



2018 Membership Packet

Welcome to xXx Racing!

Our team's mission is as follows:

xXx Racing-Athletico is dedicated to promoting competitive and noncompetitive cycling in the Chicago area. Our team helps provide a supportive environment for anyone with the desire to improve their fitness, increase their cycling knowledge, or strengthen their competitive spirit.

We strive to build bridges in our community through cycling, an activity that benefits body and soul, with the potential to benefit Chicago's social fabric by bringing people together.

xXx Racing is a large, Chicago-based cycling team that competes in a variety of disciplines and at all levels of the sport. The team was founded in 1999 by professional couriers who wanted to extend their cycling experience to organized racing. Since then the team has grown to become one of the Midwest's largest and most successful teams.



Although we cherish our bike-messenger roots, we welcome all Chicago cyclists and celebrate our diversity and inclusiveness. Our core principles and mission statement best reflect who we are today and what we hope to accomplish in the years to come.

The team competes in many cycling disciplines, including road, mountain, cyclocross, and track. The team has an elite squad as well as development programs for juniors, men and women.

Core Principles

1. Development at all levels

xXx Racing provides junior through elite riders the support they require to become well-developed cyclists and/or racers.

2. Not exclusive

We are an inclusive team; anyone with an enthusiasm for bicycling may become a member.

3. Team focus on racing

While some clubs are leisure pace-based, xXx Racing is not. As our name suggests, our programs are geared toward helping riders develop and advance as racers.

While non-racers are welcome, they may find our passion for racing is contagious.

4. Community

xXx Racing maintains a positive environment for riders of all types, creating a great sense of community as a team. Members develop lasting friendships. We also make every effort to make a positive impact in the greater Chicago area. The team is incorporated as an Illinois 501(c)(3) tax-exempt entity and we have a mission of fostering, promoting and increasing cycling and bike racing in Chicagoland.

5. Commitment to outreach/diversity

We strive to attract men, women and juniors from diverse backgrounds and provide growth and learning opportunities in the form of clinics and development programs for riders who may not have been exposed to racing in the past.

6. Retention

xXx Racing aims to retain racers as they advance through the USA Cycling racing categories. Our philosophy of keeping riders integrated with the team allows for mentoring and learning opportunities that would otherwise not exist.

We look forward to another great season, and we're excited to have you with us. This packet contains valuable information about how our team works, so please read it carefully and keep a copy after you have submitted your membership forms.



Meetings

xXx Racing meets once a month at Mrs. Murphy & Sons Irish Bistro, 3905 N Lincoln Ave. Usually this takes place at 7:30 p.m. on the first Monday of each month, but the date will occasionally change to accommodate holidays.

Please note that Mrs. Murphy’s asks members to arrive early and order from the bar if they would like food or drink. Wait service will not be provided for the meeting hall.

Our management committee meets at the same location at 7 p.m. the Tuesday before each team meeting (usually the last Tuesday of the month). All members are welcome to attend.

Always check the team Google Calendar on the team homepage for team events, including team and management meeting dates & times.

Team Leadership & Program Directors

xXx Racing is a volunteer organization, led by a five-member Executive Committee and an advisory management group. The management group typically meets each Wednesday prior to the all-team meeting and charts the course for the team. All xXx Racing team members are encouraged to attend management meetings to become more involved in the team’s workings. Additionally, each program is led by accomplished teammates.

Executive Committee

President	Courtney O’Neill courtney@xxxracing.org
Vice President	Brad Erickson brad@xxxracing.org
Secretary	Chris McAuliffe chris@xxxracing.org
Treasurer	Kiki Demomopolous kiki@xxxracing.org
Member-at-Large.....	Tracy Dangott tracy@xxxracing.org

Directors

Team Coaches.....	Randy Warren Chris Navin Tyler George
Membership Director	Ryan Fay
Communications Director	Kevin O’Neill
Web Director.....	Brian Johnson
Volunteer Coordinator.....	Kai Luan
Juniors Program Director.....	TBD
Women’s Development Program Director	Katie George Lauren Jacobs
Men’s Development Program Directors.....	Jared Verbeke Aaron Baker
Mountain Bike Director	Mark Baranowski
Cyclocross Directors.....	TBD
Elite and Elite Development Directors	Jessica Whiton Tyler George
Presidents Emeritus	Ed Amstutz Bob Willems



Training ride

Our Saturday group ride from Chicago to Highland Park is vital to the strength of the team and showcases many of our core values. It also services as our primary means of community outreach, where we introduce new and experienced riders alike to the basic principles of group riding.

Safety is paramount on our team ride. All participants are expected to respect the laws and other users of the road. Do not put yourself or any other person in danger. Remember that when you are on our team ride, you are not only a representative of our team but of all cyclists. Ride accordingly.

The ride is open to all Chicago cyclists, and as such it is an important outreach opportunity for the team. We encourage members of all levels to participate as often as possible. Beginning cyclists should use the team ride to develop basic skills and fitness. More experienced members who may not be challenged by the ride should see it as a chance to be social, to share their knowledge and to warm up ahead of longer, harder riding later in the morning.

The ride leaves from the northwest corner of Wicker Park (south of the intersection of North/Damen/Milwaukee) at 7 a.m. The ride stops at Pratt & Ridge streets at 7:30 and continues up to Highland Park, mainly on Sheridan Road. (Please note that from October to March these times are 8 and 8:30 a.m.)

After a stop in Highland Park, the group will split up according to ability and ambition. There will almost always be a group heading straight back to the city,

but if you do not know your own way back, you should bring a bike map.

The ride is roughly 50 miles round trip from Wicker Park (36 miles round trip from Pratt & Ridge).

There are several crucial things to keep in mind:

1. Helmets are required. No exceptions.
2. No earbuds in ears, regardless of whether they are in use.
3. The ride to Highland Park is “no drop.” This means we ride as slow as the slowest rider. If you are unable to keep up and a gap has opened ahead of you, you should yell “gap.” Do not be bashful. And if you hear that “gap” has been called, you must slow down and pass the word forward. When the gap has been closed, yell “on.”
4. The ride stops for flats. However, you are expected to have equipment to change a tube and the know-how to do so within 5 minutes.
5. We ride no wider than two abreast. Not only is this the safest way to ride, but it’s the law as well. (Note that Glencoe law requires riding one abreast.) Although we proudly assert and defend our rights as cyclists, we try to minimize our impact on motorized traffic.
6. If you are at the front of the group, you are responsible for keeping the ride smooth and safe.



Communications

Keeping aware of team activities and in touch with teammates is critical to the success of the team and your ability to get the most out of your participation in xXx Racing.

Our Web site (xxxracing.org) features race reports, the team's Google calendar, photos of past events and notices of upcoming functions.

Once team members have passwords (issued upon processing of current year memberships dues) they will be able to access the Member Resources on the web site. Please update your member profile by uploading a photo of yourself and writing a short bio. You'll also gain access to our Race Recon database and be able to use the forum to get information regarding team issues, general chit chat, general planning, discussion amongst cycling specialties and levels and opportunities. Please check the forum regularly. It is an excellent way to get to know your teammates, and it is the primary way in which we share information and news. Likewise, the team uses Twitter for timely updates about race results, events and other items of interest. Facebook is used to post links and photos of team events- please "Like" us on Facebook and Like items of interest to help expose



facebook.com/triplexracing



@xxxracing



<https://www.flickr.com/groups/xxxracing/>



@x_x_x_racing

the team to your network of friends/family. Lastly, if you take pictures of xXx Racing teammates at events, races, etc., you can upload them to our Flickr group.

We also maintain a mailing list for current members and others associated with the team. This list is used sparingly for important team news and notices as well as messages from our coach, Randy Warren.

Separate e-mail list aliases help subsets of the team communicate, including women and elite riders.

For questions or problems regarding the website or e-mail lists, contact Communications Director Kevin O'Neill (kevin@xxxracing.org).

xXx Racing Programs

xXx Racing has established programs to help introduce and advance the skills of its riders. Although participation in programs is voluntary, it is highly encouraged as a means to obtain the most out of your membership with team. Each program is led by accomplished teammates and outlines a general programming mission for the year. The team uses a significant portion of its annual budget to advance these programs.

The **JUNIOR DEVELOPMENT PROGRAM** (jpd@xxxracing.org). The program is designed to develop and nurture junior involvement in the sport. Older or more experienced team members are strongly encouraged to participate on a one-on-one basis as mentors to our junior riders. Please contact Matt if you are interested in being paired up with a junior to help them advance their racing/athletic skills over the



course of the season.

The **WOMEN'S DEVELOPMENT PROGRAM** is designed to help introduce the sport of competitive cycling to women. It provides coaching, training opportunities and support that will encourage women to develop their fitness and racing skills. In addition, we participate in advocacy for women's riding and racing. Through outreach to other teams, team managers, shop owners, ABR and USAC officials, bicycling advocacy groups and sponsors, the women of xXx Racing are active and visible supporters of efforts to boost participation of women in the sport. Contact Katie George (katie@xxxracing.org) or Lauren Jacobs for more information on the program.

The **MEN'S DEVELOPMENT PROGRAM** works to create an environment that helps our male cyclists meet their goals within the sport. Its primary focus is on newer racers, but the MDP also seeks to nurture more experienced racers so that they continue to develop and have the support they need to advance to the next level. Just as importantly, the MDP emphasizes strategy and tactics that make bike racing truly a team sport. The MDP will host several focused rides in the spring to develop important skills, and throughout the season it will host social events to encourage the camaraderie that enables fun racing and quality teamwork. Contact Jared Verbeke or Aaron Baker at mdp@xxxracing.org.

The **MOUNTAIN BIKE PROGRAM** works to get riders of all abilities on the trails and out racing. We predominately race in Illinois, in the IHRS: Illinois Homegrown Race Series (the Illinois State

Championship Series), and in Wisconsin, in the WORS: Wisconsin Offroad Race Series and WEMS: Wisconsin Endurance Mountain Bike Series. We also race select events in Iowa, Indiana and Michigan. We meet and ride as weather and schedules permit at the Palos Forest Preserve and in Wisconsin at the Kettle Moraine South State Forest. We coordinate larger rides on the forum and these are no drop rides helping to improve riding/ trail skills, but we also offer upon request and as schedules permit the ability to have seasoned racers/ riders work with individuals one on one or in small like ability groups. Male/ female, junior/ master, if you like riding and playing in the dirt we want to help you achieve your goals. Contact Mark Baranowski (uniforms@xxxracing.org) for more information on the Mountain Bike Program.

xXx Racing has one of the strongest cyclocross teams in the Chicago area with numerous elite level Cat 1 and 2 riders and strong representation in all categories in men's, women's, master's, and junior's races. The xXx Racing **CYCLOCROSS PROGRAM** is designed to help both experienced riders and those new to cyclocross improve through clinics and regular weekday practices as well as through mentoring and coaching from more experienced racers. xXx Racing hosts the first race of the season, the entertaining but competitive Relay Cross and the first race of the Chicago Cyclocross Cup series at Caldwell Woods (formerly Jackson park). The team is focused on the CCC races but you'll see our riders in races all over Illinois, Wisconsin, Michigan, and every year some riders race at the US National Championships.



Uniforms

Pactimo is the manufacturer of our uniforms (kits). The largest team order takes place in January, with deliveries made immediately prior to our annual SLO Camp. Details for accessing our store on Pactimo are shared in the forum. Members place their own orders depending on their needs and budgets, and orders are shipped directly to them 6 weeks later.

After the initial January order, Pactimo will produce uniforms on demand whenever at least \$300 of cumulative orders have accumulated.

The team desires to maintain a consistent uniform design for two seasons. Members are welcome to train in any available team uniform, but they are asked to race in the current year's uniform.

Managing uniform distribution for a team of our size is an enormous undertaking. We ask that members show patience as the kit committee process orders and arrange for delivery. For those with questions about kit sizing, fit, etc., a "fit kit" session occurs at the January team meeting, where members can try on all pieces of kit from the team store. Mark Baranowski helps assist with uniforms, and he can be reached at uniforms@xxxracing.org. Please do not contact Pactimo directly.

Races

Members represent xXx Racing at races around the world, but most of our racing takes place in Illinois, Wisconsin and Indiana.

Members choose which races they compete in, but the team and various programs may designate several "target races" for the season. These are races that are of importance to the team and its sponsors. We hope team members will make extra effort to participate in these events.

As a member of xXx Racing, you agree to know and abide by the applicable rules and regulations of USA Cycling, ABR and the UCI, including the anti-doping rules and procedures as set forth by USADA, the UCI or WADA.

When registering for race events, the proper styling for our team name is, "xXx Racing - Athletico," which appropriately recognizes Athletico, the team's title sponsor. Please be consistent in this usage and create USAC and BikeReg profiles accordingly.

xXx Racing Produced Events

The team sponsors numerous events each year, including track, road, criterium and cyclocross races. Each event requires considerable planning and volunteer help and as members of xXx Racing, each teammate is expected to volunteer at a minimum of two team events each year. Following are the xXx Racing sponsored race events tentatively scheduled for 2017:

Illinois State Junior Track Championship offers the youth of Illinois an opportunity to compete in a state championship track race is an important event for xXx Racing. The 2017 event will be held in Kenosha, WI if their facility is ready. Commingling this event with WI's championship for the past two years has provided a



larger, combined field, and a better racing experience.

Date: June 18, 2017

Location: Ed Rudolph Velodrome, Northbrook, Illinois

Race Director: Rob Whittier

Lincoln Park Criterium race at Montrose Harbor, within Chicago's Lincoln Park. Our spring criterium is the longest-running race event that xXx Racing hosts. Originally launched in Sherman Park, the Montrose Harbor location has been home to this race since 2012 and continues our tradition of offering a crit in the city of Chicago for Chicago racers.

Date: April 28, 2018

Location: Montrose Harbor, Chicago, Illinois

Race Director: Jim Barclay

Relay Cross is a form of cyclocross racing that is largely unique within the United States, where two-partner teams take alternating laps around the race course, trading turns racing with a "high-five." Invented by xXx Racing in 2010, our annual Relay CX race serves as a pre-season exhibition race that allows the Chicagoland community to mentally shift to cyclocross season in a fun and energetic way, before the start of the Chicago Cross Cup in September.

Date: August 26, 2018

Location: TBD, Chicago, Illinois

Race Director: Kevin Corcoran

CCC # 1 - Caldwell Woods officially opens the Chicago Cyclocross Cup series. Held in the Cook County Forest Preserve's Caldwell Woods park on Chicago's north side, we look forward to kicking off the CCC series by hosting over 600 CX racers in this one-day event.

Date: September 9, 2018

Location: Caldwell Woods, Chicago, Illinois

Race Director: Kevin Corcoran

Team budget

The annual membership fee is \$100, and \$50 for Juniors. To accommodate families, the membership fee drops to \$25 starting with the third member of a household. Dues can be paid at any general meeting or mailed to the team's address. Contact Ryan Fay with membership questions (membership@xxxracing.org).

The team's income comes from a combination of team dues, sponsorship and fundraising. Income is used to fund our various programs, race promotion, clinics, coaching and administrative expenses.

Member commitment

As a member of xXx Racing, you represent yourself, the entire team and our sponsors. It is important that we understand our responsibilities as members of the team and community. We ask that as a representative of the team you: respect your teammates and members of the cycling community at-large, represent our sponsors well, honor our traditions and be a supportive team member.



xXx Racing cannot exist without the support of its members. This support can take many forms such as being a good teammate as you ride and race with others. It can also be in the form of volunteering time with team programming and races.

Member Responsibilities

- Wear team clothing for all races and team events and rides
- Race for xXx Racing in all disciplines, except for special cases, such as collegiate racing or, with written permission from either our president or coach, elite composite squads
- Promote our sponsors and the sport of cycling
- Demonstrate responsible conduct, good sportsmanship and safe riding at all times, including racing, training and commuting
- Exhibit good, positive sportsmanship in all online forums and outlets, including personal blogs and social media
- Volunteer at two team events per year (race support, banquet planning, junior track day, coaching workshops, etc.)
- Refrain from performance-enhancing drugs

Volunteering

This is important: We are run entirely by volunteers, and we depend on the contributions of each teammate. At a minimum, members are expected to volunteer at two of our races each year, but there are plenty of opportunities for any member who wishes

to help improve their teammates' experience. Those interested in taking on a larger role within the team should contact team president, Tracy Dangott (tracy@xxxracing.org).

Member benefits

1. Group coaching services by Randy Warren (USA Cycling Level 1 coach), fitness coaching from Chris Navin (USAT Level 2 coach), and others
2. 2017 Sponsor support and discounts
 - Athletico
 - PSIMET
 - Fitness Formula Clubs
 - Rudy Project
 - FFC
 - VanDessel Cycles
 - Cycle Smithy
 - Get-a-Grip Cycles
3. Camaraderie with some of Chicago's best and most interesting cyclists
4. Coaching, clinic, camp & workshop opportunities. Being a member of xXx Racing offers a number of training opportunities, most of which are offered at no-cost to members. The below are exclusive xXx Racing events.
 - Goal setting & Season planning workshop
 - Strength training workshop
 - Training with power workshop
 - Team, Women's, and Mountain Bike camps (fees apply)
 - Advanced road tactics workshop (by invitation)
 - Fitness check time trials (6)
 - Sprint practices (3)
 - Junior, track, crit, and cyclocross skills clinics



Goal Setting Workshop - Setting appropriate goals can make or break your season, or you LIFE! Come find out how to set goals that you can actually use to become the best that you can be! This is a workshop, you have the opportunity to leave with Long, Medium and Short Term Goals for 2015 and beyond!

Season Planning Workshop - Now that you have set your goals for 2015 (or even if you haven't) come find out how to plan your season to help you meet your goals. This is a workshop and you have the opportunity to leave with a sketched out plan of your training for 2015. We will discuss training periodization, rest periods, interval training, race selection including Team Target Races for 2015 and MORE.

Training with Power - Find out what a power meter is good for and what it is not. How to make the best use of training with a power meter and what some of the numbers that you generate from a power meter mean. It will be well worth your time if you are relatively new to training with power or are considering training with power or even have been training with power for a while but aren't making the best use of your power numbers.

Team Spring Training Camp- Each March, dozens of teammates fly to California, where they ride 550 miles and climb 35,000 feet of mountains over 8 days. This camp, based out of San Luis Obispo, is programmed by Coach Randy, supported with a SAG van, and includes many meals. Teammates of all abilities are invited to participate - this camp is the highlight of the year for many on the team.

Women's Training Camp - Similar in structure to the spring training camp, but shorter in duration and closer to Chicago to keep costs low, is the team's women's camp, held over a three day weekend in late March/early April in Brown County Indiana. While we get some good riding in at this camp, the emphasis is on team-building within the women's program.

Mountain Bike Camp - A newly added, special mountain bike camp affords four days of off roading in North Carolina on some of the best trails east of the Rockies.

Fitness Check Time Trials - Throughout the course of the racing season, xXx Racing's FCTTs allow teammates to record and gauge their progress across the season, using a 9.6 mile course.

Sprint Practices - This is a 3 week series where we start with the basic mechanics of sprinting and bike throws and work our way up to full-on 3 person lead outs.

Track Skills Clinic - xXx Racing offers its own dedicated track skills clinic, where it introduces members to the track, teaches key skills and provides an overview of track racing. This clinic is a must for those considering racing at one of Chicago's two velodromes.

criterium Skills Clinic - Intended to provide valuable skills new and returning racers, this skills clinic serves to teach valuable tips and skills for use in a criterium, including contact drills, emergency stopping and maneuvering and balance skills as well



as race flow and basic strategy. This clinic helps to reduce the overall intimidation of entering your first race!

Cyclocross Skills Clinic - Learn how to mount and dismount your bike, leap over barriers and handle your bike through tight off road turns in this clinic, timed to provide an introduction to cyclocross at the start of the season. After this clinic you will have an introduction to all the basic skills that you need to race cyclo-cross!

A complete 2017 event calendar can be found on the team forum. For additional information about individual coaching contact Coach Randy at randy@xxxracing.org. Updates on the schedule for coaching events will be communicated via the xXx Racing team forum or e-mail list.

Sponsor support includes:

As the largest amateur cycling team in the Midwest, we have benefited greatly from the long-term support of a select range of companies. Following is an overview of the generous companies who offer support to xXx Racing members. More detail, including the specifics of each arrangement, may be found within the members-only team forum. Members are reminded that the details of all sponsor arrangements are confidential; we do not discuss the particulars of these arrangements with non-members.

Athletico is a provider of outpatient orthopedic rehabilitation including physical therapy, occupational therapy, sports medicine, work rehabilitation,

performing arts rehabilitation, massage therapy, women's health, pediatric therapy, vestibular rehabilitation, and performance enhancement throughout Chicago and its surrounding suburbs. Beyond exclusive team benefits, Athletico also provides on-site diagnostic and stretching services at multiple xXx Racing produced events during the year. See www.Athletico.com for details.

PSIMET Wheels are one of the best upgrades you can spend your money on, and we're extremely lucky to have such an experienced and local wheelsmith as our wheel sponsor. Psimet provides neutral wheel support for select xXx Racing produced events and offers specials to xXx Racing members.

Saris You have to get your bike to races somehow and most of us use a bike rack to get it done. If you're looking for a trunk or hitch mounted bike rack, our partner Saris offers the best in the business.

Cyclops Want to take your training up a notch? A Power meter goes a long way to gauging your efforts and making the most of your training time.

Rudy Project Rudy's helmets and sunglasses have been protecting our eyes and skulls successfully for years. Peter Sagan isn't the only one who Rudy takes care of.

Fitness Formula Clubs Riding a trainer gets pretty boring, especially by yourself. Spice up your winter training with a Computrainer class at FFC! In addition to fantastic discounts on these classes, xXx Members also qualify for additional discounts in addition to any other promotions that FFC has running.



Pactimo We've strategically partnered with Pactimo to transform how custom kits are designed, shopped for, and distributed, plus they do cool stuff for us like producing special event kits and sweet red white and blue outfits for our two national champions.

Freeman Kevenides Law Most road infrastructure in Illinois was designed with automobile traffic in mind, and the needs of cyclists and pedestrians are sometimes neglected. When that neglect finds you, find Jim and Brendan at <http://fklawillinois.com/>

Cycle Smithy and Get-a-Grip Cycles: xXx Racing is fortunate to be associated with two of Chicago's premier bike shops. Both partners offer xXx Racing members discounts on complete bikes, gear, and (with GaG) labor, with priority service to xXx Racing members during racing season to help keep us rolling. Cycle Smithy stocks many different frames, including Cannondale and Specialized. Get-a-Grip focuses on custom fitting bikes to riders and offers numerous brands, including Cervelo, Parlee, and Seven Cycles. Both have excellent service departments and are located in different areas of the city. Get-a-Grip is on Fulton St. in the West Loop and CycleSmithy is on Clark Ave. in Lincoln Park.

Chicago Scenic Studios Our partners for race logistics, equipment rental, storage, custom fabrication, truly the jack of all trades. If your business puts on events, trade shows, or needs exhibits built, they're the best in town. <http://www.chicagoscenic.com>

Warren Cycling As Illinois' only Level I cycling coach, xXx Racing benefits enormously from Coach Randy's team-level programming. Beyond the team-level support received from Randy, Warren Cycling offers personalized coaching for teammates wanting to take their racing to the next level.

VanDessel Cycles VanDessel offers a full line of bikes, including purpose-specific frames/builds for road, track, mountain and cyclocross (and even bikes in-between). The frame engineering is well thought out, bikes are designed to be versatile and fast, and options are available at various price points.

Clif Bar provides nutritional products for racing and training, with a certain amount of product made available at target races and through participation in team programs and camps.

Active Transportation Alliance (formerly known as Chicagoland Bicycle Federation) is an ardent supporter of xXx Racing and is dedicated to improving the bicycling environment and thereby the quality of life in the region. This adviser group is also Chicagoland's voice for better walking and transit. Throughout the year, members volunteer with Active Trans and participate in events like Bike the Drive, the Commuter Challenge and Dick Herron Bike and Walk. xXx Racing encourages members to join Active Trans, www.activetrans.org, and xXx Racing members receive a discounted membership to Active Trans of \$25 per year when purchased with their team membership.



World Bicycle Relief Your carbon race bike is cool, but a few thousand bicycles changing lives is cooler. Check out WBR at <http://www.worldbicyclerelief.org/>

Confidentiality

Important: Products and services purchased through our discounts are expected to be for member-use only. Prices and discounts should remain confidential within the team. We also insist that members be good ambassadors for our sponsors, and we insist that members not use team resources (such as the forum) to promote vendors that may compete with our sponsors

Media policy

If a reporter or media outlet contacts you personally or you hear of a request, please immediately forward the reporter's contact information to the management committee (management@xxxracing.org). Tell us as much as you know about their request. By doing this, we can all enjoy the benefits of good, positive exposure for the team and our sponsors and continue to represent the best qualities of the cycling culture in Chicago.

Cycling organizations

xXx Racing is a USA Cycling Organization Division I team and requests that its members purchase annual individual memberships with USA Cycling. Membership benefits include racing opportunities in road, track, mountain and cyclocross, insurance at USA Cycling events and a reduced insurance charge at USA Cycling-sanctioned events. Calendar

year membership currently costs \$60 per year for road (includes road, track and cyclocross) or mountain (which includes mountain and cyclocross). If a member wishes to purchase both licenses, the second membership is discounted to \$30 for a total of \$90. Visit www.usacycling.org for details on becoming a member. For insurance purposes, USAC membership is required for most team functions, including all clinics and camps.

We also encourage members to consider joining American Bicycle Racing. ABR is a local sanctioning body and presents opportunities to participate in many local events. Annual membership costs \$25 per year. For further information, visit www.ambikerace.com.

To race in USAC and ABR races, you must have a license. Often, you can purchase a daily license at the event, but an annual license may be less costly over the course of the year.

4 Hearts



Within the 18 year history of xXx Racing there are two years that stand out for unfortunate tragedies that claimed the lives of four teammates. We honor and remember the lives of our teammates by wearing our hearts on our sleeves every year. In addition to the hearts, we host events each year to continue to honor their memory, commitment to xXx Racing and their love of cycling and racing.



Eric Sprattling was a founding member of xXx Racing and generously provided mentoring and advice to team members about training and racing. An accomplished racer with the True Value team of the 1990s, Eric worked as a bike messenger in Chicago for 13 years and his accomplishments in both messenger races and sanctioned races are remembered in Travis Culley's book *The Immortal Class*. Eric was well known for asking "Wanna go for a ride?" late in the work week. Then on Saturday he would go house to house collecting riders until they had a caravan headed out for a training ride. Often enough, these rides would proceed to the Wisconsin border and then the Indiana border before returning back home. In the spring of 1999 after completing the Circuit of Sauk (Baraboo) road race, Eric suffered a brain aneurysm from which he never recovered and passed away May 7, 1999. In the words of xXx Racing founder Marcus Moore, his life should be celebrated as "he died doing the thing." A memorial for Eric can be found here: <http://www.ahalenia.com/memorial/esprat.html> Each year, we celebrate his life and his inspiration to the team by hosting the Eric Sprattling ride, and we honor the spirit of Eric as we ride through three states, averaging approximately 155 miles.

Tom McBride was another founding member of xXx racing and a bike messenger for 3 years in Chicago. He also helped found *On The Fly Courier*. Tommy's life was cut short when he was killed in a road race incident at 5300 W. Washington on April 26, 1999. This incident was the first conviction for vehicular homicide involving a cyclist in the history of Illinois and is significant for cyclist rights advocacy within the

state. A memorial for Tommy can be found here: <http://www.ahalenia.com/memorial/mcbride.html> Most years several xXx Racing members honor the memory of Tommy McBride by participating in the Silent Ride.

Beth Kobeszka joined xXx Racing in 2007 and brought an enthusiasm and spirit to racing and training that was infectious. It was a rare sight to see Beth without a smile on her face, and seemingly impossible for her spirits to dip. While racing in the Proctor State Championship road race on June 30, 2007, Beth was stuck by a vehicle and killed. Later that evening, Beth passed away from her injuries. Beth was 24, an honors graduate from Northwestern and an organ donor.

Her last race was the Cobb Park Criterium where she came in first. The Women's Category Pro Open race in our spring criterium (currently the Lincoln Park Criterium) is named after Beth.

Pieter Ombregt joined xXx Racing in 2006 while studying photography at Columbia College in Chicago. Pieter grew up in the small Belgian town of Kanegem and brought to xXx Racing the spirit of cycling and racing that is at the heart of being a Vlaandrian hard man. When officials declined his request to upgrade to a higher category, Pieter simply waited for the next race and rode to victory in a solo breakaway to prove he was deserving. During a training race on September 11, 2007, while once again attacking solo off the front, Pieter suffered a horrific crash and passed away later that evening. Pieter had spoken often of hosting his xXx Racing teammates in Kanegem so they could experience and



ride the Ronde van Vlaanderen (Tour of Flanders) as he had done many times before. Several times after his passing, xXx Racing teammates have been fortunate enough to travel to Belgium and be hosted by Pieter's parents as they rode and watched Ronde van Vlaanderen. Each summer, Pieter's father comes to the United States from Belgium and rides with the team. The Men's Category 4 race in our spring criterium (currently the Lincoln Park Criterium) is named after Pieter.

Welcome!

We're thrilled you've chosen to make us your home for 2018.

If you haven't already, please make sure you submit your signed team waiver for our files.

Here's to a great 2018!

xXx Racing Management





ATHLETICO

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