

Learn to Race!

CRCA Women's Bike Racing Clinic

Saturday • June 26th • 6 a.m. • Central Park • NYC



Tempted to Try Bicycle Racing?

Not sure how or where to start? Here's the answer: Women from the Century Road Club Association, New York City's road racing club, are presenting a three-lap simulated race around Central Park. Experienced women racers will ride with the field, providing instruction, assistance and advice. Many local racers started their careers at this clinic—you can too!

Informational Session:

Nervous? On the fence? Clinic instructors will ease your jitters at a Q&A on Wednesday, June 23rd, 7 p.m. at A Bicycle Shop, 163 West 22nd St. (btw 6th & 7th Ave.)

Questions: Email Ashley Prine: ashley.prine@gmail.com

Online FAQ: www.crca.net

Cost: \$15

Pre-Register Online: bikereg.com <http://www.bikereg.com/events/register.asp?eventid=10788>

Race-Day Registration: 5:15-5:30 a.m. at the clinic.

Pre-race meeting: 5:30-5:45 a.m./Post-race analysis: 7:15, includes Q&A and **prizes!**

Directions: Meet and register in the Rambles parking lot, just north of the Boathouse on the East Drive, north of 72nd St. (Cars are not allowed in the park.)

Very Important: Helmets are required! No aero bars! No sleeveless jerseys!
Bring an energy bar and two full water bottles! Eat breakfast!