

Women's Beginner Track Clinic



Content: This clinic will prepare and certify new women to race the track. In this full weekend clinic we will cover fixed gear riding, bike handling, track skills, as well as mock races and strategy. Women will be prepared for the first Friday night track race, held May 9th, in which clinic participants will have a special race category.

Racing clinic will be taught by Masters Track National medalist Annabell Holland, with assistance from Michael Hernandez. Special guest appearance on Sunday by US National Scratch Race champion and World Championships USA National Team member, Shelley Olds.

Date & Time: Saturday, May 2nd 8:30 to 4:30 and Sunday, May 3rd 10:30 to 4:00

Location: Hellyer Park Velodrome, 995 Hellyer Ave. San Jose, CA

Cost: \$70, lunch included both days

Bring: a helmet, cycling clothes, and a water bottle. If you have a track bike, please bring it. If you do not, you can use a Hellyer track rental bike; this rental fee is included in the clinic fee. Just remember to bring your pedals.

Register by April 17th: Space is limited. Please register early. Contact Beth Newell at eanewell@gmail.com for more information

Women's Beginner Track Clinic Registration Form

Name: _____

Address: _____

City, State, Zip: _____

Phone Number: _____

Email Address: _____

Emergency Contact: _____

Emergency Contact Phone: _____

Questions:

Are you on a club/team? If so, which one? _____

Do you race road, mountain, or cyclocross? If so what category do you race with? _____

How long have you been riding bikes? _____

Have you attended a Saturday beginner session?
If so, how many? _____

Do you have your own fixed-gear track bike? If *not*, what is your road bike size? _____

Do you need a vegetarian meal? Other dietary restrictions? _____

Please make checks payable for \$70 to "NCVA" and mail to: Beth Newell 282 Jayne Ave Apt B. Oakland, CA 94610 by April 17th. Thanks.

For any questions: email Beth at eanewell@gmail.com