

Women's 2009 Track Clinic



ALBERTO'S



Join the Chick Train



*Date: Saturday,
May 30th 2009*

*Time: 8:30am-noon
(Registration 8:30-9:30 am)*

*Where: Ed Rudolph Velodrome,
Meadowhill Park,
Northbrook, IL*

*Cost: \$15 for non-USAC
licensed Riders,
\$10 Licensed
USAC Permitted*

What to expect

- **What is a track bike and how it is different than a road bike**
- **How to ride a track bike**
- **Proper track etiquette**
- **Track Racing 101**
- **Group riding skills**

What to bring

- **Helmet**
- **Track Bike with pedals**
- **Appropriate cycling clothing**

*Registration On Site Only, check out
www.northbrookvelodrome.org to
download USAC waiver,
checks made to: NCC*

*Instructed by Francine Haas,
experienced Cat 2 Track Racer,
2008 IL State Team Pursuit
Champion, member of Alberto's
Sport, USAC Level 3 Coach*

*Loaner track bikes available at
Alberto's Cycles
(847.446.2042), George Gar-
ner Cycles (847.272.2100)
or Twin Bicycles
(847.864.7660)*