



# 2016 Early Bird Training Series



Promoted by Velo Promo & Golden Chain Cyclists.

Under USAC rules & permit

**Dates:** Sundays, **January 3, 10, 17, 24, and 31** (clinics/ mentoring / training races)

**Location:** Ardenwood Technology Park, **Fremont, CA**, same since 1988.

**Registration:** Opens at 7:45 a.m. at Dumbarton & Campus, in Fremont. Closes 15 minutes before the start of each race.

**Directions:** **From Palo Alto**, take Hwy 84 east 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 in Fremont**, 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; but **don't** take the Ardenwood/Newark Blvd exit from 84, please.

**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. Start/ Finish is being moved closer to registration for 2016.

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## **Sundays, January 3, 10, 17, 24 and 31 (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 30+**

10:45 Category 5 Men 45+ race (40 min.)

11:25 *Category 5 Men 45+ post-race talk*

11:30 Category 5 Men 30-44 race (40 min.)

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

12:10 *Category 5 Men 30-44 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 and 4, and Category 5 Men Under 30

2:00 Women Category 3 and 4's races, split fields (40 min.)

2:40 *Women Category 3 and 4 post-race talk*

2:45 Category 5 Men under 30 race (40 min.)

3:25 *Category 5 Men under 30 post-race talk*

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

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**Sat., Jan. 2** – 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. 3** – Get Ready to Race/ "Assertiveness Training"

**Tue., Jan. 5** – Indoor Clinic @ Cognition Cyclery Menlo Park 6:30pm to 8pm. 2016 Racing Season and Early Bird Training Series overview with Early Bird Directors. Free tips and tricks. Are you ready to race?

**Sun., Jan. 10** – Cornering/ “You are not alone”

**Sun., Jan. 17** – Sprinting/ “Far better to test your sprint at a clinic, than in your 1st race”

**Sun., Jan. 24** – Formation and Anticipation/ “How to read a race”

Also on **Sun. Jan. 24** – “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, teams pop up a tent, set up a table and enjoy the day. Moved to January 31 if rain. Teams should contact Velo Promo ([velopro1@sonnet.com](mailto:velopro1@sonnet.com)) to sign up.

**Sun., Jan. 31** – Putting it all together/ “Relaxed and comfortable?”

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**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. Races may be neutralized or stopped for emergency vehicles.

**Upgrade points** are available for the Early Bird Criterium Mentoring sessions (5 to 4). 1 point per training race, .5 points for each clinic. 7.5 points maximum, if all five 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](http://www.BikeReg.com) from Dec 22 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 Bird Crit, 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.

2016 USAC **license required (annual** available for \$70 at race or online at [www.USACycling.org](http://www.USACycling.org) --there you can print a receipt/authorization to ride to bring with you to the race. **One day** licenses (\$10) are available only for Category 5 Men or Category 4 Women and can be purchased at the event. Entry fees include \$2 USAC insurance surcharges. Numbers will be provided to wear, for clinic and race.

The fee covers any and all participation during the day. Allow yourself at least one half hour for registration and preparation. One new USAC release form each week

**Age Note:** Your USAC racing age is the age you will be on December 31 of 2016. (USAC says you are older than you thought!)