



## Women's Track Clinics

Sunday  
July 31, 2011  
September 25, 2011  
12:00 Noon Start

Promoted by:  
Kissena Velodrome & Century Road Club of America

**Where:** Kissena Velodrome

**What:** 3 hour structured track training/education session.

### Agenda:

12:00 Noon – New Rider Intro (experienced riders are not required to attend the intro session)

1:00 PM – drills, mock races and fun

- 200m TT
- Standing starts
- Mock races
- Sprint and track training drill

**Equipment:** Track bikes with fixed gear and without functioning brakes only. Recommended gearing 80 – 84”.

**Who:** Open to all women and invited riders.

**Entry:** Registration opens at 11:30 AM. This is a USA Cycling sanctioned clinic. USA Cycling license is not required as one-day licenses are available. \$10. Online registration on BikeReg.com. Limited number of loaner bikes (pre-registration required for loaner bikes).

**Info:** Joe Brennan 732-356-1702, evenings.

**Race track; it's fun!**