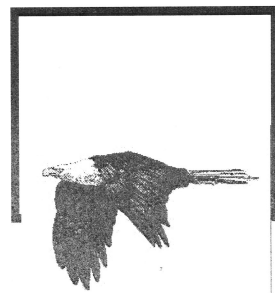




# 2025 Early Birds



## Bicycle Training Race Series in Livermore



Help us celebrate our 38-year tradition with a new and improved Early Birds format. January is the perfect time of year for all riders to take time to acquire and practice pack racing skills. NCNCA leaders provide a progressive curriculum where riders practice their race day routines.

From your arrival to start time, including warmup and course preview, as well as practicing your race craft. We consider the racers experience to be the most important part of the day that we have mentors leading pre-race clinics, observe during the race and lead a post-race debriefing. We are trying to provide a learning environment and have found that stripping away the placings, and prizes accelerates your learning. Traditions aside, 2025 has a new look and we hope that you will join us.

Promoted by Velo Promo & Golden Chain-Cyclists. Under USAC rules & permit 2025-xxxx

**Dates:** Sundays, January 5,12,19,26, and Feb 2, 2025

**Location:** Livermore, CA - Constitution at Collier Canyon Rd.

**Registration:** ONLINE ENTRY preferred (assists with porta-potty planning). "day-of registration" available. <https://www.bikereg.com/early-bird-bicycle-race-training-series> Check-in opens at 7:45 a.m. and closes 15 minutes before each event. Registration at Constitution at Collier Canyon, Livermore.

---via On-line until 5 pm each Thursday before each Sunday's program. Event fee is \$30 each week. \$15 for riders under 23.

---At the Early Birds on day of: Limited, but allowable entry at the event. No entry after 15 minutes before your event's scheduled starting time.

### Entry:

**Directions:** From Fwy 580 in Livermore, take the Airway Blvd exit and head north one block to North Canyons Parkway. Turn right and right again onto Constitution Drive. After passing Costco on your left, watch for signs indicating "bike Race Parking", in parking lots to the left. Registration and race HQ are one block east. Portable toilets are at the back of the parking lot. Follow signs and instructions to parking. Please do not take shorter routes via GPS suggestions.

**Location for GPS:** 2441 Constitution Drive, Livermore, CA 94551 (but please follow above instructions)

**Course:** 0.65 mile flat clockwise loop of good pavement. Four 90-degree right hand turns. Race Loop: Constitution, Collier Canyon, Gateway, Shea, Constitution. Porta potties provided, but no drinking water. Same course since 2022, (and 2002). **PLEASE stay out of business parking lots in the center of the course loop;** while warming up in the area, obey stop signs and traffic lights. There is usually a great deal of traffic around Costco, only one block away. Thank you for being considerate and careful on the roads.

**Cancellation:** If the event is cancelled at the promoter's discretion for rain, all entrants will get full credit to future Velo Promo races/events. (We have a full schedule at [www.velopromo.com](http://www.velopromo.com)). Pre-entered riders will get an email the day before if weather reports are reliably unfavorable.

### Notes:

- training races only, with no placing recorded.

- Upgrading (4 to 3 and 5 to 4): one upgrade point for each week completed, when riders attend a) the clinic, b) their training race, and c) the post-race talk

**Important:** Emergency Vehicles may enter the course; marshals, mentors and officials may then neutralize or even stop the event temporarily.

**2025 USAC license** required (available at race or online at [www.USACycling.org](http://www.USACycling.org)). One day licenses (\$15) are available online or at the event (limited to "novice" events). Entry fees include USAC and NCNCA surcharges. Race numbers will be provided. Event/Entry Fee covers any and all participation during the day that you are qualified for. Allow yourself at least one hour for registration and preparation.

**Age Note:** Your USAC racing age is the age you will be on December 31 of 2025

**Schedule:** Sundays, January 5, 12, 19, 26, Feb 2

**8:30am Early Bird Mentored Skills Clinic #1 for Men Category 4, 5 & novice** - Start of progressive curriculum  
8:40am - riders split into two groups (by age?) and on course for skills drills  
9:00am – first of two groups start six-lap practice races, second group "in the ready". Each group will alternate being on course with their practice racing and receiving feedback/ discussing what they just experienced. Time should allow for these two groups to practice three six-lap races each  
10:15pm 1<sup>st</sup> group, and 10:30am 2<sup>nd</sup> group post-race talks

**10:45am Early Bird Mentored Skills Clinic #2 for Youth, Juniors and U23** - Start of progressive curriculum  
10:55am - riders split into two groups and on course for skills drills  
11:15am – first of two groups start six-lap practice races, second group "in the ready". Each group will alternate being on course with their practice racing and receiving feedback/ discussing what they just experienced. Time should allow for these two groups to practice three six-lap races each  
12:30pm 1<sup>st</sup> group, and 12:45pm 2<sup>nd</sup> group post-race talk

**1:00pm – mentor and 1/2/3 race (60 min)**

**2:00pm Early Bird Mentored Skills Clinic #3 for Women and Non-Binary Category 4, 5 & Novice** - Start of progressive curriculum  
2:10pm - riders split into two groups and on course for skills drills  
2:30pm – first of two groups start six-lap practice races, second group "in the ready". Each group will alternate being on course with their practice racing and receiving feedback/ discussing what they just experienced. Time should allow for these two groups to practice three six-lap races each  
3:45pm 1<sup>st</sup> group, and 4:00pm 2<sup>nd</sup> group post-race talk

**USA Cycling Beginning Racer Program curriculum:**

**Saturday, Jan 4** – Leader and Mentor training @ the Early Bird course (which is open to traffic) from 1pm to 3pm. All new leaders and mentors must attend this meeting. Teaching skills will be taught, practiced and tested. CEU's for licensed coaches.

**Sunday, Jan 5** – Get Ready to Race, also known as "Assertiveness Training"

**Sunday, Jan 12**– Cornering/ "You are not alone"

**Sunday, Jan 19** – Even more perspective, and Sprinting

**Sunday, Jan 26** – "Formation and Anticipation" also known as "How to read a race"

**Sunday Feb 2** - "Putting it all together"

Riders can attend all or any of the series days. Those missing one week can get a catch-up group the next week.

**Further Info:** [www.velopromo.com](http://www.velopromo.com) [velopro1@gmail.com](mailto:velopro1@gmail.com)