

# WENZEL COACHING

Ron Castia

## Presents:

### **Right Start Beginner's Racing Clinic on May 16, 2010**

A 6-hour clinic focusing on the basic skills, form, and tactics needed to start racing safely and successfully.

Topics include:

- 🚲 Race specific handling skills and cornering techniques to improve confidence in a pack.
- 🚲 Positioning and riding in close proximity.
- 🚲 Surviving getting bumped.
- 🚲 Eating and drinking on the bike safely.
- 🚲 Increasing awareness in the pack to avoid getting into trouble while improving efficiency and overall result.
- 🚲 Pack riding skills, paceline, echelon, taking a wheel, and protecting your wheel.
- 🚲 Sprint techniques, including positioning, form, and course specific run-ins to the finish.

NOTE: This clinic is designed for beginner racers that are thinking about about racing and new racers looking to improve their skills as they prepare to upgrade to a category 4. Category upgrade points: 5 to 4 = 4 Race Experience Points

### **Ron Castia of Wenzel Coaching:**



Ron is a Level 2 USA Cycling coach who holds a professional Mountain Bike racing license and is a Cat 2 on the road and cyclocross. Ron has been racing in Northern California for 12 years and is the founder of East Bay Cyclists/InfoVista Cycling Team. Ron currently serves as an NCNCA Mentor and has volunteered at the Fremont Early Bird Criteriums for 6 years.

## **Registration and Details**

**Cost: \$90.00**

**Registration: Mail USA Cycling Release form to event location, make checks payable to Wenzel Coaching.**

**Location: 841 Tanager Road, Livermore, CA 94551**

**Start Time: 9:00 AM**

**End Time: 3:00 PM**

**Contact Phone: 925-337-1219**

**Email: roncastia@wenzelcoaching.com**