



Bike Clinic 101 – Bike Handling and Basic Racing Skills

Taught by: Jesse Moore - USA Cycling coach and Cat 1 racer

Hosted by: Dolce Vita

Bike riding is a sport that is technically demanding, and because of its speed can be a bit intimidating. For the novice rider and especially new racers, the close quarters and the incidental contact that occurs can lead to panic, fear and poor decision making. Moore Performance has developed this on-the-bike skills and safety clinic to teach you fundamental skills that can turn potentially nervous moments into merely routine ones.

This clinic is targeted towards newer riders and Cat 3/4/5 racers. It is designed to maximize your exposure to:

- Close group riding (riding in a pack and pacelines)
- On-the-bike contact (wheels and bodies)
- Cornering skills (choosing your line, balancing your weight)
- Braking (Emergency braking, maintaining momentum)
- Basic introduction to Criterium, Road and Time Trial racing in's and out's

The more you know what to expect, the better you will react and the safer your decisions will be. There will be a lot of hands on practice, drills and games to give you the experience you need. **Attendance will count towards five races for Cat 5's and Cat 4's will earn 3 upgrade points.**

General Info

Date: January 10th, 2009 (severe weather will cancel, but light rain is an opportunity to practice)

Time: 9 am-12:30 pm

Place: TBD (directions will be emailed when you register)

Cost: \$55 for Dolce Vita members, \$70 for the general public (non-refundable)

USAC (USCF) licenses will be required for insurance purposes.

Space is limited and Pre-registration is required. RSVP at the email address below.

To sign up please send a [2008 USA Cycling Standard Athlete's Release](http://www.usacycling.org/forms/rider_release.pdf) form or the 2009 version if they have it up. (http://www.usacycling.org/forms/rider_release.pdf) along with a check payable to: Jesse Moore, 5630 Elvas Ave, Sacramento, CA 95819. To RSVP and for questions or information please send email to jesse@mooreperformancecoaching.com .