

# BEGINNING RACER PROGRAM & INTERMEDIATE RACE CRAFT

## - Redlands



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 licensed and professional coaches, and experienced mentors. The series is designed to help new and returning racers get or review the essential skills they need to be 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 practice race and post-race discussion.

**What is Intermediate Race Craft?** In addition to the Beginning Racer Program curriculum we are also covering intermediate race craft skills for those riders who have completed the BRP curriculum. These skills sessions will build from and reinforce the BRP sessions and will be taught concurrently.

**What are Practice Races?** These are 30 minute mentored race sessions. There will be a post-race discussion with the mentors at the conclusion of each session.

**Who can attend?** This Beginning Racer Program is focused on Adult as well as Junior Cyclists, All non-licensed (first-time racers) and Male Cat. 5 /4 or Female Cat. 4/3 racers receive TWO\* upgrade points toward their Cat. 5 (male) and Cat 4 (female) upgrade for attending the BRP clinic. Cat 4 men are eligible for ONE upgrade point toward their Cat. 3 upgrade for attending Race Craft 101.

*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: (Sunday evenings except for July 10th which starts at 7:30 AM)**  
June 19th, July 10th, July 17th, July 31st, Aug 7th

Time	July 31**	Event	Ages
5:30 PM	7:30 AM	BRP and Race Craft	All ages (all ages)
6:30 PM	9:00 AM	Practice Race I	15+ Years Old ***
7:00 PM	-----	Practice Race II	Under 15 Years Old***

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

\* Practice Races with less than 15 participants, including mentors, are eligible for only 0.5 points for the race (1.5 total points)

\*\* July 31 we will host Citrus Sunday a Junior Omnium Stage Race so the July 31 BRP event will be geared for adults.

\*\*\* Placement of riders in practice events will be by coach selection based on the experience and strength of the rider.

**Cost:** \$15 (per session). \$5 late fee for day of registration. Discounts for GSA members and if you register for the entire series. Includes coached clinics and training race. Registration opens 30 min prior to event. Practice Races are limited to 30 riders in each session.

**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](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>

**Contacts:** Coaches Sean and Rachael Wilson; [sean@bikecoach.com](mailto:sean@bikecoach.com); [rachael@bikecoach.com](mailto:rachael@bikecoach.com)

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