



Track Racing Clinics

PRE-REGISTRATION ONLY!!!!

Introductory Track Racing Clinic	Advanced Track Racing Clinic
<ul style="list-style-type: none"> • Sunday April 28th – 9am start • Saturday June 1st – 1pm start • Saturday July 6th (tentative) – 1pm start 	<ul style="list-style-type: none"> • Sunday May 5th – 9am start • Saturday June 8th – 1pm start • Sunday July 7th (tentative) – 12pm start

Held under USA Cycling event permit

A series of clinics for riders who have never ridden on the velodrome and would like to partake in track racing at Kissena. Open to all riders with USA Cycling road/track/cyclo-cross license; one-day licenses can be purchased **online ONLY** for \$10. \$20 entry fee per day. Participation in both days is not mandatory; but riders taking the Advanced Clinic must have participated in a previous Kissena clinic. Rainouts will not be made up. Clinic is limited to 15 total participants. Coaching services provided by Finish Fast Cycling.

Topics to be Covered

Introductory Track Racing Clinic	Advanced Track Racing Clinic
<ul style="list-style-type: none"> • Introducing the Track Bicycle • Introducing the Track and It's Markings • Rules for Safety and Racing • Riding on the Track • Riding with Others on the Track • Brief Introduction of Track Events 	<ul style="list-style-type: none"> • Review of Introductory Clinic Topics • Proficiency in Group Pacelines • Proficiency in Riding Abreast • Demonstrate Common Races on the Track • Discuss Advanced Events on the Track • Review of Technical Rules • Demonstrate Simple Mechanical Items

There are a limited number of rental bicycles available; please sign up for the rentals when registering. Rental registrations are on a first-come, first-served basis. If you have your own pedals please bring them to put on the bikes.

Sign-in opens 1 hour before the start time. **Pre-registration is REQUIRED and can be done on <http://www.bikereg.com>.** Pre-registrations by mail are accepted. Please include USAC Standard Entry Form and check payable to New York Velodrome Association and send to Alan Atwood, 62 Timber Ridge Dr, Holbrook, NY 11741. ***Riders under 18 years of age must have parent or guardian present to sign race waiver. It is HIGHLY SUGGESTED that junior riders fill out a waiver form and have the parent/guardian sign it before you come to the velodrome.***

PLEASE NOTE!! – Due to New York City Department of Parks & Recreation regulations, we cannot accept any race day fees. This event is PRE-REGISTRATION ONLY!!! Please register at <http://www.bikereg.com>.

For more information, contact Alan Atwood by e-mail at kissenavelo@gmail.com. Event promoted by the New York Velodrome Association.

