



Twilight Races Series

Friday May 19 and 26



This event series will have a coached sessions and mentored events. The first hour of each session will cover material of the Beginning Racing Skills Program and will cover week's three and five. Weeks one, two and four are covered in the Tuesday night series. Each evening will have pre ride instruction, mentored races, and post race discussion.

Sessions are suitable for all ages and abilities. There will be three mentored practice races each evening. There will be "C", "B" and "A" racing groups based on rider skill and strength. Each group will have mentoring and post-race discussion. Experienced athletes (Category 3 and above) are encouraged to attend as mentors and will receive free entry by prior approval. Contact Coach Sean Wilson sean@gsandiamo.com for details on mentoring. Hydration support from Skratch Labs.

Date	Registration	Time	Event	Categories	Entry Fee
May 19	4:30 PM	5:00 - 7:30 PM	Coached Sessions and Races	All	\$10
May 26	4:30 PM	5:00 - 7:30 PM	Coached Sessions and Races	All	\$10

Held under USAC rules. Helmets must be worn at all times while on the bike.

Athletes are eligible for upgrade points each day as per current USAC and SCNCA guidelines for clinics and mentored events.

Registration: Registration at USAC website. Day of registration opens at 4:30 PM. Entry fee includes USAC insurance and SCNCA surcharges. *If you are not a USA Cycling license holder you will need to purchase a one-day or annual license for the event.*

Cost: \$10 entry. MUST Sign USAC Release Form. Events go on, rain or shine. If you are not a USA Cycling license holder you will need to purchase an annual license or a one-day license for each event.

GS Andiamo members receive a substantial discount for each session. Free entry for Cat 3 and above athletes who act as mentors with prior approval.

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

<http://tinyurl.com/hbay4lj>

Course: ~ 800 meter loop

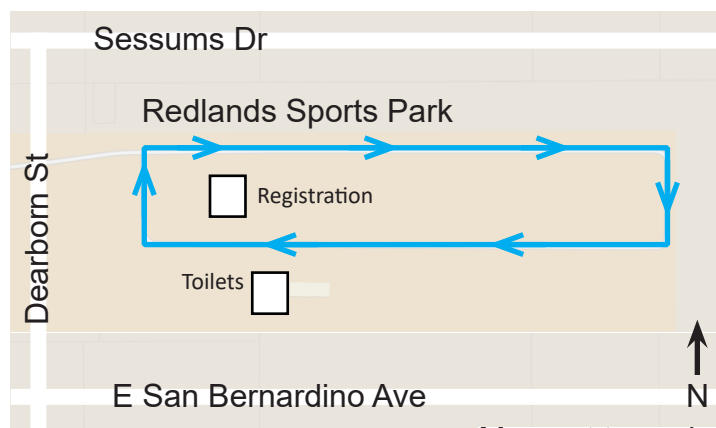
Parking: Along Dearborn St

More Information: see www.gsandiamo.com

Contact: Coach Sean Wilson, PhD

sean@gsandiamo.com

Held under USAC permit: 2017-1282



Map not to scale

bikecoach com
skratch LABS

USA Cycling Center of Excellence
2015 & 2016 - USAC Club of the Year

