

ONION RIVER RACING



- Montpelier, Vermont -

Onion River Racing

PRESENTS

Introduction to Bike Racing & Group Riding 101 for Women

Saturday & Sunday May 21-22, 2011

This Introduction to bike racing and group riding is designed to invite anyone to come out and learn the basic terminology of group riding and bike racing. Skills to be learned include but are not limited to the following:

- **How to ride in a Pace Line**
- **How to draft – what to do and what not to do**
- **How to ride side by side in a group**
- **What is an attack and how to respond to one**
- **Basic climbing skills**
- **Basic Criterium Skills**
- **What to anticipate for your first race**



Guest Speaker:

Stephanie Chase, Category 2 Bike Racer, a USAC Cycling Coach and the New England Bike Racing Women's Development Coordinator

Stephanie has several years of bike racing and group riding experience and is here to support those getting started in the sport. Onion River Racing is presenting this clinic in a continued effort to provide quality instruction for anyone interested in getting involved in cycling at any level. Whether you are a tri-athlete, new to the sport of cycling or want to learn how to improve your cycling on a safety level, a tactical level, a fitness level or all three – this clinic is for you. The clinic will include an introduction to racing with skills practice on the first day and the option to enter the Barre Grand Prix Criterium race on the second day. Limited to the first 20 registrants

Day One - Saturday May 21st (National Life, Montpelier, VT): 9:30AM to 4PM

Skills Clinic + Group Riding Practice

Day Two - Sunday May 22nd (Downtown Barre Vermont) 10 AM to 3 PM

Additional skills practice, overview of how to prepare for your first race and the option to watch and participate in the 2011 Barre Grand Prix (details at BikeReg.com).

Cost: \$50

Ready to sign up? Go to: <http://www.bikereg.com/events/register.asp?eventid=13313>

Have questions? Contact: Heather Voisin at heatherleitch@hotmail.com or 802-279-8249

For more information see: www.onionriverracing.com