

SPBRC Beginning Road Racing Program Group Performance Riding

Now Sanctioned for USAC Upgrade

Who is the Intro Program For?

This program is intended for riders who may be interested in road racing as well as those interested in performance riding.

You don't need to be in great shape. Some of the riding will be a little challenging all classes will emphasize skills rather than high intensity training. No one will be dropped on any of the rides. If the group splits, one of the instructors will hang back.

The course offers on-bike instruction in bicycle handling techniques, group riding techniques and an opportunity to race. Most participants will end up with the basic knowledge and skills to race successfully. These same skills will allow you to participate in many of the informal training rides sponsored by clubs throughout the metro area.

Who Will Be Riding With You?

Each group will include 2 instructors and up to 12 students. Sometimes the group will ride together and sometimes it will split into two groups. The instructors are all experienced road racers and/or coaches. Many of them also have track racing and mountain bike racing experience. *They are all volunteers who are anxious to see the sport they love grow by bringing in new people.*

We try to group students by ability level. You'll be asked to evaluate yourself on the application form. Be honest! If you end up in the wrong group, we will try to switch you to a more appropriate group.

One of our groups will be open only to women. Women can choose to join this group or any of the other groups.

A Race for Beginners

This race is free to BRP students. It is promoted by the Saint Paul Bicycle Racing Club and sponsored by Summit Brewing Company. The race is held on the truck driver training course at Dakota County Technical College. You couldn't ask for a better course for a first race! There are no curbs, parking meters or telephone poles.

Ride the Track

Track riding is a blast and is something that every bicycle rider should experience! It's also pretty easy. *The National Sports Center Velodrome*, located in Blaine, routinely attracts the best track riders from the US, Canada, and Europe.

Upgrade your race category

The Minnesota Cycling Federation has sanctioned the Beginner Race Program for upgrade points. By taking this program and the optional test, you will receive credits for 5 of the 10 races necessary to upgrade from category 5 to category 4.

How to Join – Complete the Beginner's Racing Program application (download www.spbrc.org/docs/BRP_registration_2010.pdf).

For more information, call or email **Mark Manzella**
temafiki@comcast.net **651-324-8654**

If joining SPBRC, also complete the club application that is attached to the BRP form

2010 Dates – Once you've been notified of your class, join us at Fort Snelling State Park.

If you have not received notification by the evening of the Sunday before classes start, call Mark.

- Class dates; April 26, May 3, 10, 17, 24 and Friday, May 28. In case of bad weather a makeup class will be scheduled.
- The class meets for approximately 2.5 hours starting at 5:45 except the last class at the velodrome, 7:00 pm.

Meeting site - Fort Snelling State Park, 101 Snelling Lake Road, St. Paul MN 55111. Take Highway 5 (this runs past Mpls/St Paul In'tl Airport) to the Post Road exit. Turn right onto Post Road if you come from Mpls/west, or left if you come from St Paul/east. Go down the hill into the park. We will meet in the first parking lot to the left AFTER you pass the lake/pond about 1 mile past the ranger station.

Note: You will need to have a state park vehicle permit to enter the park with your car. Daily permits are \$5 and yearly permits are \$25. Entering by bicycle is free.

What to bring -

1. Road bike with "drop" handlebars – Compulsory
2. ANSI and/or Snell approved biking helmet – Compulsory
3. Medical information and ID
4. Cycling shoes (use running or cross training shoes with the stiffest soles possible if you don't have specific cycling shoes)
5. Appropriate bike clothing
6. Rain jacket
7. Spare tube, tire levers, and frame pump
8. Sunscreen/bug spray
9. Eye protection (sunglasses)

Fee - There are two choices and an upgrade option* for registering for the Beginning Racing Program:

(1) \$125 is the fee to join the SPBRC and enroll in the program. Your membership fee includes one SPBRC team short-sleeved jersey and all other club benefits.

(2) \$75 is the fee for individuals who do not want to join the SPBRC.

(*) \$25 administration fee if you wish to receive upgrade points, (5 of 10 races to upgrade from Cat 5 to CAT 4), you must sign up for the Upgrade option. You will also be required to purchase one day licenses for each day of instruction or purchase a yearly race license through USA Cycling - www.usacycling.org

Refund policy. - If we cannot match you with a group, you may receive a refund. If your class is cancelled by your instructors more than twice, (for example, due to weather), you may be eligible for a partial refund. That refund would amount to 25% for each class canceled beyond the first two cancellations. *No refunds for any other reason.* Other options are available.

Cancellations - Cancellations are usually done at the last minute since you can't predict the weather. If your session is canceled, your instructor(s) will contact you at the phone number or email address you provide on your application.

Missing Class - Each session builds on the skills learned in the previous lesson. Because of this, you are encouraged to attend all the sessions. Please contact Mark or your lead coach if you are unable to attend a lesson.

More information - Have you read this whole brochure and still have questions? Do you simply want to talk to a real person before you commit? In either case, visit our website www.spbrc.org or contact Mark Manzella at temafiki@comcast.net or 654.324.8654.

Training Schedule -

Week 1: Bike handling skills, group riding etiquette, intro to drafting

Week 2: More bike handling skills, easy contract drills, pacelines

Week 3: Pacelines, cornering, braking, more contact drills

Week 4: Pacelines, echelons, climbing and descending

Week 5: Pacelines, group sprints, practice racing

Week 6: Ride at the velodrome (oval track)

Safety

- You must wear an ANSI or Snell approved helmet whenever you're on your bike (even if it isn't moving).
- Follow your instructor's directions exactly.
- *Your bicycle must be in good working order.* If you have any doubts at all, have a bike shop check it out.
- *Reckless, careless or dangerous riding is forbidden.*
- The roads you will be riding on are open to traffic, although traffic will usually be pretty light. Don't enter the traffic lane or cross an intersection without looking to make sure that it's safe.
- Inform your instructor if you stop to rest, leave early, etc. (missing students might have been dropped or had an accident.)
- *No rider will be pressured to do anything they don't want to do.*
- The coaches have the right to exclude any student from any activity if they feel the student can not perform that activity safely.