# Beginning Racer Program January 5, 12, 19 & 26, 2020

## Practice the skills of safe bicycle racing in a friendly environment

## Progressive curriculum each week with coaches from local teams

#### Weekly clinic followed by practice criterium on closed course

#### Gary Brooks Photo

Registration opens at 7:30 am at 3298 Villa Ave, Clovis, CA 93612 and closes 15 minutes before start-time. Daily registration fee is \$25. Must show 2020 USAC Race License or Cat 5 may pay \$10 one-day license fee. If you have a USAC Race License you must renew before the clinic and may not buy a one-day. All riders must complete a new USAC form each week. 17 and under must have waiver signed on site by parent or guardian. **All Cat 5 and Juniors <u>must</u> attend clinic to participate in practice criteriums.** Junior riders are anyone under 19 as of 12/31/2020. Cat 4 strongly encouraged to attend clinic. Upgrade experience available according to USAC regulations and NCNCA policies. You must participate in all three sections of BRP (Clinic, Practice Crit, & Debrief) to earn any upgrade points. Schedule is subject to change and some fields may be combined if necessary. **Clinic is from 9:30 am – 11:00 am with a new topic each week.** Everyone encouraged to attend but must have helmet and bicycle. Course is flat, smooth pavement on Pontiac, Lind, Dakota, Pelco.

| Time  | Category                      | Length | Max field size |   |
|-------|-------------------------------|--------|----------------|---|
| 8:30  | Cat 3/4 + Women 1/2/3/4       | 40 min | 75             | V |
| 9:30  | Clinic                        | 90 min | 75             |   |
| 11:15 | Women Cat 4/5 + Juniors Cat 5 | 30 min | 50             |   |
| 12:00 | Men Cat 5                     | 30 min | 50             |   |
| 12:50 | Cat 1/2/3                     | 60 min | 100            |   |



Directions: 168 to Ashlan Ave Exit. Ashlan eastbound 1.8 miles. Right on Villa. Follow signs to parking.

**What to Bring:** Warm clothes (layers), lunch and/or snacks, water, umbrella (check the weather!), towel, change of clothes, bike and helmet, positive attitude. Clinic held rain or shine but overwhelming precipitation may force cancellation.

**More info**: facebook.com/clovis.training.crits or rgabel@ositpros.com. These events are for practice only and no results will be recorded. Registration fee includes USAC insurance and NCNCA surcharge. Held under USA Cycling event permit 2020-201.