

## criterium 101 Clinic p/b ALP CYCLES RACING

Want to try bike racing and not sure where to start? Already racing and want to learn how to be more efficient? Want to meet other like minded women and have fun on bikes? THEN THIS CLINIC IS FOR YOU!!



When: SATURDAY , May 9th, 2020 from 9am - 12pm

Where: Specialized Boulder; 5600 Airport Blvd; Boulder, CO 80301

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

USA Cycling certified ALP Cycles coaches Alison Powers, Patricia Schwager, Brie Walle & Jennifer Sharp will teach you what you need to know to race your first criterium: cornering, sprinting, saving energy, safety, and race tactics. We'll even have a couple of mock races to apply these new skills!

What to bring: A fully functioning road bike with drop handlebars, brakes, helmet, water, a snack and an openness to learn. Clothing options will depend on weather: when in doubt, wear too much!

All participants must be USA Cycling licensed, sign a release and wear a helmet. One day license options available to all category 5s. Upgrade points available: 5pts from 5 to 4, 3pts from 4 to 3.

Register at: <https://www.BikeReg.com/crit-101-clinic-pb-alp-cycles-racing>

Held under USAC Permit (2020-504)



**Bicycle Racing  
Association of Colorado**



Please arrive 15 minutes early to check in and get ready to ride. Should weather challenge us, we'll move inside and have off the bike lectures.