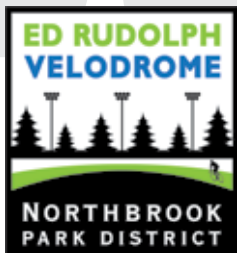


2013

Women's Track Cycling Clinic Series

Clinic #1 – Ed Rudolph Velodrome

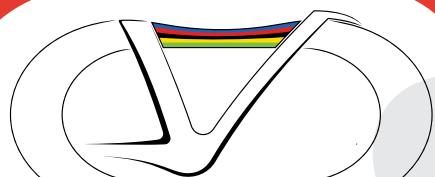
Meadowhill Park, Northbrook, IL



Saturday, May 4th

8am - 12pm (registration 8am-9am)
online registration at www.usacycling.org

- What is a track bike?
- Proper equipment for riding on the track
- How to ride a track bike
- Proper track etiquette
- Track racing 101
- Group riding skills



CHICAGOVELO CAMPUS

Clinic #2 – Chicago Velo Campus

Chicago, IL

Saturday, June 15th

8am - 12pm (registration 8am-9am)
online registration at www.usacycling.org

- Intro to 166 meter track and 53 degree banking
- Group riding skills
- Mock racing
- Clinic will include track certification



What to bring:

- Helmet & cycling shoes
- Track bike with pedals
- Appropriate cycling clothing

Track bikes are available at both Northbrook and Chicago Velo Campus.

• \$15
non-USAC licensed riders
• \$10
USAC licensed riders

Instruction by **Francine Haas**,
Category 2 track racer and
Northbrook's woman rider of the
year 2009-2012

For questions regarding the clinic
or track bike rental, please contact
Francine Haas at
francinemchavez@yahoo.com

Event sponsored by **Illinois Cycling Association** | USAC permit pending