



## Montana Bicycle Racing Association

[www.montanacycling.net](http://www.montanacycling.net)

and

## Cycling Made Real

[www.cyclingmadereal.wordpress.com](http://www.cyclingmadereal.wordpress.com)

present

# INTRODUCTION TO WOMEN'S BICYCLE RACING SKILLS CLINIC

USA CYCLING PERMIT #758

## A women's cycling clinic for skill refinement and beginning racing experience

Held in Helena, Montana. May 3rd & 4th, 2008.

Contact information: Jane O'Driscoll [janeo@imt.net](mailto:janeo@imt.net) OR 406-495-9191

Register at: Sports Base Online [www.sportsbaseonline.com](http://www.sportsbaseonline.com)

Registration Closes: Thursday May 1st at midnight

Cost: \$35 for the entire weekend (includes breakfast and lunch on Saturday).

### Schedule:

Saturday, May 3rd -

7:30am – registration and check in - Covenant United Methodist Church - 2330 Broadway, Helena, MT

8:00am – clinic starts; welcome, introductions, goals for the weekend

8:30 to noon - lecture

Safety

Dressing for the cold & heat

Recreational riding and racing opportunities

Pack and group riding, pacelines, echelons

Fixing a flat

Role of USA Cycling and MBRA

Introduction to coaching and training aspects

Bike fit and riding position

noon to 1:30 lunch with Taco del Sol, bike fitting & prepare for afternoon

1:30 to 5:00pm – skills stations

Group riding – pace lines and echelons

Time Trialing - standing starts, getting up to speed, turn-arounds

Sprinting – when to sprint, when to shift

Climbing & descending – when to shift, positioning in the pack

Cornering and Mass starts

6:00pm “Meet and greet” - Great Divide Cyclery downtown Helena for adult beverages & appetizers

Sunday, May 4th - 8:00am - ? Group integration skills ride

**Come and enjoy a weekend with other women on bikes, and learn some new skills! Even if your goal is to ride better and you have no plans to race, this clinic is a great place to start! If you've always wanted to try a race, this is a great opportunity to meet other beginners, prepare for your first event in a non-intimidating environment, and meet some of the mentors who will ride the races with you.**

