



2017 Early Bird Training Series



Promoted by Velo Promo & Golden Chain Cyclists.

Under USAC rules & permit 2017-xxx

Dates: Sundays, **January 8, 15, 22, and 29** (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 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. **Don't** exit 84 at Ardenwood/Newark.

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

Course: 2.2km flat clockwise loop of good pavement (resurfaced in 2012). Three 90 degree right hand turns, one large sweeping turn. Race Loop: Dumbarton, Campus, Kaiser, Dumbarton. Portapotties provided, but no drinking water.

Sundays, January 8, 15, 22 and 29 (clinics/ training races)

8:30 Men Category 4 race (45 min.)

9:15- *Men Category 4 post race talk*

9:30 **Early Bird Mentored Skills Clinic #1** for Juniors, Category 4 and Category 5
Men U35 and 35+

10:45 Category 5 Men 19-34 race (40 min.)

11:25 *Category 5 Men 19-34 post-race talk*

11:30 Category 5 Men 35+ race (40 min.)

11:30am **Juniors ages 6 to 18 skills clinic**

12:10 *Category 5 Men 35+ post-race talk*

12:15 Youth (U14) and Juniors (U18) race, split fields (30 min.)

12:45 *Youth and Juniors post-race talk*

12:45 **Early Bird Mentored Skills Clinic #2** for Women Category 3, 4 and 5

2:00 Women Category 4 and 5's races, split fields (40 min.)

2:40 *Women Category 4 and 5's post-race talk*

2:45 Women Category 3 race (40 min.)

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

Sat., Jan. 7 – **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. 8 – Get Ready to Race/ "Assertiveness Training"

Sun., Jan. 15 – Cornering/ "You are not alone"

Sun., Jan. 22 – Formation and Anticipation/ "How to read a race"

Sun. Jan. 22 – “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). Teams: No cost, casual, pop up a tent, set up a table and enjoy the day (but please do contact Velo Promo to sign up). Moved to January 29 if rain.

Sun., Jan. 29 – 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 (5 to 4). 1 point per training race, .5 points for each clinic. 6.0 points maximum, if all four weeks completed. (4 to 3) .5 points for each clinic completed. Category 4 riders are encouraged to attend the morning skills clinic after their training race.

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.

---**By Mail:** You may still enter by mail, send standard USAC entry form/release along with \$25 to Velo Promo/Early Birds, 19780 Soulsbyville Road, Soulsbyville, CA 95372. Note: indicate what category and which day(s) you are entering on check or form. Entries for several races in one envelope okay, but be sure to list event dates/names on the outside. Envelopes without names of races on the outside may go to the wrong race.

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

2017 USAC license required (available at race or online at www.USACycling.org). 2017 annual license is \$70. One day licenses are available only for Category 5 Men or Women for \$10. Entry fees include \$1 NCNCA and \$3.75 USAC insurance surcharges. Numbers will be provided. The 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. or one-day license (\$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 2017.

Category Note: Riders new to the sport are automatically Category 5; Riders move up in category by upgrading via participation and/or placings.