SoCal Early Bird Series

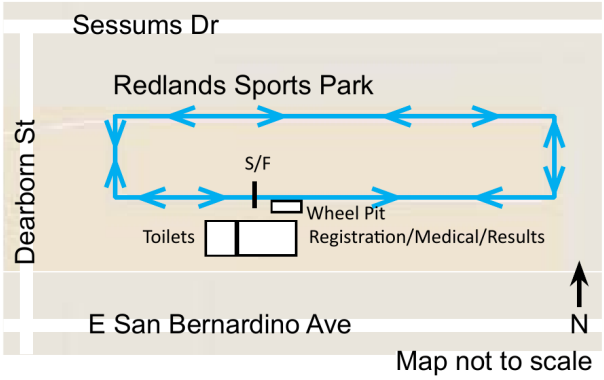
Nov 29 • Dec 6 • Dec 13 • Dec 28 • Jan 2

RaceLab + Upgrade Races

RaceLab and upgrade criteriums will get you ready for the 2027 season, help build your confidence, learn more about the sport, and become a safe and effective racer. New this year: RaceLab replaces the competition clinic with two hours of short, small-field racing led by USA Cycling Certified Skills Instructors.

Time	Length	Event	Field Limit	Entry Fee
8:00 AM		Registration / RaceLab Check-in		$60 Adult men, $35 Women & novice Juniors, $50 advanced juniors/U23 [Includes Race Entries]
9:00 AM	2 hours	RaceLab	60	
11:15 AM	25 min	Open Race #1	30	$35
11:50 AM	25 min	Novice/ Junior/ Womens Race	30	$25
12:25 PM	25 min	Open Race #2	30	$35
1:00 PM	25 min	Open Race #3	30	$35
1:35 PM	25 min	Open Race #4	30	$35

Schedule: ***Each day has a distinct RaceLab theme.***
Sun Nov 29 - Reading the Field
Sun Dec 6 - Space & Corner Approach
Sun Dec 13 - Breaks, Chases & Cooperation
Mon Dec 28 - Youth & Novice Discovery
Sat Jan 2 - Primes & Repeated Accelerations
Includes advanced pods for previous program graduates.
Upgrade points: *Official results and upgrade points come from the criteriums only; RaceLab results are developmental. See the USACycling website for details. https://usacycling.org/about-us/governance/policy-viii#roadupgrades*



RaceLab: Learn racing by racing. Riders are placed in matched pods of 6–10 and race repeated 3-, 4- and 5-lap races built around real race problems: finding space, breaks and chases, and unannounced primes. Coaches change the race constraints between rounds and lead quick debriefs; riders discover their own solutions. RaceLab entry includes the mentored criteriums that follow.

Notes: We may split fields or neutralize for safety reasons. Events may be stopped for emergency vehicles. 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: Register online at www.bikereg.com (search "SoCal Early Bird"). **RaceLab + Criteriums:** $35 for novice juniors & women. $50 for advanced juniors/U23. $60 for adult men. **Criterium Entry w/o RaceLab:** $35 open races, $25 junior and womens races. $10 discount for additional races. **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 Tuesday before each event to avoid a late fee of $15. 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 RaceLab.

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.

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