



## *2024 Early Bird*



### *Bicycle Training Race Series in Livermore*

Over our 37-year tradition, the Early Birds are training races. Which is to say that the focus is on gaining and honing pack racing skills, without regard to placing, or prizes, at a reasonable price. We provide a venue where you can practice your arrival to start time, including warmup and course preview, as well as practicing your race craft whether you decide to sprint or sit up at the finish, as well as your routine when you finish. We consider the racers experience to be the most important part of the day that we have mentors leading pre-race clinics, observe during the race and lead a post-race debriefing. We are trying to provide a learning environment and have found that stripping away the placings, and prizes accelerates your learning.

Promoted by Velo Promo & Golden Chain Cyclists. Under USAC rules & permit 2024-8333

**Dates:** Sundays, **January 7,14,21,28, and Feb 4, 2024** (clinics/ mentoring / training races)

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

**Registration:** ONLINE ENTRY preferred (such as porta-potty planning), but "day-of" is available.

<https://www.bikereg.com/early-bird-bicycle-race-training-series> Check-in opens at 7:45 a.m. and closes 15 minutes before each event. Registration 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", in parking lots to the left. Registration and race HQ are one block east. Portable toilets are at the back of the parking lot. Follow signs and instructions to parking. Please do not take shorter routes via GPS suggestions.

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

**Course:** 0.65 mile flat clockwise loop of good pavement. Four 90-degree left hand turns. Race Loop: Constitution, Shea, Gateway, Collier Canyon, Constitution. Porta potties provided, but no drinking water. Same course since 2022, (and 2002). 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. Thank you for being considerate and careful on the roads.

**Cancellation:** If the event is cancelled at the promoter's discretion, all entrants will get full credit to future Velo Promo races/events. (We have a full schedule at [www.velopromo.com](http://www.velopromo.com))

**Schedule:** Sundays, January 7,14,21,28, Feb 4 (clinics/ training races/ post-race talk).

8:30 am – Category 3 training race (50 min.)

**9:00 am Early Bird Mentored Skills Clinic #1 for Category 3, 4 & Novice (90 min.)**

10:30 am - 15-34 Category 4 and Novice training race (50 min.)

11:20 am - 15-34 Category 4 and Novice post-race talk (10-20 min.)

11:30 am - 35+ Category 4 and Novice training race (50 min.)

12:20 pm - 35+ Category 4 and Novice post-race talk (10-20 min.)

**12:00 pm - Early Bird Mentored Skills Clinic #2 Women and Non-Binary Category 3, 4 & Novice, and Junior Boys and Girls 6-18 years old (split groups, 90 min.)**

1:30 pm – Women and Non-Binary Category 3, 4 and novice training races (50 min.)

**1:30 pm - Youth and Juniors skills clinic (while the Women and Non-Binary race)**

2:20 pm - Women and Non-Binary Category 3, 4 and novice post-race talk (10-20 min.)

2:30 pm - Youth (U14) and Juniors (U18) training race, split fields (30 min.)

3:00 pm - Youth and Juniors post-race talk (10-20 min.)

3:00pm – mentor and 1/2/3 race (60 min)

### **USA Cycling Beginning Racer Program curriculum:**

**Saturday, Jan 6** – Leader and Mentor training @ the Early Bird course (which is open to traffic) from 1pm to 3pm. All new leaders and mentors must attend this meeting. Teaching skills will be taught, practiced and tested. CEU's for licensed coaches.

**Sunday, Jan 7** – Get Ready to Race/ “Loving the Draft, also known as Assertiveness Training”

**Sunday, Jan 14**– Cornering/ “You are not alone”, and Formation and Anticipation/ “How to read a race”

**Sunday, Jan 21** – Even more perspective/Sprinting

**Sunday, Jan 28** – “Formation and Anticipation”

**Sunday, Jan 28** - “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.

**Sunday Feb 4** - “Putting it all together”, also known as “are you Relaxed and comfortable?”

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

Most everyone can “double up” on clinics, training races and post-race talks to accelerate your learning experiences.

### **Notes:**

- training races only, with no placing recorded. We may split fields for safety and Covid-19 reasons. You might get to practice racing in a neutralized field.
- Upgrading 4 to 3: one upgrade point for each week completed, when riders attend a) the clinic, b) their training race, and c) the post-race talk

**Important: Emergency Vehicles may enter the course; marshals, mentors and officials may then neutralize or even stop the event temporarily.**

**Entry:** Event fee is \$30 each week. \$10 for riders under 18. Mentors must register in advance and will be credited back after they mentor (eases paperwork, count of mentors, and race numbers). Vests will only be provided to mentors that register in advance.

### **How to Enter:**

---**via On-line** at [www.BikeReg.com](http://www.BikeReg.com) from now until 5 pm each Thursday before each Sunday's program. Each race day (Sunday) event fee \$30 plus on-line surcharge (\$10 for juniors). No late fees.. 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. No entry after 15 minutes before your event's scheduled starting time. You'll need to full out and sign a paper entry form.

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

**2024 USAC license required** (available at race or online at [www.USACycling.org](http://www.USACycling.org)). One day licenses (\$15) are available online or at the event. Entry fees include USAC surcharges Race numbers will be provided. Event/Entry Fee covers any and all participation during the day that you are qualified for. 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 of 2025

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