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!