



# USA Cycling On Bike Skills Camp and Basic Hill Climb Clinic

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 June 7th 2014

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

Skills Camp start 8:00am

Skills Camp ends 2:00pm

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

**Lunch:** 12:00 –12:45 @ SPIN! Pizza 20% off cycling coin, or bring a lunch

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

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

The On Bike Skill camp will consist of beginner to intermediate bike skills such as, straight line drills, cornering and steering, to more advanced skills such as obstacle avoidance and a few other fun skills.

The afternoon session will be a SHORT Hill Climbing clinic.

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 # 2014-1608