What we do

The mission of the UND Cycling Club is simple, to promote cycling in the greater Grand Forks area. Although this is a straight forward objective, the ways in which we attempt to fulfill it are many.

At a local level, the UNDCC holds many weekly group rides, as well as participating in local races and bicycle advocacy events. At a regional level, the Cycling Club represents UND in collegiate competition in the North Central Collegiate Cycling Conference, where we compete in road and mountain bike racing, and hope to expand to other cycling disciplines.

Joining UNDCC is a great way to get involved in cycling in Grand Forks, whether you want to make friends to cruise to the coffee house with, or represent UND in division one collegiate competition.



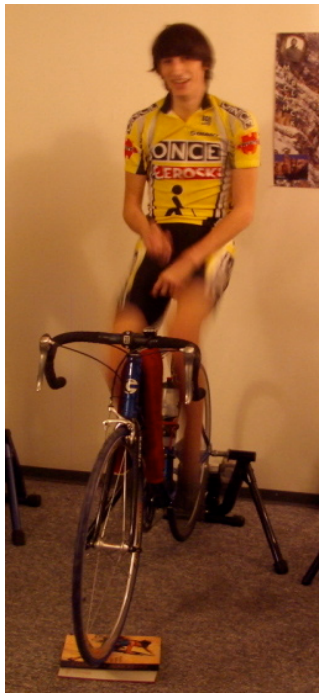
We don't know exactly how old the UND Cycling Club is, but it's been around for quite a while. These colorful fellows are preparing for a time trial.

Who's invited?

EVERYONE! If you ride a bike for fun, for transportation, to stay in shape, or even if you don't ride but like watching cycling races, you're welcome to come hang out with us.



Andrew Yost and friends at the Grand Forks Safe Kids event, Spring 2008. (Photo from Andrew Yost.)



What we ride

UND Cycling Club is made up of members who ride road bikes, mountain bikes, fixed gears, single-speeds, BMX bikes, cruisers, and even unicycles!



Mountain biking at Turtle River State Park. (Photo from Mark Goetz.)



Andrew Yost and Faculty Advisor David Yearwood cross the finish line at the 2007 Newman Center Race. (Photo from Andrew Yost).

David Cardarelli working through the winter. In addition to their own training, UND Cycling Club sponsors Friday night Spin Classes at the Wellness Center as part of Night Life @ UND. (Photo from Mario Czarnomski.)

When we ride

The UND Cycling Club sponsors three official* rides a week when there isn't snow on the ground. Helmets are required for all official club rides, and new people are always welcome!

- Thursday No-Drop: A group road ride focussing on camaraderie rather than speed. Pace is dictated by the comfort of the slowest rider. Typically 20-25 miles. Leaves from the front of Memorial Union at 5:30 pm.

- Sunday Morning Coffee Ride: A group ride with area cyclists of all abilities and all types of bikes. Pace is very casual. Leaves from the rear of Ski and Bike Shop (1711 S. Washington St.) at 10 am and heads to Dakota Harvest bakery in downtown Grand Forks.

- Sunday Evening MTB Ride: A group mountain bike ride at Turtle River State Park, located 20 miles west of Grand Forks on Route 2. Pace and activities are dictated by the group that shows up. Typically about two hours of riding.

Many club members ride most days, so if you are interested in riding, there is usually someone to go with! Unscheduled group rides are usually organized at the UND Cycling Message Board at http://undcycling.campusdakota.com.

*Unofficial (and less serious) rides happen occasionally, including Around Town, Urban Assault, and Hub rides.

UND Cycling Club

http://undcycling.campusdakota.com

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UND Cycling Club members take a photo break during a ride. (Photo from Mario Czarnomski).

Front: Nathan Barten, David Cardarelli and Chad Boehm race in Warrior of the North, Fall 2007. (Photo from Chad Boehm.)

