

# Monthly Ladies Only Track Sessions

In partnership with Sarah Hammer & the AWTCF ([www.awtcf.org](http://www.awtcf.org))

We are inviting **LADIES ONLY** to come together on the Second Saturday of each month from 12-2pm for the **Ladies Only Track Sessions (LOTS)** at the **LA Velodrome in Carson, CA**

The Ladies Only Track Sessions are held on the **2nd Saturday of each month 12:00-2:00pm** unless otherwise noted on the [www.LAVelodrome.org](http://www.LAVelodrome.org) calendar.

The **LOTS** begin with a one hour New Rider Certification Class for **Ladies** who are new to track cycling. During the Certification Class, everyone with previous track cycling experience is encouraged to begin riding immediately. During the 2<sup>nd</sup> hour we will all come together as we discover and advance our skills through coaching and mentoring.

The Monthly **LOTS** are also a great opportunity for Local Racing Teams to host a Track Clinic for their Women's Teams. *Please email me for more info!*

All new riders must be certified by the velodrome director before riding on the ADT track. **Completing a 2hr LOTS will certify you** allowing you to train at the track during any open training sessions and to participate in both practice and licensed races.

The **\$10.00 LOTS** fee covers the cost of the certification class (normally \$65), track time (normally \$20) & bike rental fee (normally \$10).

Be sure to bring your own helmet, pedals & shoes and your food/beverage of choice.

**\*\*Please plan to arrive by 11:30 so that you are ready to ride at 12:00\*\***

For more information on all the Sessions, the facility, the staff, the event & fee schedule or need directions etc. please visit [www.lavelodrome.org](http://www.lavelodrome.org)

**Ride where World Champion Cyclists Ride!**

For more information on the LOTS, please contact the Session Director ~ **Julia Cross**  
[Julia@crossins.com](mailto:Julia@crossins.com) & <http://zippydsnail.blogspot.com/>