



# Major Taylor Velodrome 2009 Track Intro Clinics



## Are you ready to try Track Racing?

- This one day clinic will prepare you to use the Major Taylor Velodrome for training and racing, as well as your overall road and riding skills.
- Don't have a track bike? No problem! We have track bikes you can use. After you've completed the course you can rent one of our track bicycles to train and race here at your convenience (subject to availability.)
- Part of your time will be directly on the track, and part in the classroom. You will discover a wealth of information, including: some maintenance issues; nutritional, technical, and mechanical information; track etiquette, and much more.
- You will learn to ride close to other riders (a little bumping drill to take the fear out.)
- If you need to learn about gearing, we can help.

Time: varies according to date (1<sup>st</sup> hour spent on bike fit)

What to bring:

- Bring your lunch, snacks, and plenty to drink. We use lunch time for great open discussion.
- Layer your cycling clothing to accommodate weather changes
- If you are using one of our track bikes, bring the pedals from your road bike that fit your cycling shoes.

*Registration form on the back*

2009 Track Intro Clinic Registration  
*Class size is limited, so don't delay!*

Select date:

138130	___	Saturday, May 23 <sup>rd</sup>	10:00AM to 5:00 PM
138131	___	Saturday, May 30 <sup>th</sup>	10:00AM to 5:00 PM
138132	___	Saturday, June 13 <sup>th</sup>	10:00AM to 5:00 PM
138133	___	Saturday, June 20 <sup>th</sup>	10:00AM to 5:00 PM
138134	___	Saturday, August 8 <sup>th</sup>	10:00AM to 5:00 PM

Registration: \$54 (plus \$1 parks registration fee)

REGISTER NOW - SPACE IS LIMITED

Do you need a track bike? \_\_\_ Yes \_\_\_ No

If yes what is the size of your road bicycle? \_\_\_\_\_

Name \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

We accept cash, check, Visa or Master Card

To pay by Master Card or Visa please provide the following:

_____	_____	\$ _____
Card #	Exp Date	Amount

You may register in person, by phone, mail or fax.

Mailing address: Major Taylor Velodrome  
3649 Cold Spring Road  
Indianapolis, IN 46222

Email [lfink@indygov.org](mailto:lfink@indygov.org) Fax (317) 327-7224 Phone (317) 327-8356

Visit our website at [www.indyparks.org/majortaylor](http://www.indyparks.org/majortaylor)