

First Morris Bank & Trust, XTrain Fitness,
NJ Women's Developmental Cycling Alliance and Team Somerset present

2006 Women's Cycling Clinic

Don't miss this unique, two-day intensive cycling clinic focusing on women's bike racing. The clinic is for every level of racer, racer-to-be, or competitive recreational rider.

On-the-bike and classroom sessions will take you through the history of women's cycling, motivate you to compete, offer all the information you need to be successful in your first race (or fiftieth) and provide the opportunities for you to ride smart, far and fast.

- Learn the roots of women's cycling
- Learn how to make your mind your best ally
- Learn how to establish realistic goals
- Design a program to meet those goals
- Learn and practice the keys skills

If you want all the tools you need to be better on your bike, do not miss this clinic.

When: March 25 and 26, 2006

Where: Duke Island Park, Bridgewater, NJ

Cost: \$75 includes both sessions, including lunch and snacks

Registration: Pre-registration only at www.bikereg.com

Questions: Contact Brooke Wilson at 973-879-9818 or brooke_wilson@hotmail.com or Jennisse Peatick at 908-456-1926 or njschule@yahoo.com with any questions.

Day 1: March 25, 2005; 8:30 AM to 4:30 PM

Bring your bike!

Morning Session: "Mind over Miles" with Kristen Dieffenbach, Ph.D., CC, AAASP

- The big picture of women in bicycling
- Mental preparedness
- Balancing work, family and training
- Establishing goals and developing a plan to meet them

Afternoon Session: "Skills & Tactics" with Joe Saling

- Pedaling efficiency
- Handling skills
- Drafting/turning/steering/cornering/keeping a line
- Comfort near others
- Race tactics

Day 2: March 26, 2005; 8:30 AM to 4:30 PM

Morning/Afternoon Session: "Diet, Rest & Exercise" with Rod Murray

- Goal-oriented training – fitness/lose weight/club rides/racing
- Quality vs. quantity
- Indoor vs. outdoor
- Sample training programs – in-season racer/off-season racer/fitness & recreational
- Taking care of your body on and off the bike
- Fuel and recovery foods
- Massage/stretching/core
- Sleep
- Putting it all together

Morning Break: "Sticking with a Program" with Katie Laud

- Learn how Katie found the motivation to reach her goals and stick with them

Late-Afternoon Session: "The Nitty Gritty" with Deb Schiff


- Getting a license
- Categories/Upgrades
- Rules & regulations

Late Afternoon Session: Panel of Experts with Team Somerset


- Ask any and all of your questions to our panel of women cyclists of all abilities

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About the Instructors:

 Saturday morning session


Kristen Dieffenbach is a certified USA Cycling Level I coach and a certified United States Track and Field (USATF) coach specializing in endurance training. A former collegiate runner and cyclist at Boston University, Kristen now competes in ultra-endurance and adventure race events. Kristen has a Ph.D. in Exercise and Sport Psychology; she currently teaches at Frostburg State University and consults for the United States Olympic Committee (USOC), USA Cycling (USAC), United States Tennis Association (USTA), Carmichael Training Systems (CTS), and USA Water Polo. She also owns her own performance excellence/sport psychology education company, Mountains, Marathons and More.

 Saturday afternoon session


Joe Saling's race resume includes 13 National Championships and 6 Masters World Cup championships. His coaching experience includes 19 years as Head Coach at the Walden School of Cycling and coach/manager of the US cycling teams to New Zealand and Trinidad. He is a founding member of the US Bicycling Hall of Fame, nationally-known race announcer, and cardiac survivor.

 Sunday morning/afternoon sessions

Rod Murray is a pending USA Cycling Level 1 Coach and Health Fitness Instructor with certifications from American College of Sports Medicine (ACSM), American Council on Exercise (ACE), USA Weightlifting (USAW) and other national organizations. His resume includes coach of the US Paralympian Cycling Team, the Princeton University Cycling Team, 2005 two-time national masters track champion and 2005 national novice figure skating champion.

 Sunday mid-morning session

Katie Laud is the founder of *No Excuses Weightloss*, a personal coaching business for people who want to lose weight. Katie lost 60 pounds in 2002 and has kept it off for over three years. In 2005, she became certified as a personal fitness trainer.

 Sunday afternoon session

Debbie Schiff has officiated at local, state, out of state and national road, track, NORBA and mountain bike races. As the New Jersey State Official Coordinator, she coordinates all of the officials for every race in New Jersey and has done so for the past 4 years. She is a Category 2 Official having officiated over 1000 races in the past 20 years.

Directions:

Duke Island Park, 191 Old York Road, Bridgewater, NJ 08807

From the North: I-287 or I-78

Take I-287 South to Exit 17: 202/206 South Princeton/Somerville.

Follow signs to 206 South, Princeton.

Go $\frac{3}{4}$ around traffic circle onto 206 South (Motel 6 on right).

At the second traffic light make a right turn onto Somerset Street.

Follow for approximately 2 miles (road name will change to Old York Road).

Duke Island Park will be on the left.

At the end of the entrance road (small circle) bear right towards parking lot C.

Park in lot C. Building is in front of you, light brown.

From Route 22 East or West

Follow Route 22 to 206 South

Follow the directions above from the traffic circle.

From Route 202 North (Flemington)

Take a right onto Old York Rd.

Park is on right after 1.5 miles.

Team Somerset and the Women's Developmental Cycling Alliance (WDCA) are committed to the promotion of women's cycling in New Jersey and to support women who want to participate in racing at higher levels. The WDCA, founded in 2004, aims to unify New Jersey women's teams with the common goal of building visibility for NJBA races and team sponsors throughout the Mid-Atlantic and Northeast regions. In addition to the Women's Cycling Clinic, the WDCA is supporting the 2006 NJ Women's Category 4 Cup, a separate, un-intimidating race series in New Jersey for novice women racers. Visit www.bike411.com or www.somersetwheelmen.com for more information.

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