

criterium 101: Presented by ALP CYCLES RACING

Want to try bike racing and don't know where to start? Already racing and want to learn how to be more efficient? Want to hang out with some really cool women and have fun on bikes? Then this clinic is for you!

When: Saturday, March 24, 2018 from 10am – 1pm

Where: TrainingPeaks Headquarters

7007 Winchester Circle

Boulder, CO 80301

Who: Any female category 1-5

Cost: \$30 for three hours of hands-on learning!

USA Cycling certified coaches, Alison Powers (2014 National Criterium Champion), Patricia Schwager and Jennifer Sharp (Current Colorado State Criterium Champion) will teach you what you need to know to race your first criterium. Specifically, we'll be discussing cornering in a group, sprinting, race tactics, safety and have a couple of practice races.

What to bring: Fully functioning road bike with drop handle bars, brakes, helmet, water, a snack, and an openness to learn! Clothing options will depend on the weather. When in doubt – wear too much!

All participants must be USA Cycling licensed, sign a release and wear a helmet. One day license option available to all category 5's.

To register, please use this USA Cycling Registration link:

<https://legacy.usacycling.org/register/2018-824>

Please arrive at least 15 minutes early to check in, and to sign release waivers. Licenses are available at usacycling.org. Should weather become an issue, we will move it inside and have off the bike discussions.

Held under USA Cycling Permit (2018-824)

