



JENNIE REED FOUNDATION

Inspire. Empower. Grow.

This camp will inspire, empower, and grow the seasoned junior track cyclist to help achieve their goals on and off the track.

**Coached by Jennie Reed
Olympic Silver Medalist, World Champion,
and 3X Olympian**

- AGES:** 13-18 yrs old *under 13 must have 2+ years of track experience
Contact Stewart (20 riders maximum)
- SCHEDULE:** Saturday June 29th 10-3. Quick lunch 12:30-1 Bring snacks and lunch
Sunday June 30th 11-4. Quick lunch 1-1:30 Bring snacks and lunch
- AGENDA:** Standing starts, bike agility, race tactics, racing and training nutrition, and warm up protocol. These are just a few of the things that will be covered.
- COST:** \$100 for the weekend
- REGISTRATION:** <https://www.usacycling.org/register/2013-1720>
- QUESTIONS:** Contact Stewart at stewartbowmer@gmail.com
- LOCATION:** [Marymoor Velodrome](#) Redmond, WA

Be ready each day at the appropriate times. This an intensive 2 day block. We will move things along and of course will take breaks appropriately. Be prepared with proper clothing and nutrition.

All proceeds go to the Jennie Reed Foundation
www.jenniereedfoundation.org

USAC Permit #2013-1720