

Track Training Sessions

Valley Preferred
LEHIGH VALLEY HEALTH NETWORK

Cycling
Center



usac # _____

May 11th & 18th 2024

Start Time: 10:00am

Location: Valley Preferred Cycling Center

10:00 am Equipment Load In - NO RIDING ON TRACK

10:50 am Pre warm-up (infield access via bridge ONLY)

11:00 pm 30 minute training and warm-up session

11:30 pm Track cleared for training races

11:30 pm – approx. 1:30pm, training races

Training race fields are voluntary and will be confirmed on site by ability and experience: A, B and Novice. Limit of 20 riders per field.

Training races to include races of various lengths: Scratch Race, Points Race and Features (A field, B field, scratch race format).

Entry fee: \$15 (cash only), to be collected onsite.

No pre-registration.

NOTES:

- This is a TRAINING EVENT.
- Separate races for each of the 3 fields (A, B and Novice)
- No formal officials or formal results. **NO Race Numbers assigned or used.**
- Digital lap counter will be used with bell ringing for sprints and last lap.
- EMT on site during the event
- The focus of this event is training. Safety is a priority.
 Unsafe riding/behavior will result in removal from the track.
- Lower warm-up gearing recommended to improve cadence,
 i.e: less than 85 gear inches (i.e.: 48 x 15)
- Rain cancellation will be posted on Facebook
 (ChipsCyclingStudio) also on www.gothamcyclists.com

QUESTIONS, CONTACT: Mark Krajci cell:

6104289264 Email: markk@gothamcyclists.com