

## **Racing 101 - Bicycle Racing Education and Skills Clinic**

The Greenville Spinners Racing Team has partnered with GS élan Women's Cycling to bring you Racing 101. This will be a half-day mini-camp, led by the Greenville Spinners Racing Team, GS élan Women's Cycling and Steve Baker, Greenville Spinners Board Member and Team Manager for Hincapie Development Cycling Team. This event is free for all Greenville Spinners members.

### **Not currently a Greenville Spinners member?**

Membership sign-up and renewal will be available the day of the camp. One year membership is only \$25 for individuals or \$35 for family membership.

### **Is this camp for me?**

- Are you a woman or a man who has ever considered bike racing and wondered if it was for you?
- Are you a woman or a man interested in learning more about bike racing, to help you make an informed decision?
- Are you a woman or man, ready to join the sport of bike racing now but need bike racing skills education?

If you answered "Yes" to any or all of the above questions, this clinic is for you!

Even if you have a few (or many) races under your belt, you could benefit from these discussions and skills clinic.

### **Agenda:**

The mini-camp will consist of 2 hours of discussion on the basics of bicycle racing followed by a 2 hour skills clinic. Time: Saturday, March 19, 2011 from 8:00am – 12:00pm  
Location: Ride On Bicycles, 1616 Woodruff Road, Greenville, SC 29615

- Introduction to Mini-camp and thanks to Sponsors
- Agenda Review
- Announcements
- Ride On Bicycles - Products and Services
- Greenville Spinners Racing Team Mission and Goals
- GS élan Mission and Goals
- Getting into Racing - Handling the intimidation factor
- The Basics of Riding in a pack
- Racing in the pack
- Preparing for Race day - Day before and morning of
- Logistics and packing list
- Skills Clinic - Riding Skills led by Steve Baker, Greenville Spinners Board Member and Team Manager for Hincapie Development Cycling Team.

### **Helmets are required!**

### **Registration, Check-in and Member Sign-up/Renewal:**

Pre-camp check-in (or membership signup/renewal) will begin at 7:30am in front of Ride On Bicycles. Please arrive in time so we can get you checked in or signed up as a Spinners Member before our 8:00am start time. Your membership includes insurance for this event along with all of the other [Greenville Spinners Member Benefits](#).

### **Questions?**

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