2019 Early Bird Bicycle
Race Training Series

Promoted by Velo Promo & Golden Chain Cyclists.
Under USAC rules & permit 2019-305

**Dates:** Sundays, January 6, 13, 20, and 27 (clinics/ mentoring / training races)

**Location:** Fremont, CA, same since 1988.

**Registration:** Opens at 7:45 a.m. at Dumbarton & Campus, Ardenwood Industrial Park. Closes 15 minutes before the start of each training race.

**Directions:** From Palo Alto, take Hwy 84 across the Dumbarton Bridge towards Fremont and take the first exit (Paseo Padre Parkway). Go north one block and turn right on Dumbarton Circle. **From Hwy 880,** take Hwy 84 **west** to the Paseo Padre/Thornton exit and go north (right) one block to Dumbarton Circle.

**On-line directions:** 7420 Dumbarton Circle, Fremont, CA 94555

**Course:** 2.2km flat clockwise loop of good pavement. Three 90-degree right hand turns, one sweeping right turn. Race Loop: Dumbarton, Campus, Kaiser, Dumbarton. Portapotties provided, but no drinking water.

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**Schedule:**

**Sundays, January 6, 13, 20 and 27 (clinics/ training races)**

- 8:30 Men Category 3/4 training race (50 min.)
- 9:15 Men Category 3/4 post race talk
- 9:30 Early Bird Mentored Skills Clinic #1 for Category 3, 4 & 5 Men
- 10:45 Category 5 Men 15-34 training race (50 min.)
- 11:35 Category 5 Men 15-34 post-race talk
- 11:45 Category 5 Men 35+ training race (50 min.)
- 12:35 Category 5 Men 35+ post-race talk

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**Sat., Jan. 5 –** Leader and Mentor training @ the Early Bird course from 2pm to 4pm. All new leaders and mentors must attend this meeting. Teaching skills will be taught, practiced and tested.

**Sun., Jan. 6 –** Get Ready to Race/ “Assertiveness Training”

**Sun., Jan. 13 –** Comering/ “You are not alone”

**Sun., Jan. 20 –** Formation and Anticipation/ “How to read a race”

**Sun., Jan. 27 –** Meet the Teams Day – racers not yet on a team will have the chance to talk to teams and consider what they have to offer (and want in return). No cost, casual, pop up a tent, set up a table and enjoy the day. Moved to January 29 if rain.

**Sun., Jan. 27 –** Putting it all together/ “Relaxed and comfortable?”

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**Notes:** training races only, with no placing recorded. We may split fields for safety reasons. You may get to practice racing in a neutralized field.

**Upgrade points** are available for the Early Bird Mentoring sessions:

- (Cat 5 to Cat 4). 1 point per training race, 1 point for each clinic, 8 points maximum, if all four weeks of the Early Bird season are completed. (10 pts max for life).
- (Cat 4 to Cat 3) 1 point for each race finished and 1 point for each mentoring session completed. Category 4 riders are encouraged to attend the morning skills clinic after their training race. (Up to 3 points are available for upgrading.)

**Entry:** Event fee is $25 each week.

**How to Enter:**


- No on-line entry after midnight PST Wednesday for each week's event. You'll need to sign and date your entry form/release at race registration desk.

--- At the Early Birds on day of: You may enter at the events, provided your event is not filled, for $25, no late fee.

**2019 USAC license** required (available at race or online at [www.USACycling.org](http://www.USACycling.org)). One day licenses are available only for Category 5 Men or Women. Entry fees include $1 NCNCA and $3.50 USAC insurance surcharges. Numbers will be provided. Fee covers any and all participation during the day. Allow yourself at least one-half hour for registration and preparation. One new USAC form each week. 2019 annual license ($80) or one-day – for Cat 5 (Beginners) only: $10. Annual is available on-line at [www.usacycling.org](http://www.usacycling.org) – there you can print a receipt/authorization to ride to bring with you to the race. Race numbers will be provided.

**Age Note:** Your USAC racing age is the age you will be on December 31 of 2019
Further Info:  www.velopromo.com  velopro1@sonnet.com