

# BEGINNING RACER PROGRAM - *Junior Racers*



Tailored for Juniors and introductory bike racers. No prior race experience needed!

Ever considered trying bike racing for the first time? Want to be more comfortable riding in a large group? This clinic is the perfect way to enter the sport under professional and supportive supervisions. This version of the Beginning Racer Program targets Junior riders as well as other novice riders seeking to learn. *This series is a fund-raiser for the GS Andiamo Junior Cycling Development Program, which is dedicated to building the next generation of cyclists.*

## **What is the Beginning Racer Program?**

The Beginning Racer Program is a 5-week series of clinics with professional coaches, designed to help new racers get the essential skills they need to become comfortable competing in bike racing. The curriculum covers: Basic Pack Skills, Cornering, Pack Awareness, Sprinting Basics, and Bringing it all Together.

Each day consists of a professionally coached on-the-bike clinic followed by a training race and post-race discussion.

## **What are Fundamentals?**

In addition to the Beginning Racer Program curriculum we are also covering fundamental bicycle handling skills that will provide the basic elements important to rider confidence and development. Each day we will cover a number of individual riding skills that are designed to improve rider confidence and skill.

## **Who can attend?**

Although this Beginning Racer Program is focused on Junior Cyclists, All non-licensed (first-time racers) and Male Cat. 5 /4 or Female Cat. 4/3 racers are welcome to attend. All licensed riders will receive TWO upgrade points toward their cat. 4 (male) or cat. 3 (female) upgrade for attending the clinic.

*If you are not a USA Cycling license holder you will need to purchase a one-day license for each day of the event.*

## **Dates and Times:**

**Time:** 9:30 AM - Noon

November 28th - Saturday - Basic Pack Skills.

December 13th - Sunday - Cornering.

January 2nd - Saturday - Pack Awareness.

January 3rd - Sunday - Sprinting Basics.

January 9th - Saturday - Bringing it all together.

Attendance for all weekends is encouraged but not required, you may attend any weekend without having attended the prior weeks!

**Cost:** \$25 (per session), includes coached clinics and training race. Registration is limited to 30 riders.

**Location:** Redlands Sports Complex, 1790 N Dearborn St. Redlands, CA 92374

<https://www.google.com/maps/place/Redlands+Sports+Complex/@34.0789524,-117.1463285,15z/data=!4m2!3m1!1s0x0:0xd06618602d5b4eaf>

**More Information:** <http://www.usacycling.org/beginner-racer-program.htm>

**Contact:** Coaches Sean and Rachael Wilson, [info@gsandiamo.com](mailto:info@gsandiamo.com)