

NJ Women's Developmental Cycling Alliance and Team Somerset present:

2007 Women's Cycling Skills Clinic

Get ready for the season!

The 2007 Women's Cycling Skills Clinic will focus on the road skills that every racer and recreational rider needs to know to increase their efficiency, safety and enjoyment on the bike.

This intensive clinic will take you through the drills to incorporate into your training routine to improve your bicycling experience.

The day will start with a classroom session followed by a variety of on-the-bike games, including a "slow race," bicycle obstacle course, and water bottle relays.

All attendees will receive a valuable, free gift bag courtesy of our sponsors!

When: Saturday, March 24, 2007

Time: 9:00 AM – 3:00 PM

Where: Duke Island Park, Bridgewater, NJ

Cost: \$75, including lunch and snacks (does NOT include cost of license)

Registration: *Pre-registration only* at BikeReg.com

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

What You Need to Bring:

- Your road bike
- Your helmet
- Weather-appropriate clothing
- Your USA Cycling racing license – or purchase a one-day license for \$10

Topics:

- How to ride in a pack
- Looking ahead and behind
- Riding close/Touching shoulders
- Riding in a paceline/Drafting
- Cornering and steering
- Keeping your line
- Road race starts
- Time trial starts and turnarounds
- Tips for racing criteriums, time trials, road races
- Race rules and changes for 2007

About the Instructors:

Joe Saling has compiled 18 National Championships, 5 Pan American Masters Championships, over 50 NJ State Championships and 8 Masters World Cup victories. He is also a nationally known race announcer with the World Cycling Championships, Pan American Games, numerous Olympic Festivals, Olympic Trials, National Championships and scores of local events on his resume. 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.

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.