



Tulsa Tough's 1st Annual

Primal Pro Women's Cycling Clinic



When: June 6th and 7th, 2013

Presented By: Primal Pro Women "We love winning bike races, but what counts the most is what we leave behind."

Nicky Wangsgard (Several NRC Podiums and Wins)

Joanie Caron (Several NRC Podiums)

Tiffany Pezzulo (Several NRC Podiums and Wins)

Kaytie Scott (Top of Utah Criterium series 2010 & 2011)

Who Would Benefit: The race clinic is designed for beginner, intermediate, and advanced cyclists interested in learning more about cycling and bike racing from well-accomplished women.

Included In Clinic: Attendees will learn essential road and criterium racing skills. They will also be presented with in depth workshops on nutrition, training, balancing a career/family, and bike maintenance. There will also be one team group ride and access to riders after their pro criterium race.

Cost: \$45.00

Location: TBA

Registration: Day of or at usacycling.org through your USAC Account

Contact: Nicky Wangsgard 435-817-3939

E-mail: Wangsgardnicky@gmail.com

What you will need?: Come ready to ride (Helmet, bike, cycling attire, and a smile)

Schedule

* *Thursday*

4:00 PM: Sign in and snacks (Location TBA)

4:30 PM: Introductions of Team and Attendees.

5-7:00 PM: Workshops and Skills Training

* *Friday Morning*

8:00 AM: Breakfast with team

9:00 AM: Morning group ride (Location TBA)

10:30 AM: Q and A Time

* *Friday Evening*

Join team for post-race dinner reflection time after Stage 1 (Location TBA)



Held under USA cycling event permit. Riders must be licensed or purchase one day license for event.