

Thank you for registering for the Virginia Beginning Racer Program presented by Peaks Coaching Group and sponsored by Charlottesville Racing Club and the UVA Cycling Club!

This note is meant to give you the information you need to get the most out of the weekend, but should you have any questions, please don't hesitate to contact us. *Charles Gary Hoffman, Clinic Director at 434-466-8846 or Christian Sheridan at 434-872-3272*

Licenses: All riders must hold a current USA Cycling license. You may purchase a one-day license for each day of the clinic (need 3 total) for \$10/per day or you may purchase an annual license for \$70 (\$35 for Juniors) [Purchase One-day for 3/17](#); [Purchase one-day for 3/18](#); [Purchase One-day for 3/19](#)

Equipment and Clothing: Besides a bike and helmet, be sure to pack for the changeable weather conditions of spring in Virginia. At a minimum, bring:

- Long sleeve jersey or base layer(s)
- Arm warmers
- Wind vest
- Rain jacket
- Thermal jacket
- Leg warmers or tights
- Toe covers and/or Shoe covers
- Hat, head covering or ear warmers for under your helmet
- Long finger gloves
- Extra socks
- Spare wheels or tires and tubes (in case of flats)

Weather update: forecast as of mid-day Tuesday looks good, 50s and 60s all weekend but please be prepared for changing weather conditions and a change of cycling clothes between Saturday on-bike events.

Lodging: We don't have an official hotel for the clinic, but any hotel close to UVA will work. Below are some hotels that are convenient for Saturday and Sunday's venues.

The Holiday Inn- Charlottesville
1200 5th Street Ext., (I-64 and Route 631),
Charlottesville, VA 22902
1 800 315 2621 (Reservations)

Hampton Inn & Suites Charlottesville-At The University
900 W. Main Street, Charlottesville, Virginia, 22903
TEL: +1-434-923-8600

Sleep Inn & Suites Monticello,
1185 5th St SW, Charlottesville, VA 22902
888-423-8465

Meals/Food: All meals will be on your own, but we're happy to recommend some places. The following two are probably the closest to Saturday's venue:

Guadalajara Mexican
2206 Fontaine Avenue
Charlottesville, VA 22903

Thai 99
2210 Fontaine Ave
Charlottesville, VA 22903

Saturday night many of us will be dining at Firefly Restaurant at 8 PM. All are welcome but we would love to have a headcount in advance.

Firefly
1304 E Market S
Charlottesville, VA 22902, 434-202-1050

Please note to plan your food and nutrition needs carefully over the weekend and in advance noting the schedule below. Bring water bottles for proper hydration and snacks appropriate for pre-ride and pre-race snacking and post-race nourishment. We expect to ride about 25 miles on Friday, 15-20 miles on Saturday and 25-30 miles on Sunday.

Juniors: Parents of Junior participants, please note that you will need to sign the releases for your riders and also that there will be some transport necessary between venues as well as for meals, so please plan accordingly.

Schedule:

Friday March 17th

At 2:30 PM we will meet at Castle Hill Cidery, 6065 Turkey Sag Rd, Keswick Va. 22047 to sign in and have our first classroom session launch.

AT 3:00 PM we will get on the bike for some basic handling drills on grass; these will involve some bumping and rubbing of wheels, so bring training wheels and leave your race wheels at home. After that we will ride about 5 miles over to a short road loop where we will practice *Basic Pack Skills* including a rotating pace line and positions on the bike, followed by our first practice race and debrief.

At approximately 6:30 PM we will return to the Cidery for a final debrief and review followed by a social gathering with cider, cheese and bread provided by Castle Hill Cidery. This optional social gathering will **conclude by 7:30 PM.**

Saturday March 18th

At 9:00 AM we will be on bikes ready to ride at the Fontaine research park Natural Resource Drive, Charlottesville, VA 22903; this is a short 1/3 mile, closed loop course where we will focus on *Cornering* at speed solo and in a pack, then have our second practice race and debrief **finishing at 11:30 AM.**

We will break for lunch (see suggested places above)

At 1-3PM we will reconvene on UVA grounds for a classroom session to reinforce our learning in *Cornering* and *Pack Awareness* and discuss racing tactics and strategies.

At 4 PM we'll head back to the Natural Resources Drive Loop for on-the bike mentoring on *Pack Awareness* and cornering skills and our third practice race and debrief. Racing will **conclude at 6:30 PM.**

At 8 PM as mentioned above, there will be an optional, on your own, gathering for food and social interaction at Firefly Restaurant. All participants, support staff and parents are invited but please let us know if you will be attending.

Sunday March 19th

From 8:30 AM to 10 AM we'll meet at *on the UVA campus* for our final classroom session regarding the final 2 clinic topics: *Sprinting Basics* and *Bringing it All Together*.

Meet 11 AM at the Walton Middle School, 4217 Red Hill Rd, Charlottesville, VA 22903. We will then ride over to the Jefferson Cup course, (at Secretary Rd and Carters Mountain Rd), warmup with a 1 lap on-bike mentoring session illustrating *Bringing it All Together* and then continue mentoring *Sprinting Basics* on the final straight away on Carters Mountain Rd. We finish with two short races: a sprint race on the final stretch on Carters Mountain Rd then a full lap race of the 10 mile Jeff Cup course itself. We'll then head back to the middle school to debrief and issue USAC Category BRP completion upgrade certificates and **conclude at 3PM.**

Note: *There is no lunch break on Sunday once we are on the course. Please bring extra water bottles and easily digestible snacks, planning accordingly for your nutrition needs. Also Sag wagons will be on the road courses both Friday and Sunday following the groups. A Porta-John will be available Saturday at the criterium course and the start-finish line on Carter's Mountain road.*