

Join us for Ladies Only Days at the LA Velodrome!

In conjunction with the So Cal area chapter of **The Women's Cycling Challenge** (<http://womenscyclingchallenge.org>), and **Sarah Hammer's AWTCF** (www.awtcf.org)

all of the Local Ladies are invited to attend our new monthly

Ladies Only Track Training sessions at the

ADT/Home Depot Velodrome in Carson, CA

These sessions are designed exclusively for USCF licensed lady racers in the So Cal area.

Leave your boyfriends, husbands & SO's at home!

It will be **Ladies Only** at the LA Velodrome on the

2nd Saturday of the month ~ **Oct 2006 - Jan 2007 @ 12:00-2:00pm.**

We are passionate about track cycling and we want to introduce all the local ladies to the exciting world of track cycling. Whether you already have track experience or have never seen track cycling up close and personal, your training and racing will definitely benefit while you have fun!!

Under the coaching and direction of **Roger Young** (LA Velodrome director), and other Elite racers and coaches, you will learn the basic skills needed for track riding with the emphasis on both safety and fun.

All riders must be certified by the velodrome director in order to ride on the ADT track. Completing any one of these 2 hr sessions will certify you allowing you to train at the track during any open training sessions and to participate in both practice and licensed races (for a nominal fee).

October 14th ~ November 11th ~ December 9th ~ January 13th
12:00 to 2:00pm

The normal fees for both certification and track time have been waived only for these 4 exclusive **Ladies Only Track Sessions**. You will pay **\$0.00** and you will receive your certification! (Normal track fees apply to all other sessions.)

In addition to your **Team Uniform**, you will need to bring your racing license, helmet, pedals & shoes along with your food/beverage of choice.

For additional information on the facility, the staff, the training, event & fee schedules, or need directions, please visit the velodrome's website at

www.lavelodrome.org

Ride where World Champion Cyclists Ride!

Session Coordinator ~ Julia Cross ~ Julia@Crossins.com