



PRESENTED BY:



**MBRA**  
MICHIGAN BICYCLE  
RACING ASSOCIATION

[www.mbra.org](http://www.mbra.org)

## The International Velodrome at Bloomer Park And The Michigan Bicycle Racing Association

Presents:

### 2010 WOMEN'S VELODROME CLINIC

**Saturday, May 15, 2010**

- Start Time**      11:00 AM  
**Duration:**      Approximately 3-4 hours  
**Cost:**            **\*\*FREE\*\***  
**Equipment required:**    Please bring riding clothes, helmet, shoes, and (if available) pedals. If you have a track bike you may bring it.  
**Covers:**            Introduction to the track bike, apron drills, cone drills, rail drill, follow the leader, riding a paceline, scrimmage races.

LOCATED AT BLOOMER PARK - Rochester Hills Michigan. \$5 vehicle pass req'd

[http://www.rochesterhills.org/city\\_services/parks/parks/bloomer\\_park.asp](http://www.rochesterhills.org/city_services/parks/parks/bloomer_park.asp)

**Bloomer Park is located at 345 John R. Road, Rochester Hills, MI 48307**

The IVBP and the MBRA are proud to present the first IVBP Women's Velodrome Clinic. Participants will learn the techniques and etiquette that enable safe and effective training/racing on a velodrome. Riders will have ample time to ride the track and practice these techniques. Many of the world's top riders started out on the track, so can you!

For complete information about the Bloomer Velodrome go to:

<http://www.velodromeatbloomerpark.com/>

For add'l info contact Dale Hughes - [dale@nas-track.com](mailto:dale@nas-track.com)  
**248-961-3705**

- No Preregistration required
- **HELMETS ARE REQ'D FOR ALL RIDERS**
- All riders must sign a release form (ATRA/IVBP)
- Under 18 yrs are req'd to have a parent or guardians signature on ATRA/IVBP release form.

- Track bikes are available for use.
- Loaner bike sizes:
  - 43 cm (650 wheels)
  - 49 cm
  - 50 cm - 60 cm in 2cm increments
- A limited number of helmets and shoes are available