

# XcR Junior Development

## 'FAMILY FUN FRIDAYS'

Bring your road bike\*, track bike, MTB and BMX bike. Starting 5<sup>th</sup> February 2010, Friday evenings up until Easter, 'Racing Skills' development for the whole family at the velodrome.

\*Triathletes - Aerobars can stay on, they do not have to be removed.

**Registration:** 5:15 pm

**BMX Seeding Sprints:** 5:50 pm

**Racing Starts:** 6:00 pm

**\$2 per athlete lighting levy.**

**Racing Program:** Warm up event

Points Race

Elimination Race

Scratch Race and

BMX Velodrome 60m Sprints x 6

### Minimum CA Licence Requirements:

U13 - \$10 Kidz Licence

13+ Junior - \$45 Recreation Licence

Adult - \$60 Recreation Licence

These Friday Night events are run by Level 2 Cycling Coaches as a rider participation program developing rider Racing Skills.