

Join us for the Final 2 FREE Ladies Only Track Sessions 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 the Final 2 of 4 **Ladies Only Track Training** sessions at the **ADT/Home Depot Velodrome in Carson, CA**

Leave your boyfriends, husbands & SO's at home!
It will be **Ladies Only** at the LA Velodrome on **Saturday December 9th 2006 & Saturday January 6th 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!!

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 either 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).

December 9th is 'Dream Team Day'
January 6th is 'World Cup Race Prep Day'
12:00 to 2:00pm

Please Note the January Session has been moved to the 1st Saturday in January due to the LA World Cup!!

The normal fees for certification, track time & bike rental have been waived only for these 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 helmet, pedals & shoes along with your food/beverage of choice.

If you want more information on the Sessions, the facility, the staff, the training, event & fee schedule or need directions etc. please visit the velodrome's website at

www.lavelodrome.org

Ride where World Champion Cyclists Ride!

Session Creator ~ Julia Cross ~ Julia@crossins.com