



2019 Early Bird Bicycle Race Training Series



Promoted by Velo Promo & Golden Chain Cyclists.
Under USAC rules & permit 2019-305

Dates: Sundays, **January 6, 13, 20, and 27** (clinics/ mentoring / training races)

Location: Fremont, CA, same since 1988.

Registration: Opens at 7:45 a.m. at Dumbarton & Campus, Ardenwood Industrial Park. Closes 15 minutes before the start of each training race.

Directions: **From Palo Alto**, take Hwy 84 across the Dumbarton Bridge towards Fremont and take the first exit (Paseo Padre Parkway). Go north one block and turn right on Dumbarton Circle. **From Hwy 880**, take Hwy 84 **west** to the Paseo Padre/Thornton exit and go north (right) one block to Dumbarton Circle.

On-line directions: 7420 Dumbarton Circle, Fremont, CA 94555

Course: 2.2km flat clockwise loop of good pavement. Three 90-degree right hand turns, one sweeping right turn. Race Loop: Dumbarton, Campus, Kaiser, Dumbarton. Portapotties provided, but no drinking water.

Schedule:

Sundays, January 6, 13, 20 and 27 (clinics/ training races)

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

9:15- 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**

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

2:00pm Juniors ages 6 to 18 skills clinic

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.)

Sat., Jan. 5 – **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. 6 – Get Ready to Race/ "Assertiveness Training"

Sun., Jan. 13 – Cornering/ "You are not alone"

Sun., Jan. 20 – Formation and Anticipation/ "How to read a race"

Sun. Jan. 20 – "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. 27 – 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.

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 four 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 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.

2019 USAC license required (available at race or online at www.USACycling.org). One day licenses are available only for Category 5 Men or Women. Entry fees include \$1 NCNCA and \$3.75 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 (\$70) or one-day – for Cat 5 (Beginners) only: (\$10). Annual is available on-line at 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 2019

Further Info: www.velopromo.com velopro1@sonnet.com