



## New England Bike Racing Association in Conjunction with Papa Wheelie's

Presents

Date: February 17, 2010

Time: 6:00pm

Place: Papa Wheelie's Bike Shop  
653 Islington St.  
Portsmouth, NH

## Bike Racing and Group Riding 101 for Women Meet & Greet

This meet & greet is designed to invite women to come out and learn the basic terminology of group riding and bike racing. It will be a Q & A casual conversation regarding what to expect when hopping on a group ride or what to expect when getting on the line for your first race. Terminology such as what is a Pace line, Drafting, Pulling Through, Attack, Counter Attack, Sprint, Climbing, Hill Climbing, bridging up, Forming a Gap and ride etiquette will be discussed as well as ANY questions you may have with how to get involved in the sport.

Guest Speakers:

Stephanie Chase, Category 2 Bike Racer and New England Bike Racing Women's Racing Coordinator

Susanne Delaney, Category 2 Bike Racer and Portsmouth Criterium Race Promoter

Both Stephanie and Susanne have several years of bike racing and group riding experience and are here to support those getting started in the sport. This forum is free of charge and being promoted as an educational means for any women interested in getting involved in cycling at any level.

Please join us for this social event and learn about other women's specific clinics being provided by

New England Bike Racing Association in 2010

Please RSVP to  
Papa Wheelie's or  
Stephanie Chase at  
[thinair29@yahoo.com](mailto:thinair29@yahoo.com)

Papa Wheelie's Bike Shop  
653 Islington St.  
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