

1993

MTRB

APPLE VALLEY

EAGAN

EASTVIEW

ROSEMOUNT

Supporting positive development of student athletes through the sport of cycling.

2025
196 MTB TEAM



AGENDA



196

MTB

APPLE VALLEY

EAGAN

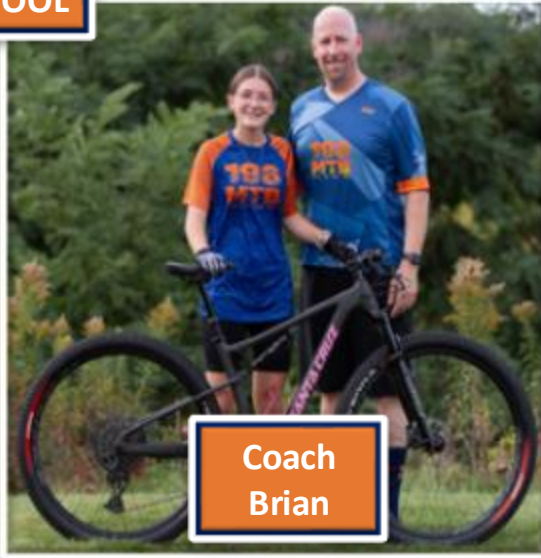
EASTVIEW

ROSEMOUNT

- WELCOME
- Meet the Coaches
- 196 MTB Team
& MN Cycling Association
- 2026 MTB Season
- Hear from the Riders
- Future Events

COACHES

HIGH SCHOOL



Coach
Brian



Coach
Emily



Coach
Zach

MIDDLE SCHOOL



Coach
Alesia



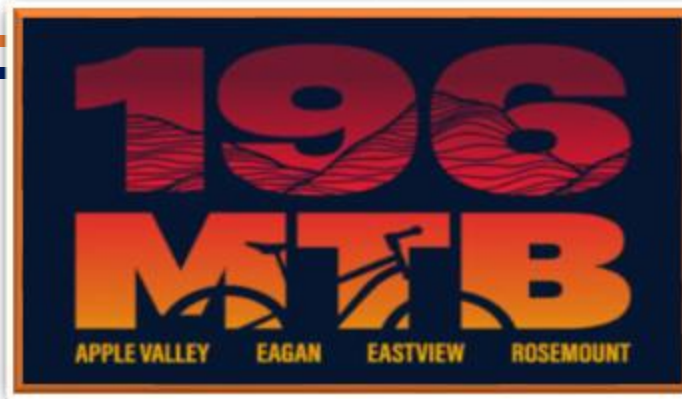
Coach
Darin



Coach
Jeff

THANK YOU!!!
Coach PHIL & Coach MATT





ABOUT US



A Composite Team

- Comprised of (4) Teams that practice together & share resources.
 - Apple Valley, Eagan, Eastview & Rosemount
- Official Club Team
- Athletes Can Letter
- Governed by Minnesota Cycling Association (MCA)



196MTB is a recognized
501©(3) Non-Profit

Strong Mind, Body, Character, Equality & Inclusivity





Minnesota Cycling Association at a Glance



2,600+ students



1,300+ coaches



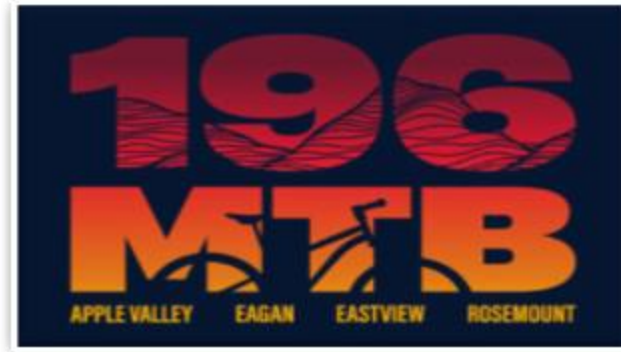
80+ teams



125+ schools

***196 MTB is one of the original 16 Teams
89 MTB Teams in MN***





TEAM Goals & Core Principles

- Support the positive development of young men and women through the sport of biking.
- Create a safe and positive environment that supports the sport of biking as a lifelong sport.
- Compete as individuals and teams to our utmost ability while maintaining strong sportsmanship.

Strong Mind, Body, Character, Equality & Inclusivity



196MTB 2025 by the Numbers

150+ ACTIVE Participants on the team – Riders, Ride Leaders & Volunteers

- **100 student athletes riding on the team**
 - 57 Middle School
 - 43 High School
 - 41 Ride Leaders (Adult Volunteers)

• RIDERSHIP

- **60%+ New to the team**
- 30+ Practices, 2-time trials, 5 pre-rides, 5 races & 10 MTB locations.
- Approximately 300+ miles riding together!
- **80%+ of our riders raced** with some impressive results!

➤ **Focus is on having a fun & positive experience that supports biking as a lifelong sport!**

• COMMUNITY ENGAGEMENT

- Feed My Starving Children packing session & Team Food Drive - **420 Pounds**
- MCA: Sponsored Grrrls Tent & Team Scoring at races – **195 HOURS!!!!**
- MORC Trail work
- Fundraisers: Cub Bagging, Omni Brewing & Chipotle



196MTB Giving Back



Community Engagement

- Feed My Starving Children: **Meals: 39,096, Boxes packed: 181**
- Food Drives: **420** pounds for local food shelf
- Lebanon Hills Trail Work: **100 hours, Participants: 50**
- MCA Volunteering: **195 hours**





2025

1 - Team State Champion
2 – Individual State Champions
Season Racing Series
1st Place – Middle School – Eastview
6th Place – Middle School – Apple Valley
7th Place – High School - Eastview

2025
196 MTB TEAM



Practice Schedule

Season: July 7 – October 11

Days of the Week:

- **Tuesday & Thursday,**
- **Optional "Monday Mileage"**
- **Optional Weekend Fun Rides**

Time: 5:45-7:45

Location: Varies, check TeamSnap!



Typical Practice

Check TeamSnap: Location, cancelations, practice notes

Arrive Early

- **Bike check: ABCDEs - air, brakes, chain, derailleur and everything else!**

Practice:

- **Check-in with volunteer**
- **Wheels-in for announcements and instructions**
- **Hit the trail with your Ride Leader(s) & coaches!**

End of Practice:

- **Wheels-out: share “What Went Well” (3W’s) & “What’s Worth Improving”**
- **Announcements**
- **Sign out is required**

MCA Racing Series



- Established in 2012
- Multi-race series for students across Minnesota (we'll be at 5)
- **Optional.** Not everyone races.
- Offers students of all ability levels the opportunity to ride and have fun!
- Teams from all over MN come together to compete, cheer on friends, and make life-long memories.
- All teams are co-ed.
- There are no try-outs.
- Nobody is ever 'cut'.



MCA Racing Series



APPLE VALLEY CAGAN EASTVIEW ROSSMOUNT



2026

MCA RACE SERIES

1. Schindler's Way, Aug 22 & 23
2. Whitetail Ridge, Sept 12 & 13
3. Gamehaven, Sept 26 & 27
4. Cuyuna, Oct 3 & 4
5. State Championship - Redhead - Oct 10 & 11



2026 RACE SERIES

RACE WEEKEND #1	RACE WEEKEND #2	RACE WEEKEND #3
August 22 & 23 Schindler's Way Austin, MN	September 5 & 6 Labor Day No 196MTB races	September 12 & 13 Whitetail Ridge River Falls, WI
RACE WEEKEND #4	RACE WEEKEND #5	RACE WEEKEND #6
September 19 & 20 Chequamegon MTB Festival No 196MTB races	September 26 & 27 Gamehaven Scout Camp Rochester, MN	October 3 & 4 Cuyuna Mountain Bike Area Crosby, MN
RACE WEEKEND #7		
October 10 & 11 STATE CHAMPIONSHIP Redhead Mountain Bike Park Chisholm, MN		



Source: MN Cycling Association Racing Series >>

Rider Perspective



Claudia Domer



Graham Roberts



Chuck Carlson

196MTB Board

Agenda

- Introduction to Board Members and Coordinators
- TeamSnap & Communications
- Volunteering
- Fundraising
- NEW Merch Store
- Student Rider Registration

Who we are

President

Andrea Anderson



Vice President

Emilie Berglund



Treasurer

Josh Schettle



Secretary

Deana Witt



Coach Liaison

Kevin Dirksen



What we do

- Responsible for overall policy and direction of 196MTB, a 501(C)3 nonprofit
- Oversee registration, fundraising, volunteering, marketing, and the banquet
- Quarterly meetings where all are welcome. Next meeting is August 11th

Coordinators

Communications
Emilie Berglund



Fundraising
Marika Dwyer



Fundraising Events
Katie Oberding



Volunteers
Amber Siekert



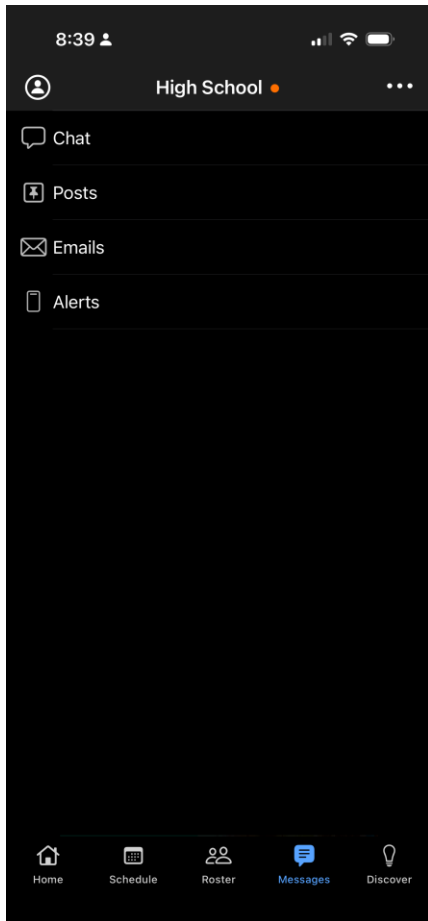
Marketing

Banquet



TeamSnap & Communications

TeamSnap app



Schedule

Roster

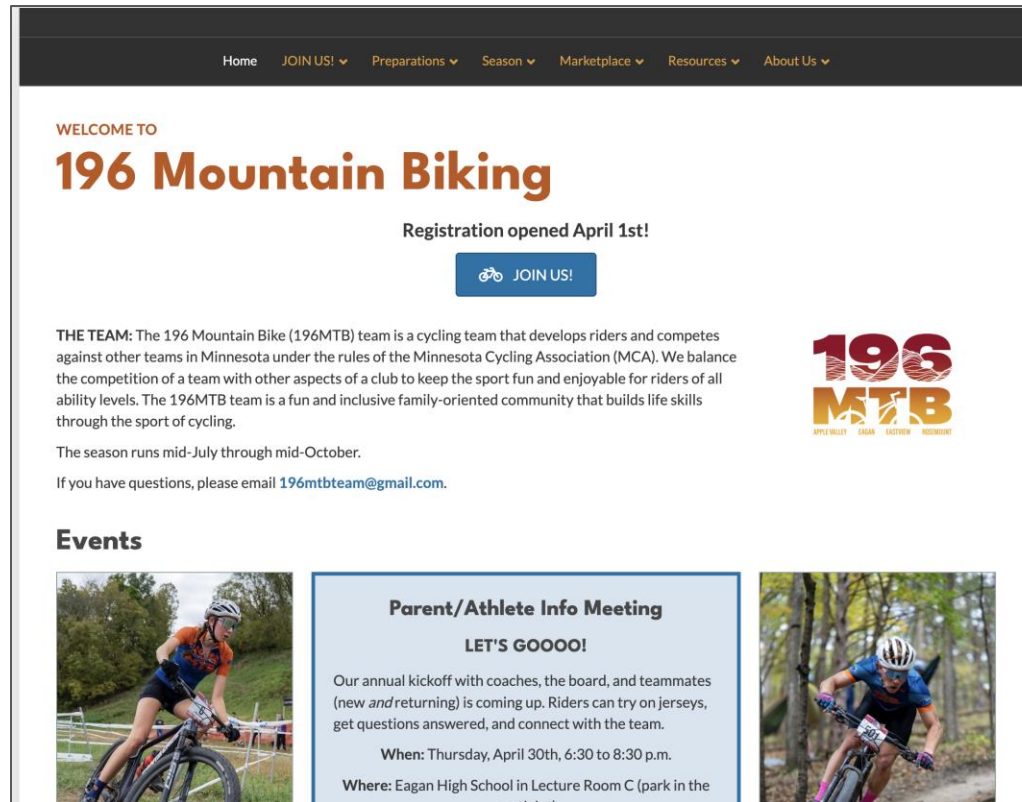
Messages

Teams

Website

Information source

Sign-ups



Emails

Weekly updates

Structure



Volunteering

Website: [Volunteer](#)

Volunteer requirements

It's this or dibs...

MCA: 1 shift required per rider per family

- Opportunities based on our race schedule
- Will be communicated once available ~June
- Sign up as soon as possible based on race schedule

Non-MCA: 2 hours required per rider per family

- Opportunities will be communicated and sign-ups posted



Volunteer Coordinator

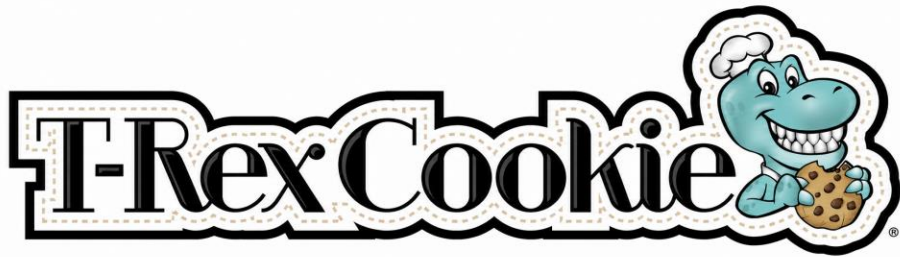
Amber Siekert



Fundraising

The WHY...

- Support the team
- Support the riders



Website: [T-Rex Cookie Dough Fundraiser](#)

- Goal: Offset registration costs
- We're selling T-Rex cookie dough!
- Fundraiser starts May 1st!

Happening now!

Our "Gear Up for Safety" Fundraiser!

We are excited to launch our Fund-A-Need campaign to outfit our coaches and ride leaders with **MEDICAL KITS!**

 Gear Up for Safety!

Note about [givebutter.com](#): It automatically suggests an additional amount to cover fees and support their software. This is completely optional, and donors can set it to \$0.

No matter what you choose, the team still receives 100% of your donation.

Fundraising Marika Dwyer



Fundraising events

Coming up...

- Restaurant nights: Chipotle in June
- Cub bagging: July 25th/26th
- Von Hanson's: August 5th/6th

Posted in **TeamSnap schedule** now.

Watch your **email**, **homepage**, and **TeamSnap** for more info and sign-ups!

Fundraising Events

Katie Oberding



Merch Store

Website: [Merch Store](#)

Search...

View All FUNDRAISER ITEM-ALL PROCEEDS GO TO... MENS APPAREL WOMENS APPAREL ACCESSORIES

196 MTB
APPLE VALLEY EAGAN EASTVIEW ROSEMOUNT

WELCOME TO THE 196MTB ONLINE MERCH STORE! This site will close on 4/19. Approximately 2-3 weeks after the site closes, all ordered completed and ready for pickup!...

[See more](#)

Days: 38 Hours: 4 Minutes: 52 Seconds: 31

Store Closes Friday, June 5 at 11:59 PM

FUNDRAISER ITEM-ALL PROCEEDS GO TO 196MTB

NEED A STORE?



Student Rider Registration

Website:
[Student Rider Registration](#)

Two steps:

- **Part 1:** Registration through TeamSnap
 - 1 jersey comes WITH registration.
- **Part 2a:** Registration through MCA

Both steps must be completed to be fully registered.

Important: 50-person cap for each team, Middle School and High School.

Register by July 1st, 2026.

- **Part 2b:** Race registration through MCA (OPTIONAL)

Register for races by August 1st, 2026.

Registration Fees

Website: [Costs](#)

196MTB team fee
 • Includes jersey

\$220

MCA membership fee

\$125

Non-racer cost: **\$345**

MCA racing fee

4 races + State Championship

Racer cost: **\$520 - \$540**

Registration	Per Race	Season  SuperPass
April 1 – May 15	\$60	\$175
May 16 – July 1	\$65	\$185
July 2 – August 1	\$70	\$195

Registration deadline for races is: **August 1st, 2026!**



Jerseys

Website: [196MTB Jerseys](#)

1 jersey comes with registration.

Sizes and styles:

- Men's and women's sizes: XS – 2XL
- 3 styles:
 - Relaxed fit
 - Standard fit
 - Slim fit (extra \$10 at registration checkout)



Jerseys are available for riders to try on TONIGHT:

- Email all jersey order changes to **Emilie Berglund** by **May 31st**.
- Jerseys will be ordered on **June 1st** and will arrive ahead of first race.

Ride Leaders

Calling ALL ride leaders! Without enough ride leaders, we cannot practice!

- MCA regulations require a 6:1 or 8:2 rider to coach ratio.
- Nube? We will train you!
- Registration with the team and the State Association (MCA)



GEAR

Required:

- Geared bike with mountain bike tires, functioning brakes and NO kickstand
- Helmet – worn at all times when on a bike
- Water bottle that fits in a water bottle holder or hydration pack
- Athletic or mountain bike shoes
 - NO FOAM SHOES, SLIDES or SANDALS
- Multitool/spare tube/band aids

Recommended:

- Eye protection (light tint for riding in low light)
- Padded cycling shorts
- Gloves





Local Bike Shop in Eagan!

Discounts:

- 25% off Trek bikes
- 20% off Orbea bikes
- Select shoes and helmets also 25% off

Buck Hill Race Nights

Pre-Race Day Service

Bike Check Night at practice

Freewheel Contact Information:

- Cody Condon
- cody.condon@freewheelbike.com
- eagan@freewheelbike.com



Freewheel Discounts

MCA Partners



GOLD LEVEL SPONSORS



SILVER LEVEL SPONSORS



BRONZE LEVEL SPONSORS



<https://minnesotacycling.org/sponsors/>



Upcoming Events

Event	Date/Time	Location	Notes
Ride Leader Info Meeting	Monday, May 4	Online	Open to any adults who want to ride with the team
Chipotle Fundraiser	Monday, May 15, 4-8 pm	Rosemount Chipotle	Go eat and support the team at the same time!
Girls "Try-It" Night	Wednesday, June 17	Lebanon MTB Trailhead	For any female riders going into 6-12th grade
Season Kick-off BBQ	Friday, June 19th	Lebanon MTB Trailhead	Meet the team and get some eats. RSVP required.
Cub Bagging Fundraiser	Sat-Sun, July 25 & 26	Diffley Cub Foods	Sign-up Genius coming soon. 2-hr shifts
Von Hanson's Meats Fundraiser	Sat-Sun, August 8 & 9	Eagan Von Hanson's	Sign-up Genius coming soon. 2-hr shifts

JOIN NOW!





THANK YOU

1966

MTTB

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