



Kissena Women's Track Clinics

Sundays April 5, April 19, May 31, 2009
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 Into (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 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!