

Welcome new Matrix Cycle Club Member!

We want to take this opportunity to welcome you to Matrix/RBM and all that it has to offer. Matrix/RBM is like a big family of cyclists. You name it; we ride it...Road, Track, Mountain Bike – Racers and Recreational riders alike.

Now that you are a member of Matrix/RBM, what can you expect?

Club Meeting – We meet the 3rd Monday of each month at the Richardson shop. The meeting begins at 7:30PM and we meet in the employee break room. The meeting gives you a chance to meet other members, possibly find a new ride partner and stay informed of the club's activities, upcoming races, group rides and other events.

Web Site - You can find the Matrix/RBM Website at www.matrixcycleclub.org.

The current log in information is: User Name: **Matrix08**

Password: **Cyclist** (The log on is case sensitive.)

Please note the log on information will be changing in March and I will send out the new information at that time.

Discussion Forum - We also have a member forum which we use to discuss race strategies, carpool plans, training rides, etc. The forum is at:

http://sports.groups.yahoo.com/group/matrix_cycle_club/ . Please join to get in the loop to receive and send timely news and information related to the club.

Team Clothing – Matrix members are easily spotted on rides and at races wearing the distinctive Matrix kit. As a member of the Matrix/RBM club you can purchase your kit (jersey, shorts, bibs, jacket, etc) at cost. Team gear is limited and kept in the back, so ask a RBM employee for help with this.

RBM Discount – As a Matrix/RBM member you are entitled to a discount on merchandise when shopping at Richardson Bike Mart. To take advantage of this discount, just mention that you are a Matrix member when checking out.

Coaching – Max Miley of Max Fitness is available to all Matrix/RBM members. Whether you have a question regarding training, racing, nutrition, bike fit or anything bike related, you can contact Max at max@maxfitnessinc.com . When you contact Max, please provide you name, category (if you race), a brief athletic history (how long you've been riding or training in any sport), your question, name, email address and a phone number.

Group Training – In the winter, spin classes are offered at both the Richardson and Frisco shop locations. These classes are free to all Matrix/RBM members! Trainers are available for rent if you do not have your own. Schedules for both locations can be found at www.bikemart.com.

During the summer Max will hold group training sessions. The location and date is announced at least one week prior to the session. There will be a different focus for each session, and Max will be available during and after the ride to answer individual questions.

Beginning in March, Max will be leading weekly sprint practices at the Crit course (Wyngate Blvd/Wynview Dr, just NE of Renner Rd/Shiloh Rd in Plano).

Max also holds a training camp each year in Kerrville, usually held the end of January – first of February, to get you ready for the spring race season.

Points System – To help partially cover expenses and to encourage participation in events which involve bicycling, the Clun has a Points system in place. All active Matrix/RBM members are eligible to earn points for all public rallies and public sanctioned races which involve bicycling that they participate in. Qualifying races include all types of bicycle races (road, track, off-road), triathlons, and adventure races which include a bicycle leg. The rallies and races *must* be open to the general public. They cannot be private rallies or races, such as events restricted to the general public such as corporate races, club-member only events, etc. Training rides do not qualify for points.

If you would prefer, you can donate your club points to the club, a section of the club (i.e. juniors, track development, etc) or to another person within the club. Please **DO** fill out a points sheet and indicate your donation on the form. Our sponsors like to know what we're doing and the best way to track this is through the points system.

You can find the points sheet and rules in the Members Only section of our website.

TxBRA Tx CUP Points – As a member of Matrix/RBM, the team would like to get credit for any Tx CUP races that you do. To ensure this, please make sure your racing license lists Matrix/RBM as your team affiliation. If this is not the case, please send an email to bonniewalker@txbra.org informing her of your membership status.

Feel free to contact me, or any of the other members of the Board if you have any questions regarding this or other club business.

Long live long rides!

Kathy Johnson
Matrix Cycle Club
Secretary
c) 214-773-0034