

BRAC'S WOMEN'S+ HILL CLIMB CLINIC

MAY 26TH | 10:00 AM - 12:00 PM | \$10

WHAT IS A HILL CLIMB?

A HILL CLIMB IS A BIKE RACE (EITHER TIME TRIAL OR MASS START) WHICH GAINS ALTITUDE CONTINUOUSLY, USUALLY STARTING AT THE BASE OF A CLIMB AND CONCLUDING AT THE SUMMIT.

SKILLS LEARNED IN THE CLINIC:

1. MAINTAINING A STEADY POWER OUTPUT OR CONTROLLED HEART RATE (OTHERWISE KNOWN AS "PACING YOURSELF") FOR LONG PERIODS OF TIME
2. MAINTAINING SMOOTH PEDALING TECHNIQUE AND OPTIMIZING FORM ON THE BIKE
3. POSITIONING IN THE PACK

****NEW RACERS (CATEGORY 5) WHO ATTEND THIS CLINIC WILL RECEIVE 50% OFF OF THE LOOKOUT MOUNTAIN HILL CLIMB SCHEDULED JUNE 8TH, 2019.****

LOCATION: BEVERLY HEIGHTS PARK - LOOKOUT MOUNTAIN PILLARS
2151 LOOKOUT MOUNTAIN ROAD, GOLDEN, COLORADO 80401

REGISTER: [BIT.LY/BRACHCLINIC](https://bit.ly/BRACHCLINIC)

WHAT TO BRING: APPROPRIATE BIKE-RIDING GEAR (BIKE, HELMET, ETC.)

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PERMIT NUMBER: 2019-1779

