

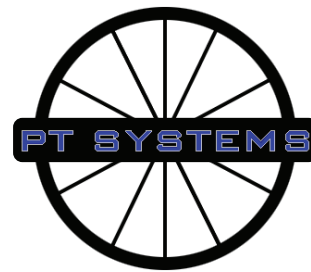
Right Start Beginner's Racing Clinic

July 21, 2013

Presented By:

**WENZEL
COACHING**

&



Associate Coach Ron Castia

Marc Prutton








"On descents on my road bike, I am more confident in the turns / switch-backs and feel like the tires are solidly under me. I understood the theory of how to counter steer and turn the bike, but the practice and instruction were of great benefit." ~ Rich A

"Thanks for a great clinic today - I took a lot of new-found confidence away with me. More specifically, I really feel like I just met my bike for the first time and feel extremely comfortable cornering the thing." ~ Ben G

"I learned so much in Ron's road bike skills clinic, from "always have your out" to "bumping doesn't have to be a bad thing" along with efficient and effective cornering (for paceline or solo) to tight turns with speed." ~ Carol J.

A 6-hour clinic focusing on the basic skills, form, and tactics needed to start racing safely and successfully.

Topics include:

-  Race specific handling skills and cornering techniques to improve confidence in a pack.
-  Positioning and riding in close proximity.
-  Surviving getting bumped.
-  Eating and drinking on the bike safely.
-  Increasing awareness in the pack to avoid getting into trouble while improving efficiency and overall result.
-  Pack riding skills, paceline, echelon, taking a wheel, and protecting your wheel.
-  Sprint techniques, including positioning, form, and course specific run-ins to the finish.

NOTE: This clinic is designed for beginner racers that are thinking about racing and new racers looking to improve their skills as they prepare to upgrade to a category 4.

Approved Category upgrade points: 5 to 4 = 3 Race Experience Points

Marc Prutton of PT Systems:

Marc is a professional coach with 8 years of Elite level and International racing experience on the track and road, He has competed against some of the top International pro riders, including World and Olympic Champions.

Marc holds a Diploma in Sport and Recreation and a Level 2 coaching certificate from BikeNZ, Marc is currently a National junior road coach and regional track squad coach.



Ron Castia of Wenzel Coaching:

Ron is a Level 2 USA Cycling coach who has raced as professional in XC MTB and is a Cat 2 on the road and cyclocross.

Ron has been racing in Northern California for 16 years and currently races for ThirstyBear Cycling Masters Team. Ron currently serves as an NCNCA Mentor and has volunteered at the Fremont Early Bird Criteriums for 9 years.

Registration and Details

Cost: \$95.00

Clubs with 5 or more participants: \$85.00 (must pre-register together)

Registration: Mail USA Cycling Release form to event location, make checks payable to Wenzel Coaching and mail to clinic location.

Location: 841 Tanager Road, Livermore, CA 94551

Start Time: 9:00 AM

End Time: 3:00 PM

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