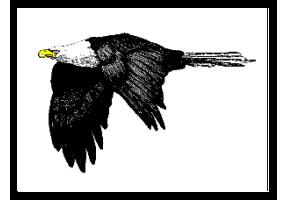


2021 "Early" Bird Bicycle



Race Training Series in Fremont

Over our 34 years tradition, the Early Birds are training races. Which is to say that the focus is on gaining and honing pack racing skills, without regard to placing, or prizes, at a reasonable price. We provide a venue where you can practice your arrival to start time, including warmup and course preview, as well as practicing your race craft whether you decide to sprint or sit up at the finish, as well as your routine when you finish. We consider the racers experience to be the most important part of the day that we have mentors leading pre-race clinics, observe during the race and lead a post-race debriefing. We are trying to provide a learning environment and have found that stripping away the placings, prizes and upgrade points accelerates your learning.

Promoted by Velo Promo & Golden Chain Cyclists.
Under USAC rules & permit #2021-3714

ON LINE ENTRY only, open till 15 minutes before each event's scheduled start each Sunday

Dates: Sundays, **May 2, 9 and 16** (clinics/ mentoring / training races) ----**and possibly July 18**

Location: Fremont, CA. 2020 course in South Fremont, Gateway at Bayside.

Registration: On line at <https://www.bikereg.com/early-bird-bicycle-race-training-series> Check-in opens at 7:45 a.m. at Gateway and Bayside, Fremont

Directions: From Fwy 880 in Fremont, take the Warren Avenue exit and head west (towards SF Bay) on Warren. Turn south (left) on Fremont Blvd, then east (left) on Gateway to site. Follow signs and instructions to parking. Please do not take shorter routes via GPS suggestions.

On-line directions: 47198 Bayside Parkway, Fremont 94538. (but please follow above instructions)

Course: 0.85 mile flat clockwise loop of good pavement. Four 90-degree right hand turns. Race Loop: Gateway, Lakeview, Bayview, Bayside, Gateway. Portapotties provided, and will be ventilated and cleaned periodically, but no drinking water. This is a new course as of last year, PLEASE stay out of business parking lots and while warming up in the area, obey stop signs and traffic lights.

Covid19 Mitigations: We are planning on running this program with strict considerations to avoid the spread of Covid-19. The usual pre-event concerns: Don't come if you are sick, have been exposed to Covid-19 in the past two weeks, or have symptoms pointing towards Covid-19. **At the event, all attendees to wear masks except while actually riding/racing on the course in the program**, wash/sanitize hands, stay 6-feet apart from each other (except in family groups). Racers while racing/training to carry a mask with them. Respect the safety of staff, other riders and other attendees by following CDC guidelines. If you cannot abide by these protocols, stay home. If you attend and refuse to abide, you will be asked to leave. **The more we follow these practices, the sooner we can all get back to more open racing.** **Get vaccinated as soon as you can.** Again, the more vaccinations, the sooner a return to "Normal".

Cancellation: If the event is cancelled due to increased Covid-19 or other City/County considerations, all entrants will get full credit to future Velo Promo races/events. (We hope to have a full schedule by June)

Schedule:

Sundays, May 2, 9 and 16 (clinics/ training races) Possible fourth event July 18.

8:30 **Early Bird Mentored Skills Clinic #1** for Women Category 3, 4 & Novice, and Junior Boys and Girls 6-18 years old

9:45 Women Category 3/4 and novice training races, split fields (50 min.)

10:35 *Women Category 3/4 and novice post-race talk*

10:45 Youth (U14) and Juniors (U18) race, split fields (30 min.)

11:15 *Youth and Juniors post-race talk*

10:55 Mentor and Category 1/2/3/Pro race (60 min.)

noon **Early Bird Mentored Skills Clinic #2** for Category 3, 4 & Novice Men

1:15 Category 4 and Novice Men 15-34 training race (50 min.)

2:05 *Category 4 and Novice Men 15-34 post-race talk*

2:15 Category 4 35+ and Novice Men 35+ training race (50 min.)

3:05 *Category 4 35+ and Novice Men 35+ post-race talk*

3:15 Men Category 3 training race (60 min.)

USA Cycling Beginning Racer Program curriculum:

Saturday, May 1 – Leader and Mentor training @ the Early Bird course from 2pm to 4pm. All new leaders and mentors must attend this meeting. Teaching skills will be taught, practiced and tested. CEU's for licensed coaches.

Sunday, May 2 – Get Ready to Race/ "Assertiveness Training"

Sunday, May 9 – Cornering/ "You are not alone", and Formation and Anticipation/ "How to read a race"

Sunday, May 16 – Putting it all together/ "Relaxed and comfortable?"

Sunday, May 16 –Possible "Meet the Teams Day" – racers not yet on a team will have the chance to talk to teams and consider what they have to offer (and want in return). No cost, casual, pop up a tent, set up a table and enjoy the day.

Notes: training races only, with no placing recorded. We may split fields for safety and Covid-19 reasons. You might get to practice racing in a neutralized field. **Important: Emergency Vehicles may enter the course; marshals, mentors and officials may then neutralize or even stop the event temporarily.**

Entry: Event fee is \$25 each week. \$10 for riders under 18.

How to Enter:

---**via On-line** at www.BikeReg.com from now until 15 minutes before the scheduled start of your event. Each race day (Sunday) event for \$25 plus on-line surcharge. No late fees. No on-line entry after 15 minutes before your event is scheduled to start, Sunday (May 2,9,16). You will not need to sign and date your entry form/release at race registration desk.

---**At the Early Birds on day of:** No physical new entry at the event.

Register at:

<http://bikereg.com/early-bird-bicycle-race-training-series>

2021 USAC license required (available at race or online at www.USACycling.org). One day licenses (\$10) are available **on line**. Entry fees include **\$1.50 NCNCA and \$5.00 USAC insurance surcharges**. Race numbers will be provided. Event/Entry Fee covers any and all participation during the day. Allow yourself at least one hour for registration and preparation.

Age Note: Your USAC racing age is the age you will be on December 31 of 2021

Further Info: www.velopromo.com velopro1@sonnet.com

