

S.A.F.E. Rider Program

The Pre-Race Clinic

Presented by California Bicycle Racing (CBR)

What is the S.A.F.E. Rider Program?

The S.A.F.E. Rider Program is designed for all levels of cyclists, the objective is to teach riders & racers alike:

- In a **Structured** environment
- Through specific **Anticipatory** cycling skills
- Allowing for **Familiarization** in various situations
- Ultimately preparing one to become confident in their cycling **Experience**

As riders & racers progress to intermediate & advanced levels coaching shifts to include how to improve racing specific skills and team racing skills.

YOU DON'T HAVE TO BE A RACER TO PARTICIPATE

The S.A.F.E. Rider Program is broken down into individual separate clinics, with each clinic holding a unique and progressive curriculum. The clinics do not need to be done in any particular order.

Date	Skill
CBR Race 1	Basic Pack Skills: Protecting your Front Wheel
CBR Race 2	Cornering: Choosing and Holding your Line
CBR Race 3	Formation and Anticipation
CBR Race 4	Sprinting basics
CBR Race 5	Bringing it all together for a great race
CBR Race 6	Basic Pack Skills: Protecting your Front Wheel
CBR Race 7	Cornering: Choosing and Holding your Line

Each date is comprised of three components; 1) Pre-Race Clinic; 2) Observed race; and 3) Post-race debrief.

Riders must complete and take part in all three (3) components of the days program to receive the full amount of upgrade points. No partial points will be awarded.

- CAT 5 racers earn 2 points per days program
- CAT 4 racers earn 1 points per days program
- CAT 3 racers earn .5 points per days program

How can I register & view S.A.F.E. Rider Program at CBR event dates?

Check out <https://www.californiabicycleracing.com/> aka CBR and look for upcoming flyer on home page. Registration link is below. Additional scheduled dates are also available on site.

Please show up at least 30 min in advance of start. You will need to fill out waiver (also available on above website), register, get your number, etc.

Do I need an Annual USA Cycling License?

You are not obligated to purchase an annual USA Cycling license to attend S.A.F.E. Rider Program. New racers who do not have an annual license can purchase a One-Day License when registering. Riders that purchase a one-day license are entitled to the USA Cycling accident medical coverage for the event day the license was purchased for and limited to only the cycling activity of the event. All medical coverage is subject to the terms, conditions and exclusions of the policy/ies. Additional details can be found on www.usacycling.org.

Can Women participate?

Yes, S.A.F.E. Rider Program clinics are open to Novice Women as well as Cat 4 & 5.

What else does the S.A.F.E. Rider Program at CBR offer?

Well, over and above the skills instruction, racing experience, and relaxed debrief feel free to stay at any CBR event a bit longer or all day. It's a family event with a vendor village, food & snacks available and you can always watch more advanced racers & ask questions to further your education & understanding of cycling skills. Take notes and share your valuable insights with the other racers as the next event too! CBR offers the best and most exciting racing around as well as knowledgeable staff, announcers and fun for the whole family!

Please Remember

Check your equipment at least 48 hours before the event. Arrive no less than 30 minutes before start time to allow for registration & be prepared with cycling clothing, bicycle, helmets, and any other items you need.

**WE WILL NOT WAIT,
IF YOU ARE LATE YOU WILL NOT RECEIVE CREDIT.**