



# 2020 Early Bird Bicycle Race Training Series



Promoted by Velo Promo & Golden Chain Cyclists.  
Under USAC rules & permit 2020-252

**Dates:** Sundays, **January 5, 12, 19, and 26 and Feb 2** (clinics/ mentoring / training races)

**Location:** Fremont, CA, new course in South Fremont, Gateway at Bayside, Fremont.

**Registration:** Opens at 7:45 a.m. at Gateway and Bayside, Fremont

**Directions:** From Fwy 880 in Fremont, take the Warren Avenue exit and head west (towards SF Bay) on Warren. Turn south (left) on Fremont Blvd, then east (left) on Gateway to site. Follow signs and instructions to parking. Please do not take shorter routes via GPS suggestions.

**On-line directions:** 47198 Bayside Parkway, Fremont 94538. (but please follow above instructions)

**Course:** 0.85 mile flat clockwise loop of good pavement. Four 90-degree right hand turns. Race Loop: Gateway, Lakeview, Bayview, Bayside, Gateway. Portapotties provided, but no drinking water. This is a new course, PLEASE stay out of business parking lots and while warming up in the area, obey stop signs and traffic lights.

---

## **Schedule:**

**Sundays, January 5, 12, 19 and 26 and Feb 2 (clinics/ training races)**

8:30 Men Category 3/4 training race (50 min.)

9:20- Men Category 3/4 post race talk

9:30 **Early Bird Mentored Skills Clinic #1 for Category 3, 4 & 5 Men**

10:45 Category 5 Men 15-34 training race (50 min.)

11:35 Category 5 Men 15-34 post-race talk

11:45 Category 5 Men 35+ training race (50 min.)

12:35 Category 5 Men 35+ post-race talk

12:45 **Early Bird Mentored Skills Clinic #2 for Women Category 3, 4 & 5 and Juniors 6-18**

2:00 Women Category 3/4 and 5's training races, split fields (50 min.)

2:50 Women Category 3/4 and 5's post-race talk

3:00pm Youth (U14) and Juniors (U18) race, split fields (30 min.)

3:30 Youth and Juniors post-race talk

3:30 Category 1/2/3/Pro race (60 min.)

---

## **Dates:**

**Sat., Jan. 4** – **Leader and Mentor training** @ the Early Bird course from 2pm to 4pm. All new leaders and mentors must attend this meeting. Teaching skills will be taught, practiced and tested.

**Sun., Jan. 5** – Get Ready to Race/ "Assertiveness Training"

**Sun., Jan. 12** – Cornering/ "You are not alone"

**Sun., Jan. 19** – Formation and Anticipation/ "How to read a race"

**Sun. Jan. 19** – "Meet the Teams Day" – racers not yet on a team will have the chance to talk to teams and consider what they have to offer (and want in return). No cost, casual, pop up a tent, set up a table and enjoy the day. Moved to January 29 if rain.

**Sun., Jan. 26** – Even more perspective/Sprinting

**Sun Feb 2** – Putting it all together/ "Relaxed and comfortable?"

---

**Notes:** training races only, with no placing recorded. We may split fields for safety reasons. You might get to practice racing in a neutralized field. **Important: Emergency Vehicles may enter the course; marshals, mentors and officials may then neutralize or even stop the event temporarily.**

**Upgrade points** are available for the Early Bird Mentoring sessions:

(Cat 5 to Cat 4). 1 point per training race, 1 point for each clinic, 8 points maximum, if all five weeks of the Early Bird season are completed, (10 pts max for life).

(Cat 4 to Cat 3) 1 point for each race finished and 1 point for each mentoring session completed. Category 4 riders are encouraged to attend the morning skills clinic after their training race. (Up to 3 points are available for upgrading.)

**Entry:** Event fee is \$25 each week.

## **How to Enter:**

---**via On-line** at [www.BikeReg.com](http://www.BikeReg.com) from now to The Wednesday before each event for \$25 plus on-line surcharge. No late fees. No on-line entry after midnight PST Wednesday for each week's event. You'll need to sign and date your entry form/release at race registration desk.

---**At the Early Birds on day of:** You may enter at the events, provided your event is not filled, for \$25, no late fee.

**2020 USAC license** required (available at race or online at [www.USACycling.org](http://www.USACycling.org)). One day licenses are available only for Category 5 Men or Women. Entry fees include \$1 NCNCA and \$3.50 USAC insurance surcharges. Numbers will be provided. Fee covers any and all participation during the day. Allow yourself at least one-half hour for registration and preparation. One new USAC form each week. 2019 annual license (\$80) or one-day – for Cat 5 (Beginners) only: (\$10). Annual is available on-line at [www.usacycling.org](http://www.usacycling.org) –there you can print a receipt/authorization to ride to bring with you to the race. Race numbers will be provided.

**Age Note:** Your USAC racing age is the age you will be on December 31 of 2020

**Further Info:** [www.velopromo.com](http://www.velopromo.com) [velopro1@sonnet.com](mailto:velopro1@sonnet.com)

