

New Monthly Ladies Only Track Sessions

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 join us on the **Second Saturday of each month from 12-2pm** for our **Ladies Only Track Training Sessions** at the **LA Velodrome in Carson, CA**

All future Ladies Sessions will be held on the 2nd Saturday of the month 12:00-2:00pm unless otherwise noted on the LA Velodrome website calendar.
Please check the LA Velodrome website regularly to confirm each session date.

Leave your boyfriends, husbands & SO's at home; it will be **Ladies Only** at the LA Velodrome.

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 a 2 hr Ladies Only Track Session will certify you allowing you to train at the track during any open training sessions and to participate in both practice and licensed races.

The **\$10.00** Ladies Only Track Session fee covers the cost of the certification class (normally \$65), track time (normally \$20) & bike rental fee (normally \$15).

Be sure to bring your own helmet, pedals & shoes along with your food/beverage of choice.

****Please plan to arrive by 11:30 so that you are ready to ride at 12:00****

For more information on all the Sessions, the facility, the staff, the 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