



# The 3<sup>rd</sup> Annual GA Velo Bella Women's Track Clinic

Saturday, March 11, 2006 at 9:00 AM  
Dick Lane Velodrome, East Point, GA

**What:** Come join us on a Velo Bella day of learning to ride on the Velodrome and having fun. The clinic will be in 2 parts:

- Part I will include introduction to the track, track etiquette and rules, how to ride on the banking and various drills.
- Part II will include introduction to track races, riding in a pack, strategy and practice races.

Expect the first part of the clinic to take 3-4 hours and the second part to take about 3 hours. This will be a very long day, so please bring plenty of food and fluids. We will also take a lunch break. Dinner afterwards at Oz Pizza for those interested.



**Where:** Dick Lane Velodrome (for directions see [www.dicklanevelodrome.com](http://www.dicklanevelodrome.com)) on Saturday, March 11 at 9:00 am sharp. Rain date is Sunday, March 12.

**Who:** Part I of the clinic is open to all women cyclists who either want to see if track racing is their thing or just want the experience of riding a fixed gear bike on a velodrome.

Part II is open to those who have done one of the following: completed Part 1, have taken a previous Velo Bella track seminar, have completed at least two classes of the regular beginners track training or have equivalent experience on another velodrome.

**What do I need?** Your helmet, cycling shoes, and your own pedals (preferably removed from your bike before you get there). Track bikes will be provided.

**Cost:**

**Part I** is free! So come on out and bring all of your friends!

**Part II** will be \$35. Make your checks payable to EPVA.

**How do I sign up?** Contact Cathy Boland at: [cathy@bolandconsulting.net](mailto:cathy@bolandconsulting.net) or 404-272-0802 to reserve your spot or for more information. Please include your preferred bike size and contact information (preferably a cell phone) in the email. Space is limited by the number and sizes of rental bikes.