

BRAC'S WOMEN'S+ ROAD RACE CLINIC

JULY 13TH | 10:00 AM - 12:00 PM | \$10

WHAT IS A CRITERIUM?

A CRITERIUM, OR CRIT, IS A BIKE RACE CONSISTING OF SEVERAL LAPS WITH TIGHT TURNS, AROUND A CLOSED CIRCUIT. THE LENGTH OF EACH LAP RANGES FROM ABOUT .5 TO 2 MILES. RACE LENGTH CAN BE DETERMINED BY A NUMBER OF LAPS OR TOTAL TIME, IN WHICH CASE THE NUMBER OF REMAINING LAPS IS CALCULATED AS THE RACE PROGRESSES.

SKILLS LEARNED IN THE CLINIC:

1. HOW TO SAFELY TAKE A CORNER
2. BIKE-HANDLING SKILLS
3. POSITIONING ON THE BIKE AND IN THE PACK
4. RACING TACTICS AND STRATEGIES

****NEW RACERS (CATEGORY 5) WHO ATTEND THIS CLINIC WILL RECEIVE 50% OFF OF THE STAPLETON CRITERIUM SCHEDULED JULY 28TH, 2019.****

LOCATION: THE GREEN NORTH
EAST 50TH AVENUE, DENVER, COLORADO 80238

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

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

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