

Want to Learn to Race?

Attend Peaks Coaching Group's Beginning Racer Race Day Clinic - USO Warrior Week Criterium

Beginning Racer Clinic at the USO Warrior Week Criterium – Saturday June 2nd

Camp Pendleton

Use General Booth Boulevard Entrance

Virginia Beach, VA 23451

The **VA Cycling Beginning Racer Program (BRP)** 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 BRP program. In this instance, the following topics will be covered.

- Field (Grass) Drills (hand on shoulder, body contact & touching wheels)
- Steering & Bike Handling (turning in confined areas & negotiating obstacles)
- Cornering & Counter-Steering (higher speed) (looking through the corner & weight distribution/position on the bike)
- Pack Skills (pace line & working together)

Schedule

- VA BRP Sign In 9:00-10:30 am (Look for a Peaks Coaching Group tent (High Viz Green) or a tent with a PCG Banner). All BRP participants must complete a USAC Registration/Waiver form.
- VA BRP Classroom Instruction/On-Bike Drills/Debriefing/Lunch begins at 11:00am
- USO Warrior Week Criterium Cat 4/5
 - Women's Cat 4/5 Race 3:40 – 4:10 pm (30 minutes)
 - Men's Cat 4/5 Race 4:20 – 4:50 pm (30 minutes)
- VA BRP Classroom Instruction/On-Bike Drills/Debriefing 5:00 pm
- VA BRP Practice/Training race 6:10 pm
- Post-race Debriefing (following Practice/Training Race)

Registration

- \$ 26.00
- Bike Reg <http://bikereg.com/usowarriorweekcrit>

*You must hold a current USAC license to participate or you can purchase a one-day license. USAC Non-Competitive Event Registration/Waiver and Photo Waiver required. Participants must be at least 12 years old. You need **not** participate in the USO Warrior Week Criterium to participate in the VA BRP clinic.

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



Virginia Cycling Association

