



SoCal Early Bird Series

December 10, 17, 30 & January 7, 14 Competition Clinics + Upgrade Races



These competition clinics and upgrade criteriums will get you ready for the 2024 season, help build your confidence, learn more about the sport, and become a safe and effective racer. Clinics are taught by USACycling Certified Skills Instructors.

Time	Length	Event	Field Limit	Entry Fee
8:00 AM		Registration Opens		
9:00 AM	75 min	Competition Clinic	90	\$40 Adult men, \$30 Women, Juniors, U23 [Includes Race Entries]
10:30 AM	30 min	Open Race #1	30	\$30
11:10 AM	30 min	Novice/ Junior/ Womens Race	30	\$20
11:50 AM	30 min	Open Race #2	30	\$30
12:30 PM	3 laps	Kids Race	100	Free

Schedule: *Each day has a distinct theme.*

Dec 10 - Get Ready to Race / "Assertiveness Training"

Dec 17 - Cornering / "You are not alone"

Dec 30 - Formation and Anticipation / "How to read a race"

Jan 7 - Sprinting

Jan 14 - Putting it all together

Includes advanced curriculum for previous program graduates.

Upgrade points: See the [USACycling website](https://usacycling.org/about-us/governance/policy-viii#roadupgrades) for more details regarding race and clinic upgrades. <https://usacycling.org/about-us/governance/policy-viii#roadupgrades>

Notes: Kids Races are free entry. We may split fields or neutralized for safety reasons. Events may be stopped for emergency vehicles. Each event will feature coached competition clinics, pre race meetings, mentored races, and post race discussions. Registration and attendance to the competition clinic gains entry to the mentored races. Men and women will be picked separately for the open races. The Junior and Womens race is intended for novice and category 4 riders, though the race is technically open to all categories.

Registration: <http://www.bikereg.com/socaleb-2023> **Clinics + Criteriums:** \$30 for juniors, U23 & women. \$40 for adult men. **Criterion Entry w/o Clinic:** \$30 open races, \$20 junior and womens races. \$10 discount for additional races/clinics. **Ask about team and family discounts.** Day of registration opens at 8:00 AM and closes 15 min before start of each event. Preregister through Thursday before each event to avoid a \$15 late fee. Includes SCNCA & USAC surcharges & coaching costs. If you are not a USA Cycling license holder you will need to purchase a one-day or annual license for the event. We will provide snacks with each clinic.

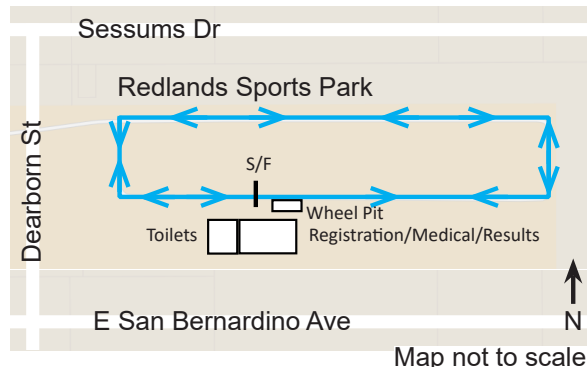
Location: Redlands Sports Complex, 1790 N Dearborn St. Redlands, CA 92374

Course: ~ 800 meter loop. Fast course with a slight grade

Parking: Along Dearborn St

Questions: Coach Sean Wilson, PhD; sean@gsandiamo.com.

Promoted by Team California Juniors & Bikecoach Cycle Club under USAC permits: 2023-XXXX



Registration
[Bikereg](http://www.bikereg.com)

