

USA Cycling Beginning Racer Program

Presented by California Bicycle Racing (CBR)



What is BRP?

The USA Cycling Beginning Racer Program (BRP) is designed for both Men cat 5 and Women cat 4 road cyclists. The objective is to educate new racers & improve cycling skills, leading to safer and more enjoyable racing.

The BRP is broken down into five separate clinics, with each clinic holding a unique and progressive curriculum. Each clinic is comprised of three components; 1) Pre-Race on-bike instructional clinic; 2) mentored race (cost included); and 3) Post-race debrief (must attend all 3 components of clinic to receive points). In order to receive the full two (2) points from a USA Cycling BRP clinic, the rider must complete and take part in all three (3) components of the BRP clinic.

What about Upgrade Points?

BRP clinics count as two (2) upgrade points for each clinic for both Men cat 5 and Women cat 4 road cyclists. Women cat 4 road cyclists are authorized to apply up to ten (10) points from the Beginning Racer Program clinics towards cat 3 road upgrades.

BRP is focused on developing skills and experience. USA Cycling rules state that a Cat 5 cyclist may upgrade to Cat 4 by obtaining ten (10) points (or race days). These points can be achieved by finishing 10 mass start races, and/or completing USA Cycling approved Beginning Racer Program (BRP) clinics. Mass start races count as one (1) point for each completed race. USA Cycling approved Beginning Rider Program clinics count as two (2) points for each completed clinic (all components of clinic must be attended). Up to 10 BRP points can be applied to an SCNCA road upgrade to Men Cat 4 or Women Cat 3.

How can I register & view CBR BRP dates?

You MUST pre-register for these clinics just as you would for a CBR race on USA Cycling's website: http://www.usacycling.org/events/state_search.php?state=CS

Future dates for CBR's schedule is available: <https://www.CaliforniaBicycleRacing.com>

All sessions will be held 6:15 am – 7:00am, at the corresponding CBR

Date	Location	Skill
Jan 20, 2019	Dominguez Hills	Basic Pack Skills: Protecting your Front Wheel
Feb 3, 2019	Carson	Cornering: Choosing and Holding your Line
Feb 24, 2019	Dominguez Hills	Formation and Anticipation
Mar 24, 2019	Carson	Sprinting basics
April 14, 2019	Dominguez Hills	Bringing it all together for a great race
May 19, 2019	Carson	Basic Pack Skills: Protecting your Front Wheel
July 7, 20189	Dominguez Hills	Cornering: Choosing and Holding your Line

Do I need an Annual USA Cycling License?

You are not obligated to purchase an annual USA Cycling license to attend Beginning Racer Program clinics. Category 5 racers who do not have an annual license can purchase a One-Day License when registering for BRP. 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, USAC BRP clinics are open to Women Cat 4. However, during your race, the race mentor may be a male rider and you will be racing in a Mens Cat 5 field.

What else does BRP at CBR offer?

Well, over and above the skills instruction, racing experience, and relaxed debrief you will also be able to access the BRP Special Access Area all day. Feel free to hang out all day, watch more advanced racers and hang out & ask questions at will to further advance your understanding. Take notes and share your valuable insights with the other racers as the next BRP at CBR too!

To register for a Beginning Racer Program clinic with a One-Day License:

- Visit www.usacycling.org.
- Create a free USAC account on the USA Cycling web site and log in
- Navigate to the BRP registration page
- Check the event date you would like to register for
- Click next
- You will be directed to a registration check out page and will be able to complete your registration.

Please Remember

Please arrive well before time prepared with cycling clothing, bicycle, helmets, and any other items you need for riding & racing your bike. This clinic is participation based, so being ready to ride is important to get the maximum out of your participation.

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