## Wanna Race?

## HALF ACRE CYLING'S FREE 2013 WOMEN/GIRLS/TRANS ROAD RACING CLINIC

Learn Bike Racing Basics Like...

- How to train for racing
- Mhat the heck a criterium is
- Mhat you need besides a bike and spandex
- Mhat peltons, breaks, and pacelines are
- How to corner in a fast moving pack of cyclists
- Why bike racing is the best sport ever

All from Cat 1 racer and USAC Coach, KRISTEN MESHBERG

SATURDAY MARCH 16, 2013 1pm ~ 4pm Gompers Park Field House 4222 W. Foster, Chicago, IL which is Foster at Tripp Ave.

1/2 Mile EAST of I-94 Foster Exit

Must bring bike, helmet, and be ready to HAVE FUN!

Clinic is for all but espcially those new to bike racing!

Held Rain or Shine!

You **must** register to attend: bikereg.com/Net/18356



HALF



presented for FREE thanks to

The Illinois Cycling Association

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