



# NJ WOMEN'S DEVELOPMENTAL CYCLING ALLIANCE PRESENTS 2005 WOMEN'S CYCLING CLINIC

**A clinic for women who are interested in cycling for fun, fitness or competition. Learn everything from what type of bike to ride for your goals to how to get involved in your first race! Participate in an on-the-bike skills and bike-handling session to make your riding more fun and safe!**

Session 1: March 12, 2005

Session 2: March 19, 2005

Location: Drew University, Madison, NJ

**Cost:** \$50 for both sessions, \$30 for one session; includes lunch and snacks for Session 1 and snacks for Session 2.

**Questions & Registration:** Pre-registration only.

Contact Brooke Wilson at 973-879-9818 or [brooke\\_wilson@hotmail.com](mailto:brooke_wilson@hotmail.com) or mail check payable to "Somerset Wheelmen" with Entry Form (on reverse side) to Brooke Wilson, 16 Cook Avenue #4, Madison, NJ 07940.

**About the Instructors:** Our instructors include licensed coaches, world and national champions and nationally certified health fitness instructors.

**About the WDCA:** The Women's Developmental Cycling Alliance (WDCA) was formed in 2004 to grow women's cycling in New Jersey, and to support women who want to get serious about the sport. The WDCA 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 2005 NJ Women's Cat 4 Cup, a separate, unintimidating race series in New Jersey for novice women racers as well as free "mini" clinics at our VIP Tent hosted by experienced racers following each Cat 4 event.

THE FIRST 40 WOMEN REGISTERED WILL RECEIVE A GOODIE BAG FILLED WITH MERCHANDISE, COUPONS AND OFFERS FROM BIKE SHOPS AND LOCAL MERCHANTS - VALUED AT OVER \$50!



ALL ATTENDEES ARE ELIGIBLE FOR A FREE HEALTH RISK ASSESSMENT ON 3/12/05 BY CERTIFIED ACSM HEALTH FITNESS INSTRUCTOR AND USA CYCLING EXPERT COACH!

Session 1: "Cycling 101"

- March 12, 2005
- 8:30 AM to 4:30 PM
- **No Bike Necessary!**

## The Bike

- Purchasing a bike – What type (hybrid, mountain, road)? What size? Brand?
- Bike fit

## Clothing/Accessories

## Training Programs

- Balancing work, family and training
- 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
- Putting it all together

## Nutrition & Wellness

- Taking care of your body on and off the bike
- Fuel and recovery foods
- Massage/stretching/core
- Sleep
- Mental preparedness

## Racing

- Getting a license
- Categories/Upgrades

## Health Risk Assessment

- BMI
- Body fat
- Waist-to-hip ratio
- Blood pressure
- How these factors affect the type of cyclist you are or want to be

Session 2: "Basic Skills & Etiquette on the Bike"

- March 19, 2005
- 8:30 AM to 12:30 PM
- **Bring your bike!**

## Basic Skills & Etiquette

- Drafting
- Turning/steering
- Cornering/keeping a line
- Comfort near others

# WDCA 2005 WOMEN'S CYCLING CLINIC

## Directions:

**Drew University, 36 Madison Avenue, Madison, NJ 07940**

**From I-287 South.** Proceed to exit 35 - Madison Avenue/Route 124. At the top of the exit ramp, turn left. Proceed three miles on Route 124 East to Madison. Drew is on Route 124 (Madison Avenue) on your right. The main entrance to Drew is Lancaster Road, at a traffic light. **DO NOT ENTER THE MAIN ENTRANCE.** Enter campus at the third entrance of the university, which is the 2<sup>nd</sup> driveway past the main entrance. There will be a Cycling Clinic sign directing you from Route 124 into the parking lot.

**From I-287 North.** Proceed to exit 35 - South Street/ Route 124. At the end of the exit ramp, turn left. Proceed 100 yards and take the first right, following signs to Route 124. At the stop sign, turn right (Route 124 East). Proceed three miles to Madison. Drew is located on Route 124 (Madison Avenue) on your right. The main entrance to Drew is Lancaster Road, at a traffic light. **DO NOT ENTER THE MAIN ENTRANCE.** Enter campus at the third entrance of the university, which is the 2<sup>nd</sup> driveway past the main entrance. There will be a Cycling Clinic sign directing you from Route 124 into the parking lot.

**From I-78.** Take I-78 West to Route 24 West. Stay in the far right lane to exit 7A - Chatham/Route 124 West. Follow Route 124 West through Chatham (Main Street) into Madison (Madison Avenue). Drew is located on Route 124 (Madison Avenue), on your left, just past the center of Madison. Enter campus at the first entrance which will be marked by a sign for the Cycling Clinic.

## Sponsors:

- **Fitness Unlimited, Morristown, NJ**
- Somerset Wheelmen/Team Somerset
- Liberty Cycle
- Hammer Nutrition
- You: Mind, Body & Soul Center
- Work & Family Benefits, Inc.
- Pro Pedals/Team Express
- Tom's Atlantic Cyclery
- Saris/CycleOps
- First Morris Bank and Trust

**Entry Form:** Mail with your check payable to "Somerset Wheelmen" to Brooke Wilson, 16 Cook Ave. #4, Madison, NJ 07940. You will receive a telephone or email confirmation of your registration.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_ Email: \_\_\_\_\_

I will be attending:   \_\_\_ Sessions 1 & 2 (\$50)  
                                  \_\_\_ Session 1 only (\$30)  
                                  \_\_\_ Session 2 only (\$30)

## More about the Instructors:

**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.



**Dottie Saling** has served as member of the US Olympic Committee, Athlete Support Staff for Seoul and Sydney Games, Office Manager of the US Team at the Atlanta Olympic Village, Chairman of the Olympic Team Selection Committee, member of the USCF Board of Directors, founding member of the US Bicycling Hall of Fame, USCF licensed official, and coach/manager for US cycling teams in France and Japan. Her racing accomplishments include numerous state championships, National and World Cup Championships and 27 top-five National Championship finishes.



**Gerard Murray** is a USA Cycling Expert 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 and the Princeton University Cycling Team.



**Amy Rappaport** is an All-American triathlete and USA Triathlon Level I Certified Coach. She studied Exercise Science and Sports Nutrition at Rutgers University and is also a Certified Personal Fitness Trainer. In 2004, she won her age group at Ironman Lake Placid, Ironman Canada and Great Floridian Half, and is the current national champion.