

# ROAD DEVELOPMENT CLINIC 2006

This Clinic is Free For All Riders who wish to learn more on Road Racing

Sponsored by MOBRA



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## Classroom Session: Saturday, February 25, 2006 Road Bike Sessions: March 11 & April 15, 2006

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This FREE clinic is open for all riders who wish to develop further on their skills with specific methods of road racing and training to improve as a competitive rider. The Road Development Clinic sponsored by MOBRA is conducted as three-part sessions as follows:

### CLINIC SESSIONS AND SCHEDULE

**Classroom Session, Saturday February 25th from 8:30am to 12:30pm** and will be held at Deer Creek Shopping Center, 3200 Laclede Station Rd., Maplewood, MO. From Hwy. 40, take Hanley Rd. South and travel (pass Manchester Rd.) approx. 1.5 miles. to Laclede Station Rd. Shopping Center is on the right (east). Classroom session will be held at the west end of Deer Creek Shopping Center (look for sign). Jim Schneider will conduct this classroom session.

**Road Session, Saturday March 11th from 8:30am to 12:30pm** will be held at Forest Park, Upper Munny Parking Lot, Near intersection of Wells Dr. & Union Drive. Park around the central Ticket Booth. <http://www.explorestlouis.com/pdf/maps/forestPark2005.pdf> Chris Hulse and Mark Rosen will conduct this road session.

**Road Session, Saturday April 15th from 8:30am to 12:30pm** will be held at Babler State Park. From Hwy. 40, take the Long Road exit in Chesterfield Valley. Travel south on Long Rd. to Wild Horse Creek Rd. Turn right (west) on Wild Horse Creek Rd. and travel to Hwy. C intersection. Turn left (south) on Hwy. C and travel to Hwy. 109 (there will be a sign for Babler State Park at this intersection). Turn right onto Hwy. 109 and travel to park entrance on right (Guy Park Dr.) Park at top of the hill of Guy Park Dr. We will meet at the intersection of Guy Park Dr. & John Cochran Dr. Chris Hulse and Mark Rosen will conduct this road session.

### CLINIC PRESENTATION

The classroom session conducted will cover topics as described below:

- **Individual Training Program**, a synopsis on individual training programs and establishing one that works best for the rider.
- **Personal Tactics**, with topics covering personal assessment, goal setting and conservation.
- **Race Preparation**, with topics covering equipment, training and travel.
- **Post-Race Topics**, which discuss recovery, nutrition, hygiene and assessment.

The road session conducted will cover topics as described below:

- **Riding in a Pace-line**, with topics covering on how to work in the pace-line, how hard and long to pull, understanding how to make it work for everyone and riding in the crosswind.
- **Sprinting**, which discuss topics, which emphasize the riders positioning, lead outs and when to go considering the conditions, the course and the competition.
- **Cornering**, instruction on proper techniques on safe cornering and how to make the techniques work in a race.
- **Road Tactics**, emphasizing getting into a break, committing, blocking and protecting your position in a pack.
- **Climbing**, with topics on techniques on the bike, gearing and how to improve climbing skills.
- **Intervals**, discuss topics, which emphasize the importance of interval training (sprints, hill climbs and flats).

**NOTE: Please bring your road bike, weather appropriate clothing & helmet for the Road Sessions.**

### CLINIC COACHES

**Jim Schneider:** Jim has been avidly involved in cycling since the mid-seventy's. As a rider he was two-time Missouri State Senior Road Champion, qualified for the 1983 Pan American Games trials and 1984 Olympic Games trials. As coach of the Spirits of St. Louis, Jim placed five riders on the Junior National Road team (1991 and 1992) and three riders on the Junior Worlds Championship team (1991). He was the Junior National Road team coach at two major international events in 1990. Riders coming through Jim's program have won multiple junior and senior US national championships and have raced internationally at the amateur and professional level.

**Chris Hulse:** Chris is a 28-year-old category 1 cyclist who began racing at the age of 13. Chris spent four years racing in Spain and France. He currently races for Big Shark.

**Mark Rosen:** Mark has been involved in competitive cycling for the past thirty-five years. As a rider, he has won numerous races throughout the Midwest, including Missouri State titles on both road and track. As a promoter, he has introduced several new cycling venues to the local racing community, including the Road Development Clinic in 2003 & 2004. He currently races for Velo Force.

### CLINIC REGISTRATION AND ADDITIONAL INFORMATION

**Pre-registration is highly recommended to reserve your seat for the classroom session. There will be same-day registration. Drinks and food will be provided. Please detach Reservation Form below or send information as described below via email. For the Road sessions, you will be asked to sign a release form. THIS IS A FREE CLINIC SPONSORED BY MOBRA, THERE IS NO FEE REQUIRED! PERMIT PENDING.**

**For additional information contact: Mark Rosen E-mail: [mrosen@trivers.com](mailto:mrosen@trivers.com) Phone: 314-721-4542 Fax: 314-241-2909**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Category: \_\_\_\_\_ Age: \_\_\_\_\_

Club / Team: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_