



# USA Cycling Advanced On Bike Skills Camp

Power Team Coaching and GripNRip Racing are proud to present a USA Cycling Sanctioned On Bike Skills Camp led by Certified Level II Coach and USA Cycling Skills instructor, Michael Ruder

Register online only here -> [www.usac.org](http://www.usac.org)

Class is limited to the first 16 riders

**When:** Saturday May 31st, 2014

**Time:** Registration/Check-in 7:30am

Skills Camp start 8:00am

Skills Camp ends 1:30pm

**Where:** SPIN! Pizza Lenexa. KS. 9474 Renner Blvd.

**Lunch:** 1:30@ SPIN! Pizza 20% off cycling coin

**Cost:** \$35.00 + \$10.00 one-day USAC license, insurance and a service fee

\$35.00 + Service Fee for Current USAC license holders. Must present license at check -in.

The Advanced On Bike Skill camp will consist of a quick refresher of the beginner to intermediate bike skills. A very important knowledge base for the advanced class.

Advanced portion will begin with short bike ride then begin the level II skills portion. This will be in the grass and some of the skills will be Riding side-by-side-Touching, avoidance drills followed, giant Slalom touching

USA Cycling sanctioned and approved rider education clinics (at least half day), will count as three qualifying races for category 5 to 4 upgrades up to a maximum of 5 qualifying races.

USAC-sanctioned rider Camps and Clinics that are approved by the Local Associations for upgrading will count a maximum of 3 upgrade points when upgrading from category 4 to category 3.



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Event will be held rain or shine.  
No refunds or vouchers  
In the event of lightning we will evaluate as a group.  
Event held under USAC Permit # 2014-1606