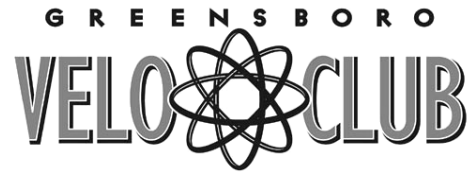


Rider agreement for the calendar year 2008

**Participation Guidelines:**

1. Agree to and dedicate oneself to the Team's Mission.
2. Maintain membership in the Greensboro Velo Club.
3. Attend Club meetings whenever possible.
4. Meet the volunteering obligation set by the GVC for all racers including
  - volunteer for a least 2 GVC events (not including Carolina Cup/ Sizzler)
  - volunteer in some aspect for the Carolina Cup (road) or Sizzler (MTB).
5. Make a conscientious effort to participate in GVC events.
6. Support training rides organized by the Team.
7. Wear the team clothing to all public events, training, community rides and races.
8. Start a minimum of 6 non-ACE/Dixie USCF (road) or NORBA (MTB) races including the Carolina Cup or Sizzler.
9. Start in the North Carolina State Games (GVC events in GSO).
10. Start a minimum 4 ACE/Dixie races (road).



**Mission**

- To set a positive example of teamwork and sportsmanship.
- To race at a high level of competition and be recognized for it.
- To be a functional part to the Greensboro Velo Club and the community.
- To promote to others and personally adhere to the Team Participation Goals.
- To enjoy the sport and the team camaraderie and communicate that to the public whenever possible.

**Teamwork Plan**

- Communicating and recognizing teamwork and sportsmanship when it happens.
- Meet with team mates prior to each race, establish a team strategy and execute it.
- Support each team member's personal goals by recognizing and including in pre-race planning sessions..
- Develop a plan to split prizes (recommended: 50% to individual, 50% to team pool)

Improve team performance by:

- Train together as much as possible.
- Establishing a weekly ride from Cycles de ORO.
- Focus on skill building and improvement of individual members.
- Actively identify and recruit new team members, who could make a positive contribution.
- Giving and receiving positive, constructive feedback.
- Publicize the team with post-race write-ups for email list serves and the newsletter
- Sending out press release for all races and wins.

\_\_\_\_\_  
Rider name (print)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date