

Wanna race?



Road Racing 101

An introduction to bike racing in four weekend workshops
9 am Saturdays, April 14, 21, 28, and May 5
Wompatuck State Park in Hingham, Massachusetts

your first race
equipment and bike fit
rules to race by
training to race
drafting
pacelines
climbing and descending

holding your line
pack riding
cornering
incidental contact
time trialing
sprints and lead outs
racing as a team

Road bike and helmet required. All USAC rules apply.
\$30 for unlicensed riders. \$10 with USA Cycling annual license.
Sponsored by Mass Bay Road Club. For more information visit MassBayRoadClub.org,
call 781-337-7125 or e-mail rr101@massbayroadclub.org.
Register at BikeReg.com. USA Cycling permit pending.