

## LEARN TO RACE THE TRACK

### Saturday Afternoon Training Races Return To ADT

Saturday October 13<sup>th</sup> thru December 15<sup>th</sup>

3:00-6:00pm

LAVRA and Locally based Track Racing Team, **Momentum Cycling**, <http://www.momentumcycling.com/> invites Men, Women, Masters, Elites & Juniors to attend our **Race Training Program** at the **LA Velodrome**. This **9 week program** will provide quality instruction with each session building on the previous session with the focus on only 1-2 racing disciplines per week. You will learn all the In's & Out's of each track racing discipline as we teach you the techniques and equipment requirements that you will need to compete in Time Trials, Sprints, Mass Start races, Team Events and more giving you the confidence you need to toe the line in almost any racing situation.

We are excited to have the following members of **Momentum Cycling's** Elite Track Team lending us their expertise throughout the series:

**Travis Smith, Adam Duvendeck & Jennie Reed.**

All 9 Race Training Sessions will be held at the LA Velodrome [www.lavelodrome.org](http://www.lavelodrome.org) from **3:00-6:00PM on Saturday Oct 13, 20, 27, Nov 3, 10, & 17, Dec 1, 8, 15.**

You will need to bring your current racing license along with your own track bike, helmet, racing shoes, racing pedals and any additional equipment that you may need.

Rental bikes will be available for Juniors only (at no charge).

All participants must be certified by the velodrome director, Roger Young, prior to the first session. A calendar of certification classes is available at [www.lavelodrome.org](http://www.lavelodrome.org)

The fee for this **9 week Race Training Program** is **\$60 or \$10 per session.**

There is no fee for Juniors

Because each session builds on the previous session, all participants should plan to attend all 9 sessions.

**Please note:** All participants (including Juniors) will be charged their regular track fees for each session in addition to the program fee.

For more information please contact ADT's **Ladies (LOTS)** program director

**Julia Cross** [julia@crossins.com](mailto:julia@crossins.com)