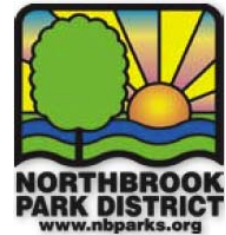




The Northbrook Cycle Committee's  
**Rider Development**  
 Training Program



**Monday & Tuesday Evenings**

(For the following dates, with Motorpacing in July and August !)

April 2008	May 2008	June 2008	July 2008	August 2008
S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S
1 2 3 4 5	1 2 3	1 2 3 4 5 6 7	1 2 3 4 5	1 2
6 7 8 9 10 11 12	4 5 6 7 8 9 10	8 9 10 11 12 13 14	6 7 8 9 10 11 12	3 4 5 6 7 8 9
13 14 15 16 17 18 19	11 12 13 14 15 16 17	15 16 17 18 19 20 21	13 14 15 16 17 18 19	10 11 12 13 14 15 16
20 21 22 23 24 25 26	18 19 20 21 22 23 24	22 23 24 25 26 27 28	20 21 22 23 24 25 26	17 18 19 20 21 22 23
27 28 29 30 1 2 3	25 26 27 28 29 30 31	29 30 1 2 3 4 5	27 28 29 30 31 1 2	24 25 26 27 28 29 30

**At the Northbrook Park District's Ed Rudolph Velodrome**  
 Maple Road, 1 block west of Waukegan Road, Northbrook, IL

Northbrook's **Rider Development Program** is designed to introduce new riders to track racing and to provide an effective and focused training session for experienced track racers. Beginners will be introduced to track racing in an informative and supportive environment while advanced racers will receive a quality training session focusing on the specific needs of track racing.



New this year, we will be offering Motorpacing and other focused training sessions to help participants prepare for specific events throughout the season.

Program:

- 6:30 arrive and warm up, on your own
- 7:00 announcements, then warm up in pace line
- 7:15 training (including focused exercises)
- 9:00 cool down, in pace line

Fees:

- \$7 per evening (includes USA Cycling insurance surcharge.)

Requirements:

- helmet must be worn
- track bike (fixed gear, no mechanical brake)<sup>2</sup>
- sign standard USAC release (parent/guardian must sign if under 18)
- USAC license<sup>1</sup>

For further information:

- Kevin Perez
- Turin Bicycle (will have weather cancellations)
- Alberto's Rides and Rags (will have weather cancellations)

[sprinter001@comcast.net](mailto:sprinter001@comcast.net)

847.864.7660

847.446.2042

Notes:

1. USAC event permit requires participants to be licensed. One-day licenses available for \$5, annual licenses for \$60.
2. Track bikes are available for short-term loan from Turin Bicycle in Evanston (847.864.7660), Alberto's Rides and Rags in Highland Park (847.446.2042), and the Northbrook Bicycle Club at the Velodrome.