

# Welcome to Matrix Cycle Club

*A guide to racing and riding in Dallas*

**MATRIX**  
**CYCLE CLUB**

## **About**

Matrix Cycle Club is a non-profit corporation dedicated to the promotion and development of recreational and performance bicycling. . The Club is for cyclists of all ages and abilities generally residing in the Dallas/Ft. Worth region. Most members are students or adults with full-time jobs who enjoy bicycle racing and/or training.

Information about Matrix can be obtained at <http://www.matrixcycleclub.org> . Please feel free to join us on a local training ride and/or attend one of our Club meetings where we have one of our many cycling trainers talk about improving your skills, knowledge about cycling. Information about our local training rides can be obtained at the Richardson Bike Mart at Coit/Campbell. Our Club meetings are the third Monday of each month at 7:30pm at the Richardson Bike Mart at Coit/Campbell

Members have competed in local, state, national and world road racing, criteriums, time trials, cyclocross, track, mountain biking, triathlons, duathlons and the RAAM. A few of our members have gone on to professional biking and not only ridden for some of the major professional teams but have even won the Tour De France. The club was started in 1984 and its major sponsor is Richardson Bike Mart.

## **Rides**

### **Group Rides**

There are several group rides that exist in the Dallas area. Most Matrix members live in north Dallas, Plano and beyond and do the group rides from the main Richardson Bike Mart located in Richardson. There are also rides from the Garland and Frisco. Please check the [www.bikemart.com](http://www.bikemart.com) for ride schedules.

### **White Rock Lake**

<http://www.dallasparcs.org/Parks/whiterock.aspx> White Rock Lake has 9 miles worth of cycling trails that loop the lake and ~7 miles worth of trails that lead north of the lake on the White Rock Creek Trail.

[http://www.dallasnews.com/sharedcontent/dws/trails/whiterock\\_trail.html](http://www.dallasnews.com/sharedcontent/dws/trails/whiterock_trail.html)

### **Katy Trail**

The Katy Trail is a 3 mile trail used by many walkers and joggers.

<http://www.dallasnews.com/sharedcontent/dws/trails/katy.html>

## **Bike Stores**

### **Richardson Bike Mart**

Richardson Bike Mart is our title sponsor and we encourage you to support your LBS by patronizing one of their three stores. Your Matrix membership entitles you to a 10% discount on parts and accessories (bikes, service and sale items are not included).

[www.bikemart.com](http://www.bikemart.com)

#### **Richardson Store**

1451 W. Campbell Rd.  
Richardson, TX 75080  
972.231.3993

#### **Dallas Store**

9040 Garland Rd.  
Dallas, TX 75218  
214.321.0705

#### **Frisco Store**

8820 John Hickman Parkway  
Frisco, TX 75035  
972.335.7600

## **FAQ**

Here are some tips that can make your riding safer and more enjoyable.

### **What should I have in that little pouch attached to your seat?**

That pouch is called a saddle bag and at a minimum should contain a new tube, tire levers, a Co2 cartridge and a Co2 inflation device. You may also want to include some money, an allen wrench/multi tool and a chain tool.

### **How can I get coaching?**

There are a lot of good cycling coaches in Texas. For the best coaching for road racing, criteriums, track, mountain, and time trials go to [www.maxfitnessinc.com](http://www.maxfitnessinc.com).

### **What to wear when it's cold?**

Developing a good base during the winter months is a great way to prepare for racing and riding during the spring and summer. This also means you are going to have to ride when it's cold. Undershirts and vests are a good way to keep your core warm. Add a hat, gloves, leg/knee warmers, arm warmers and toe covers to complete the ensemble depending on the temperature. One key is to layer so you can remove clothing as you heat up. A rule of thumb is to be a little cold when you begin your ride.

### **How do I find the rallies?**

North Texas has several bike rallies. Click here for the schedule [http://www.bicycle-stuff.com/main/08\\_rides/index.htm](http://www.bicycle-stuff.com/main/08_rides/index.htm).

### **How often should I replace my chain?**

Many beginning riders don't think about replacing their chain. In order to keep shifting crisp and in good working order, it is recommended to replace your chain every 3,000 miles. You can also take your bike into Bike Mart and they will inspect your chain for wear.

**When should I race?** This is different for everyone, but the best answer is to just jump in and try it. If you can hang on some of the faster group rides in the Metroplex, then you should be ready for a Cat 5 or Cat 4 race.

## Racing

Many recreational cyclists decide to take riding to the next level and test the competition by racing. Amateur racing is handicapped by assigning racers to different categories based on their experience and skill level.

### Road

For men, the racing levels or categories (cat) are: 5, 4, 3, 2, and 1. For women, they are: 4, 3, 2 and 1. The beginner level, cat 5 for men and cat 4 for women is assigned when you apply for a race license at [www.usacycling.org](http://www.usacycling.org). Once you have your license, and feel you have the skills to race, all you have to do is sign up for one of the many races. Texas racing also has age categories. For men and women the age categories start with the 10-12 year olds and goes up to the 65+ age group. Once you have your license, and feel you have the skills to race, all you have to do is sign up for one of the many races.

Check here for upgrade guidelines:

<http://www.usacycling.org/news/user/story.php?id=580>.

**Texas Road Racing Schedule:** See [www.txbra.org](http://www.txbra.org) for information on the road racing schedule.

**Weekly Races in DFW:** There are two weekly spring/summer criterium series located in the DFW Metroplex. One in Richardson on Tuesday nights <http://www.fdmcycling.com/> and one in Ft. Worth on Wednesday nights <http://www.teambicyclesinc.org/Wednightcrit.htm>.

### Track

Track racing is another form of racing held in a velodrome on fixed gear bikes. There are indoor and outdoor velodromes of different sizes throughout the US and the world. Most are 250, 333 meters or some variation. We are fortunate to have two tracks in the Lone Star State. The Superdrome [www.superdrome.org](http://www.superdrome.org), in Frisco, and Alkek <http://www.houstoncycling.org/>, in Houston. The only qualification to racing track is to have a race license and have taken the track development class. The Superdrome provides a rental bike for \$5.

## **Mountain Bike**

The DFW Metroplex is home to a wide assortment of mountain bike trails built and maintained by the Dallas Off-Road Bicycle Association ( [www.dorba.org](http://www.dorba.org) ) and the Fort Worth Mountain Bikers' Association ( [www.fwmba.org](http://www.fwmba.org) ).

Mountain bike racing categories are 3 (beginner), 2, 1 and Pro. Although a race license is not required to race at the Cat 3 or Cat 2 level (instead a one-day license fee would be paid on race day) a race license can be obtained through [www.usacycling.org](http://www.usacycling.org)

**Texas Mountain Bike Racing Schedule:** See [www.tmbra.org](http://www.tmbra.org) for the mountain bike racing schedule.

## **Texas Senior Games**

The Texas Senior Games Association (TSGA [www.tsga.org](http://www.tsga.org) ) is a permanent not-for-profit organization committed to the senior citizens (age 50 and above) of Texas and their desire to compete in senior amateur sports within the state. TSGA has regional qualifying bicycle races at 10 locations in Texas (Dallas, Houston, San Antonio, Kerrville, Lubbock, etc.) All TSGA events race time trials and road races. For additional information contact 214-670-6266 or [jessica.hopkins@dallascityhall.com](mailto:jessica.hopkins@dallascityhall.com)

## **Links**

Richardson Bike Mart – [www.bikemart.com](http://www.bikemart.com)

Texas road bicycling racing – [www.txbra.org](http://www.txbra.org)

Dallas mountain biking and trails – [www.dorba.org](http://www.dorba.org)

Ft. Worth mountain biking and trails – [www.fwmba.org](http://www.fwmba.org)

Texas mountain bike racing – [www.tmbra.org](http://www.tmbra.org)

USA cycling – [www.usacycling.org](http://www.usacycling.org)

Rally schedule - [http://www.bicycle-stuff.com/main/08\\_rides/index.htm](http://www.bicycle-stuff.com/main/08_rides/index.htm)

Superdrome – [www.superdrome.org](http://www.superdrome.org)

More track racing – [www.fixedgearfever.com](http://www.fixedgearfever.com)

# Terminology

- Attack - A sudden acceleration to move ahead of another rider or group of riders.
- Bell, Bell Lap - A bell is rung to signify the last lap before the finish or a prime
- Big ring - the largest of the front cogs
- Break, Breakaway - A rider or group of riders that has left the main group behind.
- Bridge - To leave one group of riders and join another one that is further ahead.
- Cadence - the speed at which you pedal
- Cat, Category - Rider competition levels in USCF races. Cat 5, Cat 4, Cat 3, Cat 2, Cat 1.
- Chase, Chasers - Riders trying to catch a breakaway group or rider.
- Cleats - the mechanism that is screwed to the sole of the shoe to fit clipless pedals
- Clipless pedals - your shoe is attached to the pedal with cleats
- Computer - measures your speed, distance traveled, cadence etc
- Domestique - A team rider who will sacrifice his/her individual performance to help a designated teammate. Duties can include giving up ones bike for another rider, supplying refreshments to teammates, catching breakaway riders. French for "servant."
- Draft - To ride closely behind a competitor, saving energy by using that racer as a wind break. Riding in front is very strenuous but affords a great energy-saving advantage to the rider behind.
- Drop, Dropped - When a rider has been passed by another.
- Groupset - collective term for all the main components of the bicycle
- Field sprint: A sprint at the finish among the main group of riders in a road race.
- Flyer - A surprise attack, usually by a solo rider. Also a rider who gains speed within the peloton attempting to reach the front.
- Gap - The amount of time or distance between a rider or group of riders and another rider or group of riders.
- Hammer - To ride hard. Also, to "put the hammer down."
- Jump - A quick acceleration which usually develops into a sprint.
- Lead out - To intentionally sacrifice ones chances in order to create a windbreak, thus creating an opening for a rider behind. A racing tactic whereby one rider races at high speed to give a head start to the rider on his/her wheel.
- Off the back - When a rider or riders cannot keep pace with the main group and lags behind.
- Off the front - When a rider takes part in a breakaway.
- Peloton - The main group of riders; also called the pack, bunch or field. French.
- Presta valve - the long thin valve found on road, mountain, touring and hybrid bikes
- Prime - An award given for the rider to reach a certain point mid-race in a sprint. Pronounced "preem." French.
- Pull - To take a turn at the front of the group, maintaining the same speed of the group.
- Quick release (QR) - skewers a means of tightening and releasing a wheel quickly
- Rotating - The action of each rider going to the front of a group and riding at the front in turn to keep the pace high.
- Schraeder valve - the fat valve (looks like a car tire air valve)
- Sitting in, Sit on a wheel, Sitting on - Drafting, or riding closely behind the rider immediately in front to save energy. Also known as wheelsucking. See wheelsucking.
- Sitting up - When the rider is no longer tucked, or riding in the most aerodynamic fashion.
- SPD 'Shimano Pedalling Dynamics' - Shimano's term for its clipless pedals
- Stage race: A bike race held over successive days, with a different course each day. Stage races often feature a combination of long road races, a criterium and a time trial. The rider with the lowest total time (or most accumulated points) after completion of all the stages wins the overall race.
- Velo - Bike. French.