

# UNIVERSITY OF TORONTO MOUNTAIN BIKE TEAM

WE CONQUER MOUNTAINS



## MOUNTAIN BIKE TEAM INFORMATION SHEET

Dear Interested Mountain Biker,

Thank you for your inquiry about the University of Toronto Mountain Bike Team. We are always excited to hear from potential new members who are interested in joining our team, or, who simply want to find out a little more about us and what we do.

We know it can be a bit intimidating joining a new club, but we're a friendly bunch and think you'll be very happy if you decide to ride with us. The team's philosophy has always been that sport should be fun, so, if you are an experienced cross country mountain bike racer or are thinking about racing for the very first time, we welcome you. The team is comprised of both male and female student athletes and we have a ton of fun.

The team was established in 1997 and has become one of the largest varsity teams at UofT. We participate in the University Cup mountain bike race series which welcomes college and university students from across the province to participate in a four race series. Each race is held at a different venue from across Southern Ontario. The races take place in September and October and transportation is provided for you and your bike. We have both beginner races and races for more experienced riders.

Each team member is responsible for their own bike. Mountain bikes are not supplied by the university.

Recently the team was given an award for its on-going environmental efforts to clean up local parkland.

The training schedule will be posted on the team website but it generally consists of 2 to 3 workouts a weeks comprised of training rides, cardiovascular workouts and spinning classes.

We look forward to meeting you and [strongly encourage you to attend our first team information meeting in September](#) where we'd be happy to answer any questions you may have.

**FIRST TEAM INFORMATION MEETING** – Thurs September 8th, 2016, 6-7pm  
Rm. 221 Goldring Centre for High Performance Sport  
(Address: 100 Devonshire Place)

Sincerely,

David Wright / Sam Dahan Meyboom Head Coach / Team Captains  
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