



Official USAC & WSBA Upgrade Clinic

Introduction to Road Racing & Upgrade Clinic
Taught by EMDE Sports for the WSBA



- What:** **Official Upgrade Clinic for the USA-CYCLING & WSBA**
Please bring your own bicycle and weather appropriate cycling gear as we will be practicing outdoors!
- When:** March, 26 2011 at 9am– approx. 12pm
- Where:** Offices of the Spokane Regional Sports Commission
714 N Iron Bridge Way Suite 202
Spokane, WA 99202

Will be held rain or shine!

This clinic is open to both male and female athletes who are beginning racers, wanting to improve skills or those who are wanting to use this class for USAC upgrade points. This clinic is a three part class consisting of a class room lecture, hands on practice outdoors and an upgrade certification test.

Topics covered fundamental to racing:

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

This clinic serves as the **Official USAC & WSBA** upgrade clinic for **Eastern Washington**. Once you complete the upgrade test satisfactorily. You will then be able to receive credit for 5 mass USAC race starts, or half of your credits towards your Cat. 4 (Men) or Cat. 3 (Women) upgrade.

Please arrive 15 minutes before class to sign waivers and to get ready, we'll begin with the class room lecture first.

Cost: \$50.00 (Women the WSBA will subsidize \$25 of your entry fee in hopes to encourage more women to get involved with racing) WSBA membership is required, residents outside of WA can participate in this class!

The class is open to 25 athletes.

Minimum of 5 people registered to run the class.

Online Registration will be available through USA Cycling

For additional information, please contact michael@emdesports.com or check www.emdesports.com

REGISTRATION INFORMATION:

Name: _____
 Address: _____
 E-mail: _____
 Phone: _____

Please send checks to:
EMDE Sports; attn.: WSBA Upgrade Clinic
PO BOX 9688—Spokane, WA 99209-9688