



Ashland DEVO Registration Guide

This guide will serve to answer registration questions, explain a bit about DEVO's programs, and help with the decisions needed to set your rider up for success. **Please reach out with any specific program questions or concerns to ashlanddevo.casey@gmail.com.**

Important! - Mountain Biking is an inherently dangerous venture. With coaching, progressive skills instruction, a risk management policy, and properly sized and functioning equipment, the risk associated with mountain biking can be minimized.

- **Beginner pedalers are not beginner mountain bikers.** Beginner pedalers need time to hone their skills on flat surfaces and pavement before negotiating the singletrack trails. Please read all requirements before choosing a program for your rider. Riders with the ability, but not yet the expected skills for singletrack adventures, may pose a safety risk to themselves and others. We want to ensure the safest and most positive learning environment possible for all riders, and beginner mountain bikers are welcome in Kindergarten programs and above. Beginner mountain bikers should be confident and safe smooth-surface bike riders.
- **All riders should have properly-sized and functioning equipment prior to registering for DEVO programs.** Our program sponsor bike shops include Rogue Cyclesport with locations in Medford and Ashland and the Handlebar Bike Shop in Ashland. The Handlebar offers a 20% off service, parts, and apparel coupon for DEVO riders. Our local professionals are there to make sure your child's equipment is up to the rigors of mountain biking. Improper equipment on the trails is not allowed as a matter of safety. Please read our bike requirements carefully for the group you wish to sign up for.
- **Our goal is to equip your riders with the skills necessary to progress safely, but *how* they progress is dependent on more than the instruction they receive.** Desire, commitment to practice and repetition, challenging oneself within the individual's acquired skill set, and safe decision-making are all key factors in progressing as a rider. Ashland DEVO will build this foundation through peer-supported practices following age-appropriate lesson plans, taught by coaches who have a desire to see your riders succeed in their mountain biking goals.

IMPORTANT VENUE UPDATE

As our programs grow, so does our need to expand to suitable venues. While there are several plans that look to add to Ashland, Medford, and federal land trail systems in the region, the pace of approval is not keeping up with the pace of demand.

To that end, **all classes 2nd/3rd grade and above will be traveling to Mountain of the Rogue (MOTR) for one session.** This wonderful trail system offers singletrack climbing with multiple points to shorten or lengthen rides, true “green” or beginner trails, and will soon be home to the Rogue Valley’s first progressive jump line trails, giving our riders a safe and exciting location to learn jump, pump, and cornering skills. The trail system is off Exit 45B, approximately 40 minutes from downtown Ashland.

Please look closely at which day your desired class is scheduled to attend MOTR. Some classes are scheduled for a weekend day, and some for a normal weeknight session. The weekend session will replace one of your regularly scheduled week night sessions, still totalling 6 sessions per group. There will be no make ups, discounts, or refunds given due to inability to attend one of the scheduled courses. Additionally, DEVO reserves the right to make scheduling changes based on unforeseen trail closures or environmental concerns (heat/smoke/snow) requiring a change of venue.

Along with the Britt Garden Trails in Jacksonville,, we hope that an introduction to MOTR inspires you all to explore the great trails and facilities that exist outside of Ashland!

Kindergarten - Bear Cubs

Dates/Time: 6 Thursdays, pm September 22nd-October 27th, 3:45-5:15

Program cost: \$155

Rider Requirements: *This is not a Learn to Bike Program* Riders will be expected to have the following skills on day 1:

- Mastery of starting and stopping on their own.
- Ride UPHILL on their bikes (an occasional push is OK, but no towing).
- Descend uneven terrain - including dirt roads, grass hills, and beginner singletrack trails.
- Experience riding offroad is highly recommended before practices start.
- A DEVO medical release, media release, and liability release must be filled out at check in. Please let coaches know if a media release has not been signed so we can accomodate.
- All parents must check-in and check-out their riders.
- Riders must be of Kindergarten age, between 5-7 years old.

Bike Requirements:

- At least 16" wheels.
- Front and Rear Handbrakes (NO coaster brakes).
- Bike must be in good working order, with bolts tightened appropriately. Proper bike fit and function will be included in the first session.

Goals/skills:

- Have FUN and be SAFE
- Build confidence in off road riding
- Improve bike handling by introducing skills
- Basic components and parts of a bicycle
- How to clean your bike (with assistance)
- Master all 3 basic essentials (Level Pedals, Eyes Forward, Cover Brakes at all times)
- Standing while riding
- Neutral/Pounce position
- Intro to cornering and steering
- Understanding safe braking
- Trail etiquette and trail riding responsibilities

Potential Locations: Emigrant Lake, Ashland Fairy Ponds, Strawberry-Hald Park, Riverwalk Park, Old Hwy 99, Jacksonville Britt Trails and Lincoln School

1st Grade - Coyotes

Dates/Time: 6 Wednesdays, 3:45-5:15pm September 14th - October 19th

Program Cost: \$155

Rider Requirements: *This is not a Learn to Bike program* Riders will be expected to have the following skills on day 1:

- Have a basic understanding of their bike, and the components that make it work
- Basic knowledge of steering and cornering
- Complete mastery of riding bikes on flat, smooth surfaces including braking
- Ability to descend slight to moderate downhill, offroad grades SAFELY and IN CONTROL
- Must have ridden off road prior to DEVO practices

Trail Requirements:

- SOME experience riding bikes on dirt or uneven surfaces highly recommended

Bike Requirements:

- At least 16" wheels. 20" recommended for children over 45" tall.
- Front and Rear brakes, preferably disc style.
- Tires must have at least 50% tread left, and need to have offroad style knobs.
- Bike must be in good working order, with bolts tightened appropriately. Proper bike fit and function will be included in the first session.
- Suspension fork recommended, but not required.

Goals/skills: *Coyotes should know and review all bike skills from preceding program levels. Practices will focus on the following:

- Have FUN and be SAFE
- Build confidence in off road riding
- Improve bike handling by introducing skills
- Basic to intermediate components and parts of a bicycle
- Basic trailside repairs and adjustments (coach demonstrations), as well as ABCD checks
- How to clean your bike (with assistance)
- Intro to pumping techniques
- Bike/Body separation
- Climbing and basic shifting
- Developing cornering and steering
- Trail etiquette and trail riding responsibilities

Potential Locations: Emigrant Lake, Ashland Fairy Ponds, Strawberry-Hald Park, Jacksonville Britt Trails, Riverwalk Park, Old Hwy 99, Ashland Watershed and Lincoln School

2nd/3rd Grade - Cougar Skills Group

Dates/Times:

6 Wednesdays, 4:00-6:00pm, September 21st - October 26th, MOTR date: October 19th

Program Cost: \$195

Rider Requirements: *This is not a Learn to Bike program* Riders will be expected to have the following skills on day 1:

- Have a basic understanding of their bike and the components that make it work.
- Ability to climb from White Rabbit Parking Lot to Lamb Saddle unassisted (No towing, but taking breaks and walking sections is acceptable).
- Ability to descend green and some blue singletrack trails safely and in control.

Trail Requirements:

- Have ridden or attempted to ride Lizard or Rabbit Hole (walking certain sections is OK), and have ridden bikes offroad several times.

Bike Requirements:

- At least 20" wheels. 24" wheels recommended for children over 52" tall.
- Front and rear hand brakes that operate properly. **No Coaster Brakes**
- Tires must have at least 50% tread left, and need to have offroad style knobs.
- Front suspension recommended.
- Mechanical or hydraulic disc brakes highly recommended (increased control and stopping power)
- Gears for climbing.

Cougar Goals: Cougars should know and review all bike skills from preceding program levels.

- Have FUN and be SAFE
- Build confidence in downhill riding to the rider's comfort level - "Challenge By Choice" progression
- Improve bike handling skills
- Learn more detailed components and parts of a bicycle
- Basic trail side repairs (coach demonstrations + rider hands-on)
- What to do in an emergency
- How to clean your bike (with assistance)
- Cornering and pumping
- Bike/Body Separation
- Braking techniques during trail riding
- Intro to climbing and climbing positions/ basic shifting techniques and principles
- Trail etiquette and trail riding responsibilities

Potential Locations: Emigrant Lake, Lincoln School fields, Jacksonville Britt Trails, MOTR, and the Ashland Watershed trail system

2nd/3rd Grade - Cougar Trail Riders Group

This group will focus on intermediate trail riding in addition to skills building. Please review requirements carefully and thoroughly before selecting this group to ensure the best experience for your rider

Dates/Times: 6 Wednesdays, 3:30-5:30 PM September 21st - October 26th. MOTR date: October 26th, 4-6pm

Program Cost: \$195

Rider Requirements: *This is not a Learn to Bike program* Riders will be expected to have the following skills on day 1:

All of the $\frac{2}{3}$ Cougar skills requirements, and additionally:

- Have completed **AT LEAST** one DEVO semester (no exceptions.)
- Ability to climb up to 700 feet in a 2 hour practice (Two White Rabbit-Lamb Saddle climbs)
- Ability to descend all Lower Watershed trails safely and confidently (no walking)

Bike Requirements:

- At least 20" wheels. 24" wheels recommended for children over 52" tall.
- Front and rear hand brakes that operate properly. **No Coaster Brakes**
- Tires must have at least 50% tread left, and need to have offroad style knobs.
- Front suspension recommended.
- Mechanical or hydraulic disc brakes highly recommended (increased control and stopping power)
- Gears for climbing.

Cougar Goals: Cougar Trail Riders should know and review all bike skills from preceding program levels.

- Have FUN and be SAFE
- Build confidence in downhill riding to the rider's comfort level - "Challenge By Choice" progression
- Improve bike handling skills
- Learn more detailed components and parts of a bicycle
- Basic trail side repairs (coach demonstrations + rider hands-on)
- What to do in an emergency
- How to clean your bike (with assistance)
- Cornering and pumping
- Bike/Body Separation
- Braking techniques during trail riding
- Intro to climbing and climbing positions/ basic shifting techniques and principles
- Trail etiquette and trail riding responsibilities

Potential Locations: Emigrant Lake, Medford BMX track, MOTR, Lincoln School fields, Jacksonville Britt Trails and the Ashland Watershed trail system

4th/5th Grade - Jr. Vultures Skills Group

Dates/times:

6 Wednesdays, 4:15-6:15pm, September 21st - October 26th, MOTR date: October 12th

Program cost: \$195

Rider Requirements: *This is not a Learn to Bike program* Riders will be expected to have the following skills on day 1:

- Have a basic understanding of their bike and the components that make it work.
- Ability to climb from White Rabbit Parking Lot to Lamb Saddle unassisted (No towing, but taking breaks and walking sections is acceptable).
- Ability to descend green and most blue singletrack trails safely and in control.

Trail requirements

- Have ridden Lizard and Rabbit Hole top to bottom, without walking sections, and have ridden bikes off road numerous times. Experience riding BTI/Jabberwocky/Catwalk highly recommended (walking sections is OK).

Bike Requirements:

- At least 24" wheels. 26" wheels or greater recommended for riders over 60" tall
- Front and rear hand brakes that operate properly.
- Tires must have at least 50% tread left, and need to have offroad style knobs.
- Front suspension HIGHLY recommended.
- Mechanical or hydraulic disc brakes highly recommended (increased control and stopping power).
- Gears for climbing (no single speeds).

Jr. Vulture Goals: In addition to goals, Jr. Vultures should have mastered skills listed in previous groups.

- Attain overall program goals
- Build confidence in downhill riding to the rider's comfort level - "Challenge By Choice" progression
- Improve bike handling skills
- Components and parts of a bicycle
- Basic trail side repairs
- Cornering and pumping and riding berms
- Wheel lifts and rolling obstacles
- Braking techniques during trail riding. Controlling skids and slides
- Different climbing positions - Standing/Seated/Crouched
- Shifting techniques and principles
- Handling basic first-aid emergencies and problems on the trail
- Trail etiquette and trail riding responsibilities

Potential Locations: Emigrant Lake, Medford BMX track, Jacksonville Britt Trails, MOTR and the Ashland Watershed trail system

4th/5th Grade - Jr. Vultures Trail Riders Group

This group will focus on intermediate trail riding in addition to skills building. Please review requirements carefully and thoroughly before selecting this group to ensure the best experience for your rider

Dates/times:

5 Thursdays, 4:00-6:00pm, September 22nd - October 20th. MOTR Date: October 22nd, time TBD

Program cost: \$195

Rider Requirements: *This is not a Learn to Bike program* Riders will be expected to have the following skills on day 1:

All of the ¼ Jr. Vultures skills requirements, and additionally:

- Have completed **AT LEAST** one DEVO semester (no exceptions.)
- Ability to climb up to 1000 feet in a 2 hour practice (Three White Rabbit-Lamb Saddle climbs)
- Ability to descend all Lower Watershed trails safely and confidently (no walking)
- 5th graders recommended

Bike Requirements:

- At least 24" wheels. 26" wheels or greater recommended for riders over 60" tall
- Front and rear hand brakes that operate properly.
- Tires must have at least 50% tread left, and need to have offroad style knobs.
- Front suspension HIGHLY recommended.
- Mechanical or hydraulic disc brakes highly recommended (increased control and stopping power).
- Gears for climbing (no single speeds).

Jr. Vulture Goals: In addition to goals, Jr. Vultures should have mastered skills listed in previous groups.

- Attain overall program goals
- Build confidence in downhill riding to the rider's comfort level - "Challenge By Choice" progression
- Improve bike handling skills
- Components and parts of a bicycle
- Basic trail side repairs
- Cornering and pumping and riding berms
- Wheel lifts and rolling obstacles
- Braking techniques during trail riding. Controlling skids and slides
- Different climbing positions - Standing/Seated/Crouched
- Shifting techniques and principles
- Handling basic first-aid emergencies and problems on the trail
- Trail etiquette and trail riding responsibilities

Potential Locations: Emigrant Lake, MOTR, Jacksonville Britt Trails, and the Ashland Watershed trail system

4th/5th Trail Riders - Rattlesnakes

Dates/times: 7 Wednesdays, 4-6pm, September 21st - November 2nd

Program cost: \$260

Rider Requirements: *This program is for advanced riders, and requires the following to enroll:

- At least one prior DEVO semester completed
- Coach recommendation from previous DEVO program AND invite from Head Coach

Trail Requirements:

- Can ride all Mt. Ashland blue trails confidently, and moving into black trails
- Ability to climb up to 1,200 feet in elevation unassisted with minimal breaks in 2 hour practice
- Ability to descend all blue and some black singletrack trails safely and in control.

Bike Requirements

- At least 24" wheels. 26" wheels or greater recommended for riders over 60" tall
- Front and rear hand brakes that operate properly.
- Tires must have at least 50% tread left, and need to have offroad style knobs.
- Front suspension required, front and rear suspension highly recommended.
- Mechanical or hydraulic disc brakes.
- Gears for climbing (no single speeds).

Rattlesnake Goals:

- Attain overall program goals
- Build confidence in downhill riding to the rider's comfort level
- Improve bike handling skills
- Basic trail side repairs
- How to clean your bike
- Advanced Cornering/pumping/riding berms
- Wheel lifts/drops/rolling obstacles
- Beginning Wheelies/Stoppies
- Advanced Braking techniques during trail riding. Controlling skids/slides
- Technical climbing + long distance climbing
- Line choice and how to session a section of trail
- Safe Jumping Technique
- Using terrain to your advantage
- Handling basic 1st aid emergencies and problems on the trail
- Trail Etiquette/trail riding rules

Potential Locations: Ashland Dirt Jumps, Ashland Watershed Trails, Mountain of the Rogue, Forest Park, Prescott Park

DEVO Beginner Women's Group

Dates/times: 4 Thursdays, September 22nd - October 13th, 5pm-7pm

Program Cost: \$180

Rider Requirements: *This is not a Learn to Bike program.* This session will focus on novice riding skills. Riders will be expected to have the following skill set day 1:

- Have a basic understanding of their bike and the components that make it work
- Ability to ride a bike on flat, level ground comfortably including starting/stopping, pedaling, and coasting

Trail Recommendations:

- This program is designed for beginner women looking to improve their skills on their mountain bikes. While trail experience certainly is a plus, it's not required.

Bike Requirements:

- At least 26" wheels
- Front Suspension
- Front/Rear Mechanical or Hydraulic disc brakes
- Gears suitable for climbing off road trails

Women's Program Goals:

- Attain overall program goals
- Build confidence in mountain biking to the rider's comfort level - "Challenge By Choice" progression
- Improve bike handling skills
- Components and parts of a bicycle
- Basic trail side repairs
- How to clean your bike
- Cornering/pumping/riding berms
- Proper Braking
- Different climbing positions - Standing/Seated/Crouched
- Shifting techniques/principals
- Trail Etiquette/trail riding rules

Potential Locations: Lincoln School Field, Emigrant Lake, Jacksonville Britt Trails, Prescott Park, MOTR and the Ashland Watershed trail system.

6th-12th Grade Programs

Our 6th-12th grade programs for the year are designed around two main “seasons.”

Spring Programming

Our Spring 2022 season intermediate and advanced programs are geared towards building bike handling skills in downhill descending. Following the calendars of local Enduro races, DEVO DH races, and more optimal trail conditions than historically available in the fall, Spring lends itself nicely to this important discipline of riding.

Program options

Ospreys - Beginner to beginner/intermediate riders either brand new or with one season of NICA. Geared towards 6th-9th grade riders looking to build fundamental skills in low-paced environment.

Intermediate Enduro - intermediate riders with at least one season of NICA or DEVO, and desire to learn downhill skills. Riders in this group will be climbing 1,000-1,500 feet per practice, and the program is geared towards riders in 6th-9th grade.

Advanced Enduro - Advanced riders with at least two seasons of NICA, or past DEVO Enduro experience, and desire to learn downhill skills. Riders in this group will be climbing up to 2500 feet per practice, and programs are geared towards 8-12th grade riders.

Adventure program - Advanced riders with at least two seasons of NICA. The Adventure program has a much stronger emphasis on fitness than the Enduro programs. Riders will climb up to 4000 feet per practice, and descend black-rated trails. This is designed for highly motivated 9-12 grade riders looking to build fitness at an equal pace to their downhill skills.

Fall Programming

Focus turns to cross country racing in the Fall, with our Rogue Composite Vultures team. We still plan to offer an Ospreys program for new riders, or those not wishing to make the commitment to the race team. Due to the size, popularity, and resource commitment, there will be no downhill focused programs in the Fall. Rogue Composite practices will still teach these skills, but with more time dedicated towards fitness and self sufficiency than Spring programs.

Program Options

Rogue Composite Vultures team - Beginner to advanced riders, 6th-12th grades. Middle School and High School practice separately. Previous DEVO experience highly recommended for new riders, but not required. Competes in Oregon Interscholastic Cycling League with a Fall race season across Oregon.

Ospreys - Beginner to beginner/intermediate riders either brand new or with one season of NICA. Geared towards 6th-9th grade riders who don't want to ride on the NICA team.

Middle School/High School - Ospreys

Dates/times: 5 Thursdays, September 22nd- October 20th. MOTR Date: October 22nd, 9am

Program Cost: \$195

Rider Requirements: *This is not a Learn to Bike program.* This session will focus on novice/intermediate riding skills. Riders will be expected to have the following skill set day 1:

- Have a basic understanding of their bike and the components that make it work
- Ability to climb and descend green and blue singletrack trails safely and in control

Trail Recommendations:

- Recommended all riders have ridden Lizard/Rabbit Hole/BTI/Jabberwocky, and have ridden bikes off road numerous times. (walking one or two short sections is ok)
- Ability to climb from the Quarry to Lamb Saddle unassisted (approximately 1500 feet, breaks are ok)

Bike Requirements:

- At least 26" wheels
- Front Suspension
- Front/Rear Mechanical or Hydraulic disc brakes
- Gears suitable for climbing off road trails

Middle School Goals:

- Attain overall program goals
- Build confidence in downhill riding to the rider's comfort level - "Challenge By Choice" progression
- Improve bike handling skills
- Components and parts of a bicycle
- Basic trail side repairs
- How to clean your bike
- Cornering/pumping/riding berms
- Wheel lifts/rolling obstacles
- Technical trail riding/rock gardens
- Incorporating momentum
- Braking techniques during trail riding Controlling skids/slides
- Different climbing positions - Standing/Seated/Crouched
- Shifting techniques/principals
- Handling basic 1st aid emergencies and problems on the trail
- Trail Etiquette/trail riding rules
- Proper nutrition, hydration and taking care of oneself on longer rides.

Potential Locations: Lincoln School Field, Emigrant Lake, Medford BMX track, Jacksonville Britt Trails, Prescott Park, MOTR and the Ashland Watershed trail system.

***SPRING ONLY* Middle School/High School - Intermediate Enduro**

Dates/times:N/A

Program cost: \$225

Rider Requirements:

- Must have completed either one season of NICA OR one semester of DEVO - Ospreys
- Coach recommendation from NICA or DEVO
- Must be in 7th-12th grade. Riders entering 6th grade will be evaluated on a case by case basis. Less experienced high school riders will be allowed to participate as well.

Trail Requirements:

- Can ride all Ashland Watershed trails confidently and safely
- Comfortable hitting some features on the above trails
- Ability to climb up to 1,500 feet in elevation unassisted with minimal breaks
- Ability to descend all blue and some black singletrack trails safely and comfortably, without walking. May be ready to try some features, but not required.

Bike Requirements:

- At least 26" wheels required
- Modern geometry (2014 and newer) bike highly recommended
- Front suspension required, rear suspension highly recommended
- Front/Rear Mechanical or Hydraulic disc brakes
- Gears suitable for climbing off road trails

Enduro goals

- Attain overall program goals
- Build confidence in downhill riding to the rider's comfort level
- Improve bike handling skills
- Basic trail side repairs
- Advanced Cornering/pumping/riding berms
- Wheel lifts/drops/rolling obstacles
- Beginning Wheelies/Stoppies
- Advanced braking techniques during trail riding. Controlling skids/slides
- Technical climbing + long distance climbing
- Line choice and how to session a section of trail
- Safe Jumping Technique
- Using terrain to your advantage
- Handling basic 1st aid emergencies and problems on the trail
- Trail Etiquette/trail riding rules

Locations: Ashland Dirt Jumps, Ashland Watershed Trails, Mountain of the Rogue, Medford BMX, Forest Park

***SPRING ONLY* Middle School/High School - Advanced Enduro**

Dates/times: N/A

Program cost: \$225

Rider Requirements:

- Must have completed two semesters of DEVO/NICA including one semester of DEVO Enduro
- Coach recommendation
- Must be in 8th-12th grade.

Trail Requirements:

- Can ride all Ashland Watershed trails confidently and safely
- Comfortable hitting some features on the above trails
- Ability to climb up to 2000 feet in elevation unassisted with minimal breaks
- Ability to descend all blue and some black singletrack trails safely and comfortably enough to try features on those trails.

Bike Requirements:

- At least 26" wheels required
- Modern geometry (2014 and newer) bike highly recommended
- Front suspension required, rear suspension highly recommended
- Front/Rear Mechanical or Hydraulic disc brakes
- Gears suitable for climbing off road trails

Enduro goals

- Attain overall program goals
- Build confidence in downhill riding to the rider's comfort level
- Improve bike handling skills
- Basic trail side repairs
- Advanced Cornering/pumping/riding berms
- Wheel lifts/drops/rolling obstacles
- Beginning Wheelies/Stoppies
- Advanced braking techniques during trail riding. Controlling skids/slides
- Technical climbing + long distance climbing
- Line choice and how to session a section of trail
- Safe Jumping Technique
- Using terrain to your advantage
- Handling basic 1st aid emergencies and problems on the trail
- Trail Etiquette/trail riding rules

Locations: Ashland Dirt Jumps, Ashland Watershed Trails, Mountain of the Rogue

***SPRING ONLY* High School - Adventure**

Dates/Times: N/A

Program costs: \$315

Rider Requirements:

- Must have completed one season of NICA
- Must have coach recommendation/invite from NICA
- 8th graders and above
- Riders must come to Week 1 in shape and ready to climb

Trail Requirements:

- Can ride Jabberwocky, BTI, and Lizard confidently without walking or stopping on any sections.
- Have ridden Bull Gap, Upper/Lower Lynx, Martys and Catwalk
- Ability to climb up to 3,500 feet in elevation unassisted
- Ability to descend all blue and black singletrack trails safely and comfortably

Bike Requirements:

- At least 26" wheels required
- Front suspension required, rear suspension optional
- Front/Rear Mechanical or Hydraulic disc brakes
- Gears suitable for climbing off road trails
- Riders must carry multi tools, appropriate sized tubes, and a pump

Program Goals

This program is aimed at riders who compete in the Oregon Interscholastic Cycling League, and are looking to expand their fitness, training techniques, nutrition/hydration, repair skills, self sufficiency, and long distance ride ability through a challenging program designed to prepare them for the OICL/NICA race season. Long rides will be accompanied by lessons covering the topics mentioned above. The overall goals are summarized below:

- Attain overall program goals
- Develop a riders "base" fitness for the upcoming season
- Introduce the riders to new trails, more single track bike riding, and more saddle time
- Develop nutritional hydration plans throughout the week for the longer rides
- Develop autonomy and resilience. Each rider will need to carry their own tools, tube and pump
- Introduce training techniques such as pace and intervals

Locations: Ashland Watershed, Applegate Lake, MOTR

Rogue Composite Vultures Mountain Bike Team (Currently in season, Fall only):

Rogue Composite and DEVO have joined forces for the fall NICA (National Interscholastic Cycling) season. Rogue Composite is in the OICL (Oregon Interscholastic Cycling League) which is hosting 4 races and a state championship this season. NICA races are for Middle and High School students with focus on fun, inclusivity, equity, respect, and community:

- Practices start in Aug and end in Nov; No practices on school holidays (Labor day); and for severe weather (smoke, storm, anytime school is canceled, practice will be canceled as well).
- Practices will be held two days a week for two hours in the evenings from August to mid-September. In mid-Sept we'll move practices to account for daylight until mid-Oct, then 1.5 hour practices from mid-Oct to the end of the season due to shorter daylight hours.
- Most practices will be in the Ashland watershed, but we'll mix up the venues from around the region (Prescott, Jacksonville, MOTR, etc).

- Depending on coaching availability, we'll offer longer weekend rides during the season.

- Practices will be split into (20) high school and (20) middle school riders, but there'll be

some overlap and most of the venues will be the same.

- The NICA Race schedule can be found on the OICL webpage.
- Riders are required to give 8 hours of service per season through advocacy, trailwork, event volunteering, etc

Team Fees:

- NICA fee = \$275 (This goes straight to NICA, and covers costs for the races, training for the coaches, and insurance at the races) ○ Scholarships available (info here)
- Team fee = \$375 (This covers the coaches pay, insurance during practices, jerseys, race day nutrition, equipment, gear, awards, etc)

- Scholarships available!

Registration:

- **Riders who want to join Rogue Composite and participate in NICA races need to contact the team director (Yu Kuwabara) at ashlanddevo.yu@gmail.com so he can send you a link for registration.**



Ashland DEVO Refund Policy

As a registrant, it is your responsibility to know and understand these refund policies upon registering for a DEVO program. However, we realize that exceptional circumstances may arise. As such, DEVO will CONSIDER refund requests for exceptional circumstances, such as injury or illness. The amount refunded under exceptional circumstances is up to the discretion of the Executive Director, depending on the circumstances of the cancellation and DEVO's ability to fill the opening in the program.

I. Early Cancellations

Early cancellations must be submitted a minimum of TWO WEEKS before the start of the DEVO program. Early cancellations should be submitted in writing to ashlanddevo.casey@gmail.com, stating a request to withdraw from the DEVO program. Cancellation requests received more than TWO weeks before the start of the program will be fully refunded, minus any credit card processing fees incurred at registration.

II. Late Cancellations

Cancellations submitted in writing to ashlanddevo.casey@gmail.com LESS THAN TWO WEEKS before the start of the DEVO program are considered late cancellations. Registration fees MAY only be PARTIALLY refunded for a cancellation received less than TWO WEEKS before the start of the program. The amount refunded for late cancellations is up to the discretion of the Executive Director depending on the circumstances of the cancellation and DEVO's ability to fill the opening in the program. In cases with unusual or extreme circumstances, a registrant may request that their registration fee get applied to a future equivalent program. If the request is granted, the registrant must, within ONE YEAR register for, and attend an equivalent program; otherwise, all payments are forfeited.

III. No Shows

Registration fees are non-refundable and non-transferable for any no-shows to a DEVO program. *NO refunds or credits will be issued for requests submitted after the conclusion of the DEVO program.

IV. Alterations or Cancellations by DEVO

Note that circumstances beyond the control of Ashland DEVO may necessitate the substitutions, alterations, or even cancellations of a DEVO program. Ashland DEVO reserves the right to alter, modify, or cancel any program if necessary. Any alterations or cancellations will be communicated via the email provided in the program registration as soon as possible. In the event that a program must be canceled by DEVO, the program fees for all registrants to the program will be fully refunded, minus any credit card processing fees incurred at registration. In the event that a program is substituted or otherwise altered by DEVO, the refund policies outlined in Sections (I) and (II) will apply.

In the event that substitutions or alterations to the program are announced LESS THAN ONE WEEK before the start of the DEVO program, the registrant may submit a written cancellation or transfer request to ashlanddevo.casey@gmail.com within ONE WEEK of said substitutions or alterations being announced via email. In this case, registrants who submit a written request within one week of the substitution or alteration announcement will be fully refunded, minus any credit card processing fees incurred at registration.

CANCELLATION AND REFUND REQUEST INSTRUCTIONS

In order to submit a request for a refund and/or cancellation, please send an email to ashlanddevo@gmail.com. Your request should be accompanied with as much detail on your registration and circumstances of your request as possible, including the name(s) of your child(ren), registration confirmation number(s), and the reason(s) for your cancellation request. Please allow 72 hours for us to get back to you about the request.

REFUND METHODS Refunds will be issued in accordance with the original payment method utilized at registration. If the registration was paid for with cash or check, the refund will be issued via check. If the registration was paid for with a credit card, the refund will be processed through the credit card company, and the refund will be applied to the same credit card number as was used to pay for the registration. We are NOT able to issue the refund to a card other than the one used for the original registration. Refunds may also be issued as a credit for a future DEVO program at the discretion of the Executive Director.

COVID Refunds for Fall 2022

Due to the nature of programs, insurance costs, coach payments, etc., DEVO will not be offering refunds for any classes missed due to individual COVID exposure/contraction, or related postponements or cancellations in the Fall 2022 season. If programs are canceled ONE WEEK OR LONGER BEFORE season start, full refunds will occur. **Please consider this before paying in full for your programs.**