIVITIES AND EVENTS*****

This section outlines the Front Rangers Cycling Club Code of Conduct and Ethics for Junior/U25/Masters racers, the families of athletes, and associated spectators. **Confirmation is required by each athlete and his/her parent or guardian that he/she has read and understands the rules and expectations of this section and the Front Rangers Cycling Club Racing Team and Parent/Guardian Guidelines. Confirmation of such is made by signing the FRCC Racing Membership Application form.**

1.0 FRCC BASIC CODE OF CONDUCT

All Front Rangers Racers shall follow and commit to these basic club codes:

- Stay in school (Juniors) and out of gangs.
- Refrain from using or dealing illegal drugs, including any illegal performance enhancements listed by the U. S. Anti-Doping Agency.
- Ride and race with a helmet at all times.
- Obey all traffic safety laws.
- Keep your bicycle in proper and safe working order.
- Ride with utmost safety for oneself and others.
- Carry basic tire repair equipment (tube, patch kit, pump or inflation device) on all training rides.
- Conduct oneself in a responsible and proper manner when representing the club and its sponsors at functions, races, and while traveling to and from events.
- Assist FRCC in achieving its goals and Mission Statement.

2.0 RACING REQUIREMENTS AND CODE OF CONDUCT

To remain an active member on the team, Front Rangers Racers will follow the above basic club code of conduct, and are expected to upholding the following:

2.1 REQUIREMENTS

1. **Attend the Monthly Youth Events as often as possible.** This is very important because you are a role model for the Metro Denver Youth in our monthly program. Incentives and benefits will be given to those that volunteer.
2. Attend at least one Racing Team activity per month from March through September. These include training rides, meetings, clinics, fitness tests and also the Monthly Youth Events.
3. Junior parents or adult members are asked to attend and /or drive kids as often as possible to and from the FRCC Youth Events.
4. Be a positive role model on and off the bike.
5. Get to know all of your FRCC teammates and try to ride, train and go to races with each other.
6. Members, who race fairly frequently, should obtain and hold a current USAC license and an ACA membership. Members who race only occasionally have the option to purchase a one-day USAC license at the races. The club is licensed with both USAC and ACA as "Front Rangers Cycling Club"- (#3259-USAC), (#17 –ACA).

7. Register at all races as a member of the “**Front Rangers Cycling Club**”, do not abbreviate. This is necessary so ACA, USAC, and the club can keep track of your results.
8. **At all cycling related races/events and disciplines, members will ride under the FRCC affiliation for the entire year.** Collegiate and other scholastic related events are exempt. Exceptions can be granted by the team director depending on the rider’s status in the club and is subject to reimbursement of benefits received.
9. Wear a current design FRCC jersey to all bike races! Current or older FRCC jerseys must be worn at FRCC training rides/monthly youth events, and whenever possible while riding. FRCC jerseys must have sleeves when road racing.
10. Be on time to FRCC rides and events.
11. Be considerate of others on and off the bike.
12. Promote our current sponsors to the best of one’s ability.
13. Communicate with the Team Director and Head Coach by email or phone.
14. **Racers should check emails at least weekly, especially near the end of the week.**
15. Elite and Competitive Level members are required to attend clinics.
16. Racers should check at least the following websites often and are responsible to know when and where races are scheduled.
 - a. ACA (www.coloradocycling.org)
 - b. USA Cycling (www.usacycling.org)
 - c. FRCC (www.frontrangersdenver.org)
17. Follow the RACING GUIDELINES in Section IV of this document.
18. Keep a daily training log and Elite Racers adhere to the head coaches requirements.

**** All racers are required to attend the Monthly Youth Events when not racing. ****

2.2 RACING/RIDING CODE OF CONDUCT

1. Know and follow all the current rules and policies set forth by the American Cycling Association (ACA) rulebook. Obtain a current copy at www.americancycling.org.
2. Know and follow all the current rules and policies set forth by the USA Cycling rulebook when racing USAC events.
3. Always wear an approved helmet whenever on a bicycle.
4. Derogatory remarks or gestures to coaches, referees, teammates, spectators, other athletes, or anyone else will not be tolerated.
5. If fouled in a race, do not retaliate.
6. If you protest race results or a foul, you - the Racer (NOT parents or friends) are responsible for placing the well-mannered protest with the head official. Please ask for help from a Front Rangers coach the first time you do this and whenever you need to.
7. Avoid comments or gestures that express disagreement with referee calls.
8. Displays of temper will not be tolerated.
9. Convey a consistently **positive** attitude toward your teammates, coaches, athletes and others.
10. Always thank the people who took you to the race and those who made your racing day possible!

Racers who don’t follow these important standards of conduct and team requirements will jeopardize their privileges, benefits and place on the team. Team coaches have the authority to invite, reject, advance and dismiss racers at their discretion.

3.0 PARENTS AND SPECTATORS CODE OF CONDUCT AND ETHICS

To help promote and support FRCC's main mission, we ask that FRCC Racers and their parents/guardians volunteer their time to help with the various functions in the club, such as fundraising events and driving kids to races and/or Monthly Youth Events. Parents/guardians and spectators of Front Rangers Junior and U25 Racers will follow these general codes of conduct and ethics.

3.1 GENERAL CLUB CODE OF CONDUCT

Adult members and parents/guardians are expected to:

- **Attend and/or drive kids as often as possible to and from the FRCC Youth Events.** Incentives will be offered such as, drive 3 times and receive a jersey for the year.
- Drive racing team members to races whenever possible.
- Help lead group rides when possible.
- Help with the club-sponsored Bannock Street Criterium.
- Ride with a helmet at all times.
- Obey all traffic safety laws.
- Keep bicycle in proper and safe working order; ride with utmost safety.
- Conduct oneself in a responsible and proper manner when representing the club at functions and races.
- Assist the club in achieving its goals and Mission Statement.
- Promote our current sponsors to the best of one's ability.
- Commit to the FRCC Parents and Spectators Code of Conduct.

3.2 RIDING AND RACING CODE OF CONDUCT AND ETHICS

Parents/guardians are expected to:

- **Attend and/or drive kids as often as possible to and from the FRCC Youth Events.** Keep winning and losing in perspective.
- Be positive in their remarks and gestures to all Racers, no matter the outcome of the race.
- Never make degrading or negative remarks or gestures to or about referees, coaches, Racers, or other spectators.
- NOT file protests. Only the Racers themselves or the FRCC coaches may file official protests.
- Never use foul language or obscene gestures.
- Avoid remarks or gestures to riders and Racers who make mistakes.
- Applaud everyone's efforts and be positive.
- Give consistent support to coaches and mentors, whether winning or losing.
- Stay off the racecourse.
- Cooperate immediately with referee requests.
- Avoid comments or gestures that express disagreement with referee calls.

Parents/guardians and associated spectators who don't follow these basic standards of conduct and ethics will jeopardize their child's standing on the team and adult's role in the club.

IV. RACING GUIDELINES

The following are guidelines for Junior and U23 Racers (Masters Racers should look this over, too):

1.0 GETTING TO RACES

1. **You are responsible to know when and where races are scheduled.** Be sure to check the ACA and USAC calendars, websites, and newsletters for race information.
2. If the race requires a registration fee, make sure you have enough money or have a way to pay for it! Some races require advance registration and do not offer it the day of event.
3. Call other Racers who live or work nearby to you for carpooling to races.
4. EMAIL Communications: Check your e-mail regularly and reply when asked!
5. If you are driving to races, please help us by taking other Racers too.
6. ****IF YOU NEED A RIDE TO A RACE/EVENT, CALL Paul Braun by 8:00 p.m. WEDNESDAY before the weekend.**

2.0 PREPARE FOR THE RACE AT HOME

1. Check your bike by WEDNESDAY!! Make sure it works and is clean!! If your bike needs major repairs, call Paul Braun by WEDNESDAY 8:00 p.m. Or, you can take it to your local bike shop.
2. Know your race start time!
3. EAT A GOOD MEAL!
4. Pack dry, clean street clothes to change into after the race or training ride.
5. Bring extra food and water.
6. Bring some extra money, in case you need it.
7. Get to the race at least **ONE HOUR AHEAD** of your start time.

3.0 ALWAYS BRING YOUR USAC RACE LICENSE. YOU CANNOT RACE WITHOUT IT!! Or purchase a one day license if you don't have one.

4.0 ALWAYS BRING YOUR SIGNED RACE RELEASE FORM. YOU CANNOT RACE WITHOUT IT!!

5.0 AT THE RACE

1. Get to registration and get your race number as soon as possible! You are responsible to get yourself registered.
2. Be sure to register as a member of the "Front Rangers Cycling Club".
3. Many races are free for Juniors, thanks to ACA. However, if there is a race fee, you are responsible to pay the entry fee. Make sure you or someone else can pay your entry fee.
4. Wear a current Front Rangers jersey or skinsuit with your race number pinned on correctly.
5. Check your bike to make sure it works properly.
6. Talk with coaches and teammates to discuss race strategies.
7. Make sure you have enough food and water with you to complete the race!
 - a) Warm up for AT LEAST 30 MINUTES.
 - b) GET TO THE START LINE ON TIME!!!
 - c) Have fun!!

6.0 AFTER THE RACE

1. Warm down.
2. Change out of bike clothes and into dry, clean street clothes.
3. Check the race results, if there are any errors, the officials will accept protests for only 15 minutes after the results are posted. This includes protesting fouls that may have happened during the race.
4. Pick up your awards, if you have won any. If awards are being given at an official presentation, please wear your FRCC jersey (preferably a clean one).
5. Talk with the coaches and teammates to review the race!
6. Eat and drink something within 30 minutes of your race.
7. If the race is short, racers may want to go for another ride after the race.
8. Get good rest and recovery after each race.

7.0 JUNIOR/U25 NATIONAL CHAMPIONSHIPS, SELECT RACES and CAMPS

(as selected by the Team Director)

The following guidelines are for Junior and U25 Racers:

7.1 SELECTION OF RACERS

The following minimum guidelines apply to the selection of Junior and U25 Racers:

- Selection is made at the Team Director's and Coaches' discretion.
- Racer meets USAC requirements or other race requirements.
- Selection is based on Racers participation and performance at races and training rides throughout the race season.
- Racer has a good work ethic, trains hard, and shows consistent effort.
- Racer communicates with coaches on a consistent basis.
- Racer finishing races throughout the racing season.
- **Racer must be active members in the club in good standings.**

7.2 FINANCES

- When possible FRCC will pay for Entry Fees for selected Racers.
- Members are responsible for meals, housing, travel costs, including shipping bikes and rental cars. These costs will be split evenly among the entire group.
- Parents as well as others, who are not selected Racers or coaches, are responsible for all their costs.
- Selected coaches' expenses are paid by FRCC.
- The Racer will pay late fees for races.
- Subject to change depending on club's finances.

8.0 JUNIOR/U25 ELITE TEAM

The Elite Team is comprised of very experienced Racers who are outstanding members of the Junior/U25 Team and have been selected by the Team Director. These members have shown commitment to hard/consistent training and participate in many FRCC training rides and Monthly Youth Events. Typically these athletes are very serious about participating in the sport and are usually 15 years of age or older. They must also have the ability, discipline and maturity to follow coaches' verbal and written instructions, and should be able to communicate by email with the coaches.

Junior/U25 Elite Team members receive:
Benefits listed earlier.

Junior/U25 Elite Team Requirements

In addition to Junior/U25 Team requirements, the Elite Racer must also adhere to the following:

- Follow coaches' training schedule and advice closely and to the best of one's ability.
- Reply and give feedback by email or phone to the head coach and team director weekly from Feb. to end of Sept. and monthly during the "off" season.
- Keep a daily training log. Recommend using www.MapMyRide.com and be a member of the Front Rangers Cycling Club leader board.
- Attend at least 14 races per year during the Colorado road-racing season.
- Participate in the FRCC training rides as often as possible.
- Attend clinics presented by the Head Coach.
- Attend targeted races to be determined by the team.
- Assist with coaching and leading rides.
- Assist Team Director with various club duties and maintenance of equipment.

9.0 UNDER 25 Racers (U25)

U25 Racers are subject to all the guidelines and levels of membership listed in this document. These members are no longer Juniors and should have more financial resources, so we strongly encourage them to own their own bike and not borrow a club bike.

10.0 FINANCIAL ASSISTANCE

Financial assistance is available to Racers on a case by case basis (as determined by the Team Director). This includes athletes who need help with racing costs (including equipment and entry fees) or membership fees. Please contact the Team Director, and appropriate arrangements will be attempted.

11.0 COACHING

The club's Head Coach (Mike Carter) provides training schedules, testing, workouts, clinics and occasional team rides to the different levels of membership. For a fee payable directly to the Head Coach, additional testing or private/semi private coaching, camps, and training rides can be arranged directly through him, including discounted coaching for adult Racers. Other coaches are also available and maybe more appropriate for the younger or less experienced Racer. Please contact the Team Director for these and other sources of coaching. Most training rides that coaches lead will have a moderate to an advanced level or amount of coaching involved.

12.0 EQUIPMENT AND CLOTHING

General guidelines and information regarding club equipment include:

- Racers are required to wear FRCC clothing at club rides, and the most recent jersey or skinsuit at all mass start races. Older design FRCC jerseys or skinsuits maybe be worn at individual time trials only. FRCC clothing can be purchased from the Team Director.
- FRCC has a number of racing bikes for Jr./U25 members to use. We also have extra wheels, parts, shoes and non-FRCC clothing. If you ever need any of these items, please contact Paul Braun well in advance of your need.

- FRCC equipment/bikes are for any Active Member in good standing to **borrow**, as long as it is used appropriately. Equipment may not be sold or loaned to non-members.
- When you are no longer using FRCC equipment, or if you are no longer an Active Member in good standing of FRCC, please return borrowed items to the Club as soon as possible so that other members can use it.
- Specialty equipment (e.g., race wheels, time trial bikes) can only be used at the discretion of the coaches.
- **If any equipment is damaged, lost or stolen, it is the responsibility of the Racer to replace it.** Arrangements can be made to repair damaged equipment/bikes with Paul Braun. **All equipment including bicycles and Elite Team bicycles remains the property of FRCC unless purchased from the club.**
- Active Members in good standing are eligible to receive discounts on team clothing, equipment and bike orders. In addition, Bicycle Village Stores issues club discount cards that are good on purchases, rentals and services.
- Contact Paul Braun if you would like equipment recommendations or are planning to purchase your own equipment.

Remember, FRCC is always eager for equipment donations. The club is a non-profit organization and FRCC has received a determination under Section 501 (c)(3) of the internal revenue code, which makes contributions and donations eligible for a deduction on your tax return. See Section V of this document for more information.

13.0 ACCIDENTS, CRASHES AND INCIDENTS

13.1 Accidents at a Race

If you're involved in an accident and you've checked yourself and your bike over quickly and think you can continue, you may receive a free lap (only in a criterium race). For other races, get back in as fast as you can and continue the race. After the race, or if you can't continue the race, get medical attention from the medical personnel which should be at all races, even if it's just a minor cut.

13.2 Accidents Outside of a Race (such as on a training ride, or collision with another cyclist, pedestrian, car, object)

For this type of accident, call the local Police (and medical services if needed). Don't assume that you and your bike are all right; a thorough exam needs to be done first. Remember to always get medical attention if needed and contact one of the coaches as soon as possible!!

You must get the other person(s) information - just like in an auto accident. This information includes:

Name, Address, Telephone #, and Driver's license #.

If the other person is at fault, then they are responsible to pay for your damages.

Stay in contact!

PLEASE always feel free to contact the Team Director, Paul Braun, with any questions, concerns, changes of address, or just to say “HI” to keep me informed on how you are doing.

Paul Braun

Racing Team Director and Assistant Coach

9882 West Unser Ave.
Littleton, CO 80128
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720/260-6026 (cell)
fsummerhill@yahoo.com

V. CONTRIBUTIONS TO FRCC

If you're not from a disadvantaged household, **please consider making a monetary donation to FRCC.** The club is a non-profit organization and has received a determination under Section 501 (c)(3) of the internal revenue code, which makes your contribution eligible for a deduction on your tax return.

To make a monetary donation, contact Dave Stevens (FRCC Treasurer) at 303.759.8608, dstevens26@gmail.com

or mail a check (made out to “Front Rangers Cycling Club”) to:

Front Rangers Cycling Club
c/o Dave Stevens
6500 S. Quebec, Suite 330
Englewood, CO 80111

To donate Bicycle(s)/Equipment/Clothing/Accessories:

Contact - Paul Braun - 303.972.2426 or
Contact - Jim Levy - 303.220.7675

*** For Donations of Equipment and Money, You will be mailed a Tax Receipt. ***