

USA Cycling Beginning Racer Program Skills Clinic @ Ladera Ranch



What is BRP?

USA Cycling Beginning Racer Program (BRP) is designed for both new and intermediate cyclists of all levels to learn and/or hone their skills. The objective is to educate & improve cycling skills, leading to safer and more enjoyable riding & racing.

Ladera Ranch will offer a BRP Skills Clinic similar to the 'Bringing it All Together' course. In this clinic we will cover:

- Proper Number Pinning
- Protecting front wheel
- Bike Handling (standing & sitting)
- Cornering Overview
- Pack skills Overview
- Predictable smooth riding

We reserve right to change based on size, skill level, weather, and other varying factors

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 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 3 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.

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.

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.