



SLSM/LRC

Cat UP!



SLSM/LRC Cat UP! is our race skills development program. Cat UP! builds a team atmosphere while focusing on the improvement of riders who either want to upgrade to the next USACycling category or just advance their ability to ride a bike at speed in a group. To achieve this, we work on:

1. Training group rides (Split between Boise and Eagle)
 - a. We will focus on different aspects of racing during these rides such as climbing, sprinting, and Time Trialing
 - b. Build team continuity
2. Group Skills like pace lines and echelons
3. Team and Individual Race Tactics
 - a. Racer's code of conduct
 - b. Reading a race
 - c. Defining and enjoying team success
4. Providing Foundational Training Assistance
 - a. Discussing finer points of training
 - b. Gateway to USA Certified Cycling Coaches
5. Having Fun on the Bike

More information is available to all SLSM/LRC club members who join the racers Google Group

<http://groups.google.com/group/lostriverracers>
lostriverracers@googlegroups.com

All club members who want to work on these skills-whatever your current level- can be part of Cat UP!