

VA Beginning Racer Program at the Bryan Park Circuit Race

Bryan Park Circuit Race - Sunday July 9th

Bryan Park
4308 Hermitage Rd.
Richmond, VA 23227

The **VA Cycling Beginning Racer Program** presented by Peaks Coaching Group in conjunction with the VCA is a USAC*sanctioned series consists of 5 unique on-the-bike clinics, designed to be enjoyable, inspirational and educational for beginning and intermediate racers, and provide attendees the skills necessary to have safer and more enjoyable racing experiences.

Note: Race Day Clinics will only include a portion of the entire VA BRG program. In this instance, the following topics will be covered.

- Field Drills (Bumping & Touching Wheels)
- Cornering (Turning (Slow Speed) & Counter-Steering (focusing on form))
- Pack Skills (Pace Line & Working Together)

Schedule

- VA BRG Sign In 7:00-7:45 AM (Look for a tent and the Peaks Coaching Group Banner)
- Bryan Park Circuit Race Sign in 8:00 AM
- VA BRG (Morning) On-Bike Drills/Debriefing/Lunch/Classroom Instruction 8:30 AM
 - Field Drills
 - Cornering
- Bryan Park Cat 4/5 Circuit Races
 - Women's Cat 4 11:31 AM
 - Men's Cat 4/5 12:45 PM
- VA BRG (Afternoon) Classroom Instruction/On-Bike Drills/Debriefing 1:45 PM
- VA BRG Practice/Training race 3:05 PM
- Post-race Debriefing (following Practice/Training Race)

Registration

- \$ 26.00
- Bike Reg <https://www.bikereg.com/35286>

Category Upgrade

Cat 5s will receive 3 mass starts if they complete all three elements (shown below) of the clinic **and** finish the Bryan Park race. **Cat 4s** will receive 2 upgrade points for the same.

- Classroom Instruction
- On-Bike Drills
- Practice Race

*You must hold a current USAC license to participate or you can purchase a one-day license. USAC Registration/Waiver and Photo Waiver required. Participants must be at least 12 years old. You need not participate in the Bryan Park Race to participate in the VA BRG clinic.

Contact Sherman Cravens: Sherman@PeaksCoachingGroup.com for more details



Virginia Cycling
Association

