

Coaches and Clubs

Most cyclists benefit greatly from working with a cycling coach. Coaches work with their cyclists to formulate and implement a training plan. They also help with motivation and advice on strategy and often attend races to give support to their cyclists.

There are several cycling clubs in the Lehigh Valley

which promote junior cycling. Clubs will offer training ses-

sions, give support, loan equipment to beginners, give advice on buying equipment. Club members enjoy the camaraderie of spending time with other people who have similar interests. Members can also choose to race on their club's team.



Coach May Britt Hartwell helps Nadia clip in at Jr. National Track Championships

Local Junior Cycling Clubs

Lehigh Wheelmen
Future Champions
www.lehighwheelmen.org

East Coast Velo
www.eastcoastvelo.org

TEAM Fuji/Salamander
www.teamfuji.com

Vortex Cycling Club
www.vortexcycling.com

Young Medalists
www.youngmedalists.com



Lehigh Wheelmen
Junior Development Coordinator
PO Box 356
Bethlehem, PA 18046
www.lehighwheelmen.org
E-mail: juniors@lehighwheelmen.org

Getting your child started in cycling

For Children Ages 5-18

This pamphlet is to inform parents and kids on how to get involved in the sport of cycling.

A full informational booklet can be found at www.lehighwheelmen.org Click on "Juniors", then "Getting Started"



www.bikeline.com

Racing

Besides racing on the velodrome juniors can also race in **road races, time trials** and **criteriums**.

Road races usually take place on public roads on courses of varying lengths. Time trials are events where riders are timed as they race individually over a set course. The one who takes the least time to complete the course wins the race. Criteriums are races which take place with riders racing around a circuit of road one kilometer to one mile in length, completing multiple circuits.



Juniors 10-12 on the start line of the Tour de FCCC Criterium.

Equipment Needed

Cycling is a sport where the initial outlay for equipment can be quite high. If your child starts to get serious about the sport he will need a road

bike. This is because even track cyclists do a large part of their training on the road. A local bicycle shop will be able to help you select the proper bicycle and give a proper fit. You will not find this at a large national chain.

Licensed Racing

To race in track and road races cyclists need a USCF license. This is issued by USA Cycling (www.usacycling.org) the governing body of cycling in the United States. To obtain a license, the cyclist needs to have a racing age of at least 10 years. A one year license for juniors costs \$30. (Adults cost \$60).



Starting Gate of the Tour de FCCC Time Trial Stage

These can be purchased online or at a USCF race.

Racing Age

A person's racing age for the whole year is determined by their age at their birthday during that calendar year. For example, even if she turns 13 in December of 2007, she will race racing age 13 for all of 2007.

Getting Started in Track Racing

The Lehigh Valley Velodrome offers a variety of free and low cost cycling programs. The Air Products Developmental Cycling program is a FREE introductory track cycling program for children 9-18 years of age. The necessary track bicycles and coaching are provided.

The **Bicycle Racing League (BRL)** takes place each spring at the Lehigh Valley Velodrome and offers team racing.

Once a child has successfully completed in the intermediate level of the Air Products program or



Junior Racing at the Velodrome Bicycle Racing

League she may be ready to race in the Junior Races that are held weekly during the summer at the Lehigh Valley Velodrome. A racing license is needed and there is a small registration fee each week. **Pee Wee Pedalers** is for children ages 5-8.

Getting Started in Road Racing

Many road races, time trials and criteriums held in this area have junior categories. Times and locations of many of these races can be found at www.bikereg.com or visit pacycling.org



Junior Nationals Road Race, Sevens Springs. PA

Lehigh Wheelmen
Junior Development Coordinator
PO Box 356
Bethlehem, PA 18046
www.lehighwheelmen.org
E-mail: juniors@lehighwheelmen.org

