

2019 DMOS Race Team Benefits

- Weekly coached road training rides with David Ertl, the **ONLY** Level 1 USAC Cycling Coach in Iowa. You will learn a variety of skills such as bike handling, climbing, time trialing, team time trialing, peline, etc.
- Other training rides in other disciplines such as mountain biking, gravel, cyclocross.
- Payouts for race participation
 - \$25 if you compete in 5 races
 - \$50 if you compete in 10 races
 - \$75 if you complete in 15 races
 - \$100 if you compete in 20 races (maximum payout for 2019)
- Three-day road biking Spring training camp with Coach Ertl.
- Two-day gravel biking Spring training camp with Coach Ertl.
- Free entry into any of our races. 5 races are planned for 2019.
- Entry fees paid for any State Championship race.
- We will cover off-season Zwift membership fees (up to \$60 for 4 months).
- Weekly off-season Zwift group rides.
- Weekly off-season Zwift structured workouts.
- Training seminars to discuss training, racing, nutrition, etc.
- Team social events

2019 DMOS Team Expectations

- Sign the contract.
- Pay \$50 membership dues.
- Buy 2019 team jersey.
- Support our sponsors.
- Support your teammates.

In-Season (April – October)

- Compete in at least 5 bike racing events.
- Race in a DMOS team jersey.
- Volunteer at team-run events.
- Regularly attend training rides. (We know you can't attend all rides)
- Attend team meetings, seminars, and social events.
- Attend team training camps if possible.

Off-Season (November – March)

- To earn your Zwift membership fee reimbursement:
 - Ride on Zwift at least once a week.
 - Join our Strava Club (Des Moines Cycle Club Race Team).
 - Automatically upload Zwift rides to Strava.
- Attend team meetings, seminars, and social events.
- Attend scheduled outdoor training rides.