

2023 Early Bird



Bicycle Race



Training Series in Livermore

Let the 36-year Early Bird tradition continue! We appreciate “pack racing” requires intermediate bicycle racing skills, so we set time aside to help all riders. We are hoping you carve out time to come learn and practice your pack racing skills, applicable for road, gravel, cyclocross and criterium racing.

Promoted by Velo Promo & Golden Chain Cyclists.
Under USAC rules & permit #2023-6712

ONLINE ENTRY preferred, but day-of entry open till 15 minutes before each event’s scheduled start each Sunday

Dates: Sundays, **January 8,15,22,29 and February 5, 2023** (clinics/ mentoring / training races)

Location: Livermore, CA - Constitution at Collier Canyon Rd.

Registration: On line at <https://www.bikereg.com/early-bird-bicycle-race-training-series> Number pick-up and check-in opens at 7:45 a.m. at Constitution at Collier Canyon, Livermore

Directions: From Fwy 580 in Livermore, take the Airway Blvd exit and head north one block to North Canyons Parkway. Turn right and right again onto Constitution Drive. After passing Costco on your left, watch for signs indicating “Bike Race Parking”. Follow signs and instructions to parking. Parking is northwest of the course. Race HQ and registration are west of corner four. Portable toilets are at the back of the parking lot.

Location for GPS: 2441 Constitution Drive, Livermore,CA 94551 (but please follow above instructions)

Course: Same as 2022 course, moved finish line. 0.65 mile flat clockwise loop of good pavement. Four 90-degree left hand turns. Race Loop: Constitution, Shea, Gateway, Collier Canyon, Constitution. Portapotties provided, and will be ventilated and cleaned periodically, but no drinking water. PLEASE stay out of business parking lots in the center of the course loop; while warming up in the area, obey stop signs and traffic lights. There is usually a great deal of traffic around Costco, only one block away.

Schedule: **Sundays, January 8,15,22,29 and February 5, 2023 (clinics/ training races).**

8:30 **Early Bird Mentored Skills Clinic #1 for Men Category 4 & Novice Men**

10:00 Men (15-39 years old) Category 4 and novice training race (50 min.)

10:50 Men (15-39 years old) Category 4 and novice post-race talk

11:00 Men (40+ years old) Category 4 and novice training race (50 min.)

11:50 Men (40+ years old) Category 4 and novice post-race talk

noon **Early Bird Mentored Skills Clinic #2 for Women Category 4 & Novice, and Junior Boys and Girls (6-18 years old)**

1:30 Women Category 4 and Novice training race (50 min.)
1:30 *Junior Boys and Girls (6-18 years old) skills clinic*
2:20 *Women Category 4 and Novice post-race talk*
2:30 Youth (U14) and Juniors (U18) race (30 min.)
3:00 *Youth and Juniors post-race talk*
3:00 Men Category 1/2/3 and Early Bird mentors training race (60 min.)

USA Cycling (updated) Beginning Racer Program curriculum:

Saturday, Jan 7 – Leader and Mentor training @ the Early Bird course from 2pm to 4pm. **Remember, for this day, the roads are not closed.** All new leaders and mentors must attend this meeting. Teaching skills will be taught, practiced, and tested. CEU's for licensed coaches.

Sunday, Jan 8 – Get Ready to Race/ "Assertiveness Training"

Sunday, Jan 15 – Cornering/ "You are not alone", and Formation and Anticipation/ "How to read a race"

Sunday, Jan 22 – Formation and Anticipation

Sunday, Jan 29 -- Sprinting

Sunday, Jan 29 – "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. Sorry, no food preparation onsite.

Sunday, Feb 5 --Putting it all together/ "Relaxed and comfortable?"

Racers can attend any or all of the series days. Those missing one can get a catch-up group the next week.

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.**

Entry: Event fee is \$25 each week. \$10 for riders under 18.

How to Enter:

---via **On-line** at www.BikeReg.com from now until 15 minutes before the scheduled start of your event. Each race day (Sunday) event for \$25 plus on-line surcharge. No late fees. No on-line entry after 15 minutes before your event is scheduled to start, Sunday (Jan 8,15,22,29 and Feb 5). You will not need to sign and date your entry form/release at race registration desk if you enter online.

---**At the Early Birds on day of:** Limited, but allowable entry at the event, no extra charge

Register at:

<http://bikereg.com/early-bird-bicycle-race-training-series>

2023 USAC license required (available at race or online at www.USACycling.org). One day licenses (\$10) are available **online.** Entry fees include **\$1.50 NCNCA and \$5.00 USAC insurance surcharges.** Race numbers will be provided. Event/Entry Fee covers any and all participation during the day. Allow yourself at least one hour for registration and preparation.

Age Note: Your USAC racing age is the age you will be on December 31, 2023

Further Info: www.velopromo.com velopro1@gmail.com (209) 604-1354

