

EMC²

BASIC TEAM INFORMATION & EXPECTATIONS

TEAM INFO

EMCC2 / ELMHURST MASTERS



WHO WE ARE

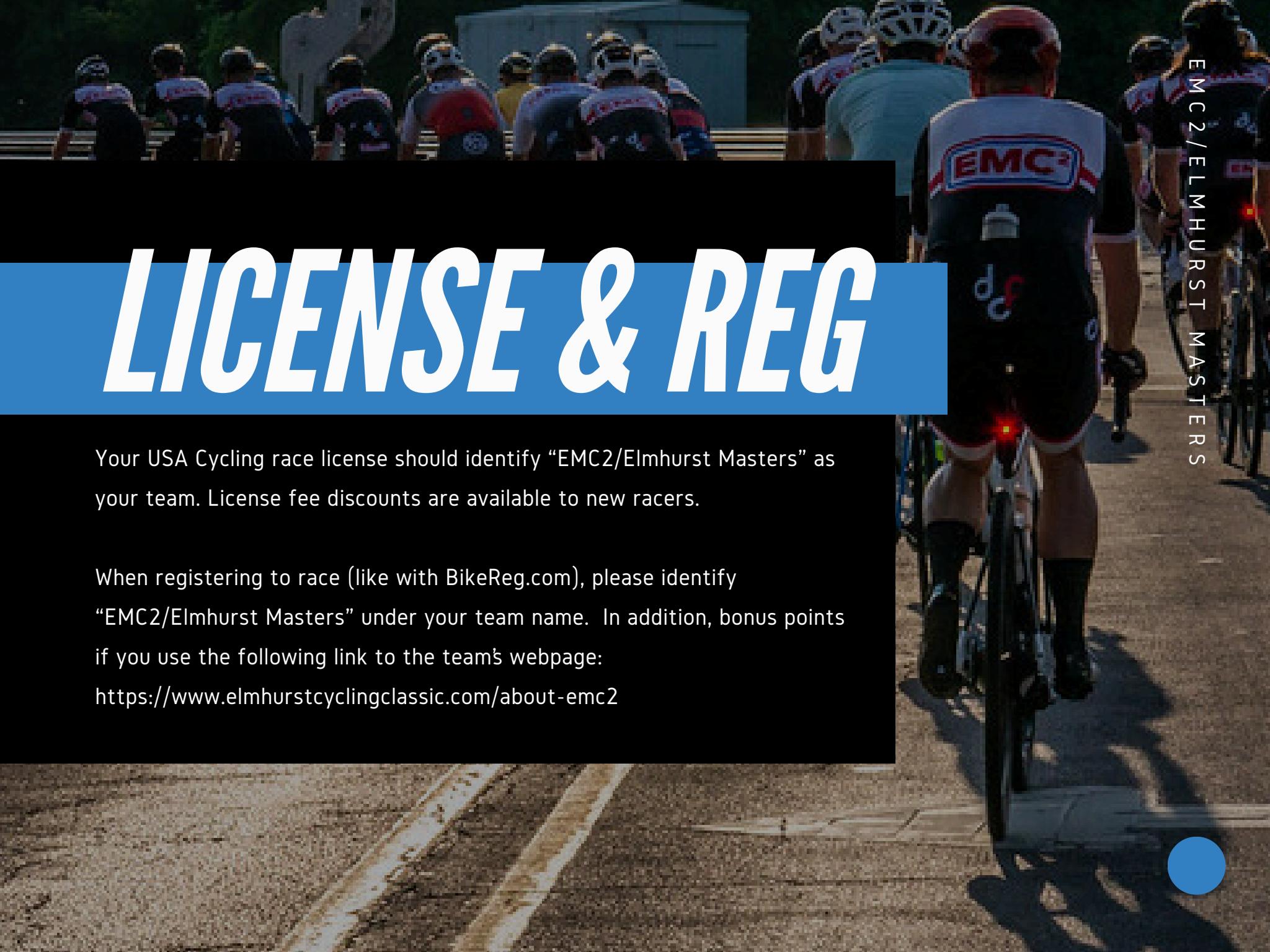
EMC2 is a non-sponsored independent cycling team based in DuPage County, IL. We are powered by the energy of our members and their passion for competitive cycling. We pursue an enduring, positive team chemistry and seek riders who recognize the importance of camaraderie and fellowship. Foremost, EMC2 is a competitive cycling team. Our members race in a variety of disciplines including road, cyclocross, gravel, and mountain biking. We recognize not all members prefer the risks of criterium racing. For some, our challenging training rides sufficiently simulate road racing conditions.

Competition. Camaraderie. Character.

LICENSE & REG

Your USA Cycling race license should identify “EMC2/Elmhurst Masters” as your team. License fee discounts are available to new racers.

When registering to race (like with BikeReg.com), please identify “EMC2/Elmhurst Masters” under your team name. In addition, bonus points if you use the following link to the team’s webpage:
<https://www.elmhurstcyclingclassic.com/about-emc2>



KITS

We offer team kits through our Pactimo Team Store. We do not maintain much of a clothing inventory but rather open the team store several times during the year. We encourage (but do not require) that our team members purchase a kit and that they race in their team kit. While our store offers a variety of items, a full kit is not required, the jersey pairs well with basic black shorts if that is your preference or budget.



TEAM ACCOUNTS

In addition to our “EMC2 & Friends” email list, we have a number of methods that help keep our team members connected to each other, please like and follow based on your social media or communication preferences.



[@EMC2ElmhurstMasters](https://www.facebook.com/EMC2ElmhurstMasters)



[@emc2elmhurstmasters](https://www.instagram.com/emc2elmhurstmasters)



<https://www.elmhurstcyclingclassic.com/about-emc2>



strava.com/clubs/95521



[GroupMe.com](https://www.groupme.com)

OUR SUPPORTERS

While we are a non-sponsored team, we do have help offset some costs
of an otherwise expensive sport.



Spin Doctor Cyclewerks, Bartlett, IL

SDC offers EMC2 a 10% discount on bicycles and components. To receive the discount, email brad@sdc.bike

TEAM POLICIES



NO DUES, VOLUNTEER

In the past, we have collected annual dues for our racers to maintain their EMC2 membership. Although we have not asked for dues as of late, and may in the future, we do ask our team to give back. Throughout the year, there are multiple volunteer opportunities at the races we host and at the other racers, help with set up or tear down of team tents, or even helping other teams fill volunteer spots with their races matters more than you may think.

Think of how you can help your team and teammates.

RIDER CONDUCT

Racing can be heated, we get it. Since our team's inception, we have worked hard to craft a team reputation of being strong competitors but good people.

Accordingly, be positive toward your fellow competitors, recognize that we are all human and mistakes happen (particularly so when our brains are supplied by blood flowing at 180 bpm). If you made a mistake, own it. If someone else made a mistake, give them grace.

In short, we maintain a "don't be a jerk" policy.

SOCIAL MEDIA POLICY

The cycling community can be small and so individual team member statements can have a negative impact on the team's reputation as a whole.

Moreover, a random comment may communicate an unintended meaning. Regardless of the medium, in making social media posts related to EMC2 or your riding/racing with EMC2, please work to maintain positivity without denigrating or calling out other racers or teams. We ride bikes for fun as a method to avoid stress, not create stress through negativity or divisiveness on social media. Again, it's a "don't be a jerk" policy.

RIDE AT YOUR OWN RISK

Crashes and injuries can happen when cycling. Racing and riding with EMC2 or in an EMC2 kit comes with the recognition that you do so at your own risk. By riding with us you recognize that you voluntarily assume the risk that you may be injured while riding or racing with EMC2.



OUR GROUP RIDES

There are many training options for riders in the Chicago area -each with its own personality and reputation. Ask anyone who has been on our rides for a while -they can be very challenging. But we also prioritize the culture of EMC2 -one of teamwork, camaraderie and perspective. A separate Ride Principles primer provides helpful information about basic group ride expectations. BE SAFE. HAVE FUN. RUBBER SIDE DOWN.

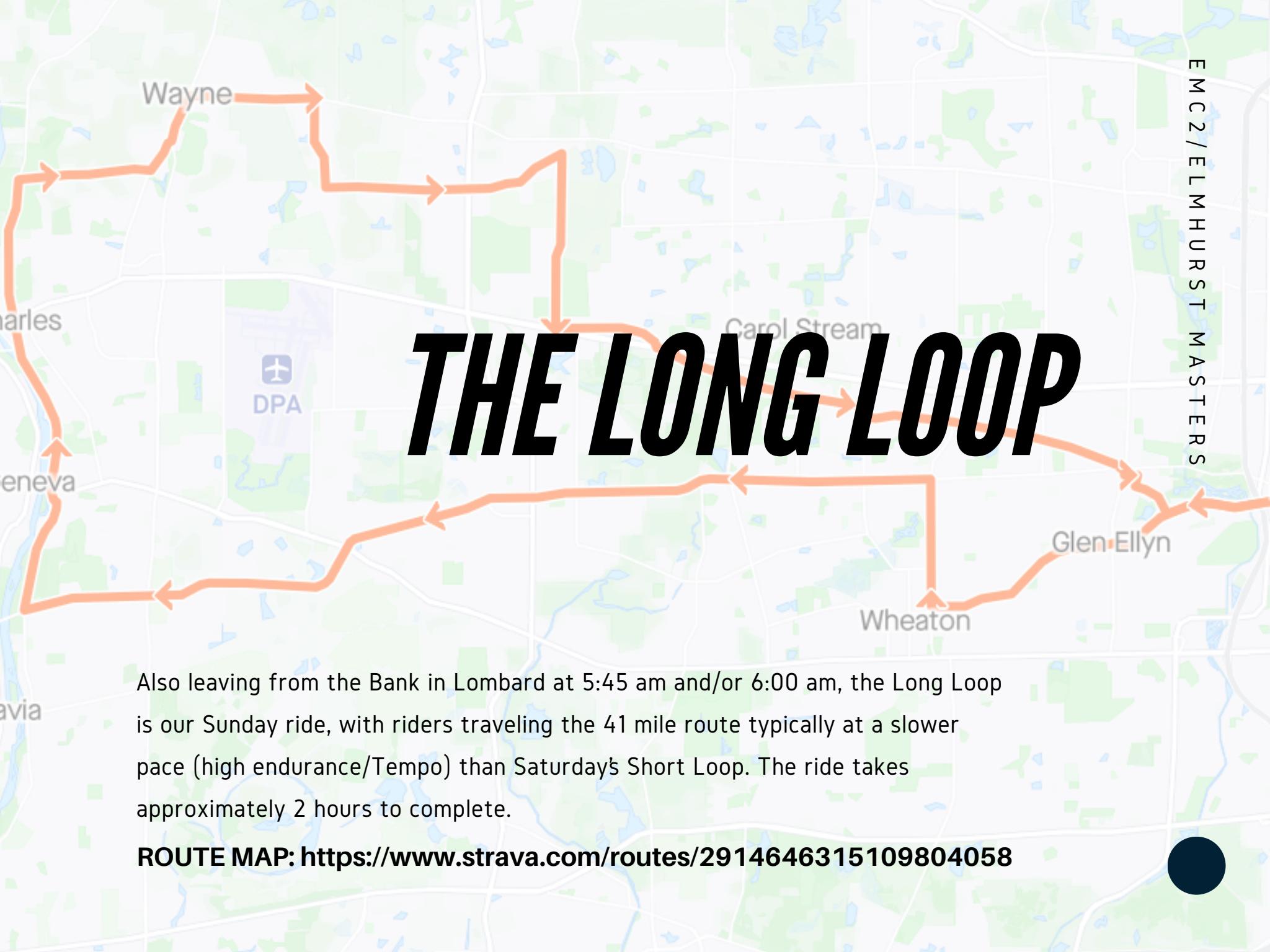


THE SHORT LOOP

The Short Loop is our most popular group ride. Departing from the Bank at 211 W. St. Charles Road, Lombard, on Saturdays at 6:00 am (often 5:45 am as well for a more moderate pace) this 23 mile ride is our fastest and intended to replicate racing conditions. There are six “spicy” sections (Indian Knoll, High Lake, Summit, Manchester, Pennsylvania and Crescent) where the pace picks up, but after each section we strive to regroup before continuing to the next. This ride takes approximately 1 hour to complete.

ROUTE MAP: <https://www.strava.com/routes/2914644372455596058>

THE LONG LOOP



Also leaving from the Bank in Lombard at 5:45 am and/or 6:00 am, the Long Loop is our Sunday ride, with riders traveling the 41 mile route typically at a slower pace (high endurance/Tempo) than Saturday's Short Loop. The ride takes approximately 2 hours to complete.

ROUTE MAP: <https://www.strava.com/routes/2914646315109804058>

BLUFF LOOP

Typically more of a holiday ride or alternative route to Sunday, this route heads south. The common meet-up points include the Bank as well as the Gazebo located at the intersection of Spring Street and the Illinois Prairie Path in Elmhurst.

ROUTE MAP: <https://www.strava.com/routes/2941350936071897332>

OUR EVENTS

EMC2 / ELMHURST MASTERS

Bike racing does not happen without efforts of many teams and people.

Over the years, EMC2 has worked in a variety of ways to support local racing, currently through the organization of a criterium & one mile run, a charity ride, plus a cyclocross race. These events cannot occur without the active support of our team members and their assistance is vital to the events' success. Each member is strongly encouraged to race and if not, volunteer.





THE ELMHURST CYCLING CLASSIC & TWILIGHT MILE

EMC2 helps to power the Elmhurst Cycling Classic & Twilight Mile, a criterium and running race taking place in Elmhurst, Illinois, via the DuPage Cycling Foundation (the “DCF” on our kits). As a 501(c)(3) charity, DCF raises funds for people in need and the charities that serve them through the hosting and promotion of cycling-related events, including the Elmhurst Cycling Classic. Since its inception in 2014, DCF has donated over \$160,000 to charities, all the while putting on an awesome day of racing.

STORINO,
RAMELLO
& DURKIN

SUPER
AMBULANCE

RIDE FOR HOMELESS VETERANS

EMC2 also supports the DuPage Cycling Foundation's Ride for Homeless Veterans, a self-supported ride with the goal of raising awareness and support for the Midwest Shelter for Homeless Veterans in Wheaton, Illinois. Since 2007, the Midwest Shelter for Homeless Veterans has worked to provide housing, supportive services, and community outreach to help homeless and at-risk veterans and their families achieve self-sufficiency.



QUARRY CROSS AT THE FORGE

In 2023, we added a cyclocross race to the team's race promotion efforts, Quarry Cross at the Forge, in Lemont, Illinois. The race is part of the Chicago Cyclocross Cup. Like with the Elmhurst Cycling Classic, race proceeds benefit the DuPage Cycling Foundation to give back to our community and local charities.

PARTING THOUGHTS

“EMC2 is a bike racing team at its core, and we race hard. Very hard. Yet in doing so, we never lose sight of our founding principles. This makes our successes all the more gratifying. When we stop throwing our leg over the top tube, it will be those wonderful moments we shared, the friends we have made along the way, and the lives we have impacted as a result of our training and racing together that will carry far more weight than our medals.”

-Tim Radcliff, Founder

