

# criterium 101: Presented by ALP CYCLES RACING

Back for our second year in a row...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, April 27, 2019 from 10am - 1pm

Where: Specialized Boulder

5600 Airport Blvd.

Boulder, CO 80301

Who: Any female category 1-5

Cost: \$50 for three hours of hands-on learning!

USA Cycling certified coaches, Alison Powers (2014 National Crit Champ), Patricia Schwager (former pro), Brie Walle (former pro) and Jennifer Sharp (2017 CO State Crit Champ) 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. Upgrade points are available (5pts from 5 to 4, 3pts from 4 to 3.)

Register [here](#) or at USA Cycling's website.

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

Held under USA Cycling Permit (2019-788)

