



USA Cycling & WSBA Clinic

Cycling Skills & Upgrade Clinic

Held by EMDE Sports for the WSBA



- What:** Official Upgrade Clinic for the USA-CYCLING for Cat 5 Men & Cat 4 Women
Please bring your own bicycle, helmet and cycling gear ready to ride outdoors!
- When:** Saturday, April, 24th 2010
- Time:** 9am until 2:00pm (5 hours approx.)
- Where:** Offices of the Spokane Regional Sports Commission
714 N Iron Bridge Way Suite 202
Spokane, WA 99202

Held rain or shine!

This clinic is open to both male and female cyclists desiring to earn upgrade points and improve their riding and racing skills. This clinic consists of class room lecture time, on-the-bike outdoor session and an upgrade certification test. This class is taught by coaches Michael and Marla Emde of Emde Sports.

Fundamentals covered:

- Pack Riding Skills
- Race Tactics
- Cornering
- Safe Race Practices
- USAC Rules



This clinic serves as the Official USAC & WSBA upgrade clinic for Eastern Washington for CAT 5 Men and CAT 4 Women. Once you complete the upgrade test satisfactorily with at least 80%, you will then be able to receive credit for 5 mass USAC race starts, or half of your credit towards your Cat. 4 (Men) or Cat. 3 (Women) upgrade. Women receive 4 upgrade points toward a Cat. 3 upgrade. Clinics points are only valid once even if the course is taken multiple times.

Please arrive 15 minutes before class to sign waivers and check in. We'll begin with the class room lecture.

Cost: \$50.00 (The WSBA will subsidize \$25 of the women's entry fee in hopes to encourage more women to get involved with racing). Fees include your \$5.00 one day license if you are not a USAC licensee.

The class is limited to 20 athletes.

Minimum of 5 people registered to run the class.

REGISTRATION INFORMATION: Please return this portion with your fees.

Name: _____

Address: _____

E-mail: _____

Phone: _____

Please make checks payable and remit to:
EMDE Sports
Attn: WSBA Upgrade Clinic
PO BOX 9688—Spokane, WA 99209-9688

CONTACT INFORMATION:
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