



presented by
SAN MANUEL
BAND OF MISSION INDIANS



Women's Road Cycling Clinic

May 15-16, 2010

Redlands, CA

A cycling clinic for the beginning road cyclist to the racer.

On-Bike Instruction: group riding skills • pedaling efficiently • group ride etiquette • pacelines (beginning and advanced) • gear selection • bike fit/position • race strategy • cornering • attacking/counter attacking • bridging • sprinting • time trial starts/efforts • and more!

Registration: Online women's clinic registration, non-refundable & only available at <http://www.socalreg.com> Contact for questions: womenscyclingclinic@gmail.com
REGISTER EARLY - SPACE IS LIMITED TO 100 PARTICIPANTS!

Cost: \$70 for non-USA Cycling women riders;
\$60 for current USA Cycling license holders.

Included: Meals: Saturday breakfast & lunch; Sunday breakfast
Nutritional Snack/Drinks: provided throughout the clinic weekend.

What to bring: A safe, operating road bike, cycling helmet, and a towel or mat for stretching.

Location: Redlands Cyclery USA, 415 A Tennessee St. Redlands, 92373

Times: Friday evening 4:00PM-7:00PM: —**Recommended**—early check-in.
Saturday 6:00AM-7:30AM: Check-in and breakfast.
8:00AM-5:00PM: On-bike Instruction and Off-bike Seminars.
Sunday 7:00AM-12:00PM: Option to participate in a Local (no cost) Organized Group Ride, or a USA Cycling race event (with an additional fee) in Ontario, CA.



Staff: Tricia Sandstrom: Races for Team Group Health. During her 6 years of racing, she has participated in elite races including the Cascade Cycling Classic and the San Francisco Crit.
Izette Swan: Races for Team Group Health. During her 5 years of racing, 2 of those years she has raced at the elite level. Izette is a physical therapist and is co-owner of a PT clinic in Seattle which specializes in treating endurance athletes. She is a bike fitter and a Level II Cycling Coach.
Gina Kavesh: Races for Bikesale.com which has a 50 women roster. During her 17 years of racing, 14 of those years have been at the elite level. She has competed in numerous NRC events including the 2009 Redlands Bicycle Classic.



Lodging: Redlands Host Hotel: Ayers Hotel, 1015 W. Colton Avenue, Redlands 92373, Phone: 909-335-9024, website: www.ayersredlands.com. Request the special rate for clinic attendees. Reservation deadline of April 30th.

Cat 4 racers holding a USA Cycling license will receive 4 points toward their Cat 3 upgrade for clinic participation



Off-bike Seminars
Massage/Muscle Recovery, Stretching, Nutrition, Basic Bike Maintenance, Yoga & Core Strengthening, Team & Individual Race Tactics