



MontanaCycling.Org



## It's Time To Train For 2007

If you're a new or experienced road racer who wants to get some racing information, now's the time to get started. Waiting until June to start getting ready for the next road racing season is too late. Montana Bicycle Racing Association (MBRA) is hosting clinics in cities throughout Montana (schedule below). The program costs are covered by MBRA, so this is the way to get a leg up on the competition without having to hit the line without a clue to what's going on. There is some time in class and time to ride, including how to ride close to other riders and feel comfortable while doing it. Once you can do this, you'll never want to ride alone again.

The New Racer Program is presented by Don Russell, 15 year USA Cycling Cat 1/Elite Coach, Official, and Cat 3 racer.

Bring your road bike or contact the person listed below for additional information.

The whole purpose of the clinic is to provide a non-threatening environment to learn about what racing is all about. Usually your first introduction to the sport is to ride up to the line and get left at the line or shortly afterwards. You didn't have a good experience and you leave the sport. That's sad. We're trying to improve the first experience. The clinic is open to everyone, experienced riders are especially welcome to the afternoon section whether we ride or not.

### Guided Discussion/Lecture

- USAC/MBRA/Local Clubs
- Race Registration/Paperwork
- Race Organization
- Types of Races
- Teams versus Individuals

- Equipment/Training/In-season/Off- season
- Rules/Officials/Promoters
- Upgrading
- Stage racing versus one-day races
- Evaluating the race and how to improve

### Outdoor – Ride/Race (Weather permitting)

- Paceline - How to hold that wheel
- Race Starts - How not to get left behind
- Sprints - How to not get killed
- Pack work - How to not be intimidated

### Indoor - (Weather not allowing ride)

- Race Strategy
- Race Dynamics
- Riding Etiquette
- More detail on earlier subjects and Q/A.

What do you get for this: Male Cat 5s get credit for five of the ten race requirement to upgrade to Cat 4. If you've already done five races (bring your resume), You can upgrade at the end of the clinic. Participation in the full clinic (discussion and riding/racing) is required. Female Cat 4s will get credit for half the points required to upgrade to Cat 3. If you don't want to use the clinic towards races/points, that's fine, they're strictly optional.

Billings – March 18, 2007 – Contact: Spencer Stone [prez@yvcclub.com]

Missoula – March 23 and 24, 2007 – Contact: Don Russell [coach@bikingcoach.com]

Others to be announced on [www.montanacycling.org](http://www.montanacycling.org)