

Women's+ Development Committee

Women's+ Racing Initiative

February 2019

Overview

The Women's+ Development Committee aims to inspire and provide skills to the women's+ (women, trans women, femme, non-binary) cycling community to encourage more participation in Colorado bicycle races in an inclusive environment. The Committee and BRAC (Bicycle Racing Association of Colorado) will provide support for women+ relating to:

- Recreational riders interested in racing
- Group rides, clinics, and events in relation to racing
- Bike-related questions

Mission

To foster a lasting environment to grow women's+ bike racing in Colorado.

Goals for 2019

1. **Increase women's+ BRAC registrations by 3%:** BRAC currently has about 589 women+ and girls registered. The Committee's goal is to add 17 new members by the end of 2019.
2. **Increase racer participation by 2%:** Racer days are declining yearly, especially with women's+ racing. The Committee's goal is to increase the number of women+ who are registered BRAC members and show up to races. In 2018, there were 3,362 racer days.

A 2% growth is 67 more racer days in 2019 and an incremental ~\$2,010 to Race Directors.

3. **Implement results from BRAC survey:** The Women's+ Development Committee sent a survey to registered women+ racers. This initiative is in response to answers and feedback we received in the survey. You can read our analysis [here](#).

Potential Schedule of Events

1. "WOMEN+ BIKE"

March or April 2019 / An evening where fellow women+ cyclists can get together, learn about bike racing, and socialize with current bike racers.

Proposed Schedule:

- BRAC mission to recruit more women+ racers
- Racing 101
 - Categories, cost, types of races, deciphering a flyer, upgrading, where to find race information
- Training for races with limited time
 - Training
 - Warm-up
- Basic bike maintenance
 - Tire changing and contest

2. Women's+ Day Camp

April 2019 / \$10 to register (can donate more)

The camp will run from 9:00 AM - 3:00 PM and will be open to all women+ interested in racing. The morning will focus on getting to know each other and discussing the basics of racing (licenses required, teams, training, categories, nutrition, warm-up, etc.). There

will be a 30-minute break for lunch and the afternoon will focus on skills (cornering, braking, accelerating, riding in a group, and communication).

Available for Cats 3-4-5, the program will accommodate different categories.

Reviving Camp from 2016. Read the presentation [here](#).

3. Established Monthly Rides

The Committee will reach out to teams throughout Colorado and ask for their help in leading monthly rides. The goal is to grow interest and awareness of women's+ bike racing in Colorado. To sign-up your team, please email Jessica at women@coloradocycling.org

4. Race Clinics & 50% Off Race Entries

BRAC will offer clinics at \$10 per person (with option to donate more) that will instruct riders how best to race and prepare for different disciplines such as time trials, hill climbs, criteriums, and road races. Clinics are open to Cat 3, Cat 4, and Cat 5 women+. Only Cat 5 Individuals who attend the clinic will be offered a 50% off race entry to the following race. They must attend the clinic in order to receive a 50% off race entry. Individuals will have to pay for their USAC license. Details will be published once coaches, venues, and dates are finalized.