



UNITED STATES
OLYMPIC COMMITTEE
TRAINING CENTER
1 Olympic Plaza
Colorado Springs, CO 80909

Learn the Velodrome Course Information Sheet

Who: Anyone interested in learning how to ride the Velodrome track that does not already possess a USA Cycling Track Category 4 or better license. Licenses in other disciplines in cycling cannot be fast tracked through the class.

This class is mandatory before any new rider can train on the track

What: This class introduces new cyclists to the Velodrome track to include safety, etiquette and skills. **This occurs over three 2-hour sessions.**

Class Requirements:

- Age 19 or older. Participants 18 & under may sign up for our Junior LTV class.
- You must be able to ride a bike.
- Track bicycles will be provided. If you would like to bring your own pedals to fit your shoes, we will put your pedals on the loaner bike.
- You must sign a release form.
- Dress appropriately for riding. Loose clothing is not recommended. Colorado weather is known for quick changes so please bring layers in the summer months.
- Bring water and a snack.

When: Wednesdays 7 – 9 p.m.
Sundays 12 – 2 p.m.

**Dates & times subject to change. Check www.teamusa.org/velo for the most up-to-date schedule.*

**Sessions can be done in order at your discretion, but must be completed within 30 days of first session.*

Where: OTC Velodrome in Memorial Park, Colorado Springs, CO

How: Get more info or register by emailing LTV@usoc.org

Cost & Payment: Session 1 \$30*
Session 2 & 3 \$120 (total, collected as one payment)
One-day (\$15) or year-long (\$70) USA Cycling license

**Session 1 purchase does not commit rider to Sessions 2&3*

***We accept cash, checks and VISA.*

Email: LTV@usoc.org

(719) 634-8356

www.teamusa.org/velo