



Attention Women Cyclist: Want to Learn How to Race Your Bike In 2011?

As part of the 2011 American Cycling Association Women's Mentoring program, professional women cyclist will provide coaching and instruction before, during and after the women Category 4 (beginner) races at the following cycling criteriums:

May 7, 2011 – Wheels of Thunder Criterium in Denver

June 5, 2011 – City Park Criterium in Denver

August 7, 2011 – Bannock Downtown Denver Criterium

Each race is 40 minutes long



This is a great opportunity for women new to racing to learn the basics of race strategy

- Pre-race: Arrive early, a short clinic on tactics and positioning, followed by one lap to get familiar with the course
- During the race: Pro women racers ride in the pack to offer guidance and coaching.
- Post-race: A short debriefing from the women mentors, and a chance for you to ask questions about what happened and why things happened during the race.

Participation in the mentoring is free. Racers must pay the normal race registration fee and license fees. For race times and locations, check out the flyers for each of the races. More information on racing can be found at:

<http://www.americancycling.org/calendar>

If you have questions about the mentoring program contact Carol Kauder at carolkauder@yahoo.com

