

Lindsey Wilson Cycling

How our team works



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Road Cyclocross Mountain Track Gravity BMX

- LWC Cycling races in all the disciplines of Collegiate Cycling. We race the full seasons of Mountain bike (Fall semester), Track (Fall semester), Cyclocross (Fall semester w/Nationals in January), and Road (Spring semester). We are also making the big push for collegiate BMX which will likely start in 2012.
- Since our program, unlike most colleges, is a full varsity program, our athletes don't have to pay expenses. The college covers all entry fees, hotels, food, and travel to the collegiate races. We travel either in passenger vans, or a tour bus, with our box truck and a trailer for all our equipment. We usually fly the team to National Championships, which

comes 4 times per year or 1 per discipline. Its just like any professional cycling team, or any other true college sports program like football or basketball.

- Lindsey Wilson isn't a program ran by students. We have a full-time staff that coaches cycling and our coaches don't have any other duties on campus like teaching or managing. We only coach cycling, that's it. Its our full time job.
- We also welcome all levels of cyclists.
- Nobody rides the bench in cycling. We have categories in collegiate racing from beginners all the way to current pros.
- All categories score points for our team, so all are important.
- Don't think you have to be a pro, and don't think that if you are a pro, you wont have any competition.
- The team is trained like any other varsity program. We do group workouts like weight lifting and core workouts every morning with riding and specific

on-the-bike training in the afternoons after classes.

- We do both individual and group rides and training throughout the year.
- Many of our cyclists come in to race 1 or 2 disciplines, but are always welcome to try more. We have some riders that do all disciplines. We don't limit a rider to a specific discipline, and we also don't insist that you race a discipline you just don't enjoy. This way we know that our cyclists hold that true passion for what they do and will give their best toward improvement.
- We also encourage our riders to race outside of collegiate racing, just as they did before college, as long as the collegiate race schedule comes first. But in any discipline like say, mountain biking, we only have 5-6 races in a school year, so the collegiate schedule really isn't too large a load for a full-time student who also races for a trade or professional team. We want to be the next step in a cyclists journey to their true

potential, not the final step.

- But make no mistake, Lindsey Wilson College is a college FIRST. If you want a top-shelf private college education, and to be able to pursue your passion on the bike at the same time, then welcome, you have found the right fit in your college search.
- Apply for Admission online Free: <http://www.lindsey.edu/admissions/online-applications.aspx>