



DUBLIN SCHOOL MOUNTAIN BIKE ACTIVITY HANDBOOK, 2011

Competitive Cross Country Mountain Bike Racing

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Program Overview

Beginning in September 2011, Dublin School will be providing a unique and excellent opportunity for both boys and girls to explore their desire and passion for competitive Cross Country Mountain Bike Racing. This co-ed program will be participating in the weekly Lakes Region Mountain Bike Association Series with the following schools:

**Kennett High School
Cardigan Mountain School
Proctor Academy
Vermont Academy
Tilton School
New Hampton School
Fryeburg Academy
Burke Mountain Academy
Additional Independent and High Schools in the New England Region**

This program is specifically a Cross Country Mountain Bike Racing discipline and is NOT downhill racing, freeriding or has anything with an “X” game genre. The Dublin School Mountain Bike Program is a well disciplined activity with a focus on learning the necessary skills and gaining the physical strength and aerobic capacity to successfully compete in cross country mountain bike races held over relatively arduous, yet safe terrain. These races are often six to eight miles in length.

1. REQUIRED EQUIPMENT

**ANSI approved cycling helmet
Mountain bike in excellent operating condition. (“hard tail” preferred)
Cycling shoes with clipless pedals
Cycling Lycra® tights (black...both long and short).
Turtlenecks, jacket, cycling gloves (long and short finger)
Frame pump, extra tubes, assorted allen wrenches, spoke wrenches, two water bottles
Equipment/Clothing bag (the size of a small hockey bag)
Hygiene Kit with soap, shampoo, A&D ointment, rubbing alcohol
Cable and combination lock**

Any equipment needed for purchase can be done through your home shop, through an on-line catalog or through Eastern Mountain Sports in nearby Peterborough.

Please have most of your equipment purchased and ready before arriving at Dublin. You may not be able to use your student account for equipment purchases. You will need to use a check, cash or a credit card with your parents' permission.

2. FACILITIES

Dublin School offers superior training and competition facilities both on and off-campus including:

- **On campus racing trails designed by Morton Trails**
- **A plethora of class IV dirt roads and an extensive network of trails in the area**
- **On-campus fitness center with a certified athletic trainer on call daily**
- **Bike room for maintenance and cleaning of components**

3. EQUIPMENT STORAGE

All team members will keep their mountain bikes in a designated BIKE ROOM to be determined. Please keep your bike hung and locked on the designated hook. Because your bike is an essential piece of your athletic equipment, it is recommended that it not be used outside of your activity period. The temptation is too great for other students to “borrow” your bike and possibly damage the components. Hopefully, we will also have lockers or cubbies for your personal storage of equipment and extra clothing.

4. SHOWERS AND PERSONAL HYGIENE

Because of the special nature of mountain biking, paying careful attention to your personal hygiene is very important. First there is the matter of friction that is created in your crotch area. Unless you wear a pair of clean washed cycling shorts every day and use an antibacterial lubricant such as A&D ointment you can expect a severe and often painful infection to follow. You must shower and scrub yourself with an antibacterial soap such as Dial® after each training ride

5. DAILY TRAINING RIDES

Dublin School is blessed with an abundance of nearby trails, Class IV dirt roads and undulating terrain. Daily training rides will assemble at the BIKE ROOM between 2:45 and 3:00 PM and departure should be no later than 3:10 PM. Training rides will be under strict discipline of Mr. Farrell or another coach at all times and keeping the group together will be most important. If we leave with ten members, we ride as ten members and return as ten members.

Our training rides usually start with a slow leisurely warm-up period. Climbing will be done at a slow to moderate speed in lower gears. Considerations will be made to the least experienced members of the group. Descents will be done safely and usually behind Mr. Farrell or another coach during the first few weeks. Under no circumstances are you to exceed safe limits in any way that jeopardizes your physical well being or the safety of others. We will usually return by or before 5:15 PM. Regular training rides are Monday, Tuesday, Thursday and Friday. Wednesdays are for school races and Saturdays and Sundays will usually be reserved for rest days, competition or special rides. In the event of rain, snow or any harsh inclement weather, prudent thinking would probably suggest not riding, however we'll usually ride.

6. BIKE WASHING, MAINTENANCE AND LUBRICATION



Our equipment will be frequently washed and lubricated. This operation will be done near the BIKE ROOM. Stations with hoses, buckets, detergent, biodegradable degreasers and lubrication products will be provided. All maintenance and component adjustments will be done under the supervision of Mr. Farrell or another coach. Please convey any mechanical problems to Mr. Farrell or another coach as soon as they arise and please don't wait until the start of the training ride to work on any components. No work should be done until your bike has been thoroughly washed and the chain degreased.

7. DIET, REST AND SLEEP

It is extremely important that you have a good breakfast, This does not mean a piece of pizza, a can of Red Bull® and a dozen Hostess Twinkies®. A good breakfast is one that is served at the Lehman Dining Hall at 7:00 AM and consists of water, milk, juice, fruit, cereal, oatmeal, pancakes, french toast, waffles, eggs, hot chocolate, toast, bagels and anything else that you can eat.

Waiting to eat until lunch is too late!!! Your system will be stressed. You need to store glycogen in you liver and muscles. Eat a good breakfast every morning and you'll be better organized for the day, have more friends, look better, get better grades and perform better as an athlete.

You will be pleasantly tired after each training ride. You'll need to get your assignments completed at an early hour. Don't procrastinate and start doing your homework at 10:00 PM. Get to bed early. If you have problems getting to bed early because of an inconsiderate roommate or excessive noise in your dorm, please see Mr. Farrell or discuss this with your advisor.

Unlike field sport activities, if you don't eat properly and get adequate sleep, you cannot simply walk over to the sidelines when your eight miles away from the Dublin campus.

8. COMPETITION

We will be scheduling approximately 7 races for the 2011 season. Dublin School will be hosting one of these races on Wednesday, October 26, 2011. These races are organized by the Lakes Region Mountain Bike Association.

The 2011 scheduled races are as follows:

Sept 21 Proctor Academy, Andover, NH

Sept 28 Kennett High, North Conway, NH

Oct 5 Vermont Academy, Saxtons River, VT

Oct 12 Fryeburg Academy, Fryeburg, ME

Oct 19 Rutland High, Rutland, VT

Oct 26 Dublin School, Dublin, NH

Nov 5 New Hampton School, N.E. Championship Race, New Hampton, NH

9. ABSENCES

You are expected to be ready and participate in each race and training ride. You cannot be late! Once the group goes off campus, you may not ride by yourself. Any absences will be formally reported to the Athletic Director and Dean of Students.

9. ACADEMIC REQUEST

Each student is allowed one missed training session for an academic reason. Please contact Mr. Farrell by noon by e-mail wfarrell@dublinschool.org if you need to miss a training ride because of an academic obligation.

QUESTIONS??

Please feel free to e-mail Mr. Farrell at wfarrell@dublinschool.org or call (603) 252-5904 cell if you have any questions. Also please relate these numbers and addresses to your parents if they need to communicate.

May 17, 2011

**William L. Farrell
Head Coach,
Mountain Bike Program, Dublin School**

Head Coach Profile

Bill Farrell teaches mathematics and science and is the head coach of the Dublin School Mountain Biking Program. He has been active as a competitor and coach for 35 years and is a former New England Road and Mountain Bike Champion as well as a U.S. masters NORBA champion. He is internationally recognized for his work in the area of positioning and the foot-shoe-pedal relationship. As a coach, he has extensive knowledge in endurance training, especially in long-term aerobic and strength development for teenage athletes. He has a unique ability to guide his students in the areas of race-day preparations, strategy and tactics. His expertise, professionalism, and enthusiasm for his athletes set him apart as a dedicated coach and mentor in our school.