

Women's Racing Clinic

August 6th from 8:30am - 5pm

In conjunction with the Hanes Park Criterium

Taught by

Nicole Freedman

2000 National Road Champion
2000 US Olympic Road Team

Capital Cycling Club

Team Fuji/Bolt Brothers



Curriculum: The clinic will cover race strategy, tactics, and bike handling skills for all women road racers. Beginners to experienced are welcome!

Schedule: The clinic will run from 8:30 AM to 5 PM in conjunction with the Hanes Park Criterium, with breaks for the women's races. We will provide lunch and snacks for clinic participants.

Address: Clinic will be held at Reynolds High School, 301 N. Hawthorne Blvd, Winston-Salem NC 27104 at 8:30 AM. Register or pick up paperwork at the Hanes Park Criterium registration desk. For details on the Hanes Park Criterium, look here: www.crossroadscyclingclassic.com/

What to Bring... yourself and your bike. Be prepared to ride for most of the day.

Cost: \$50. If 20 or more women enter the clinic, organizers will rebate the pre-registration cost to enter the Hanes Park Criterium.

For more information contact Gail DeCamp at gdecamp03@earthlink.net

Pre-register at

