



2019 Women's Track Clinics

Sundays

March 24, August 11, October 6

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). Start time subject to change.

1:00 PM – drills, mock races and fun

- 200m TT
- 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. All riders must hold a valid USA Cycling annual or purchase a one day license. Online registration on BikeReg.com. Limited number of loaner bikes (pre-registration required for loaner bikes). USAC Permit 2019-716

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

Race track; it's fun!