

TRAINING TO RACE COURSE starting this SUNDAY!!! You can register NOW!



Cycling Canada is pleased to announce we will be running an online Ready to Race! **Training to Race course**. Please see below for details and registration information.

NCCP Ready to Race! Training to Race workshop- Online

Learning Facilitator: Paul Jurbala

Level: Ready to Race! Competition Introduction

Language: English

Schedule: *Eastern Time* (coaches must be present at all sessions to receive credit)

Sunday March 5: 7:30-9:30pm,

Monday March 6: 7:30-9:30pm,

Wednesday March 8: 7:30-9:30pm,

Sunday March 12: 7:30-9:30pm,

Monday March 13: 7:30-9:30pm,

Wednesday March 15: 7:30-9:30pm

Registration: All coaches who want to work toward Ready to Race! Introduction to Competition certification are welcome to register. <https://hooncanada.ca/product/nccp-ready-race-training-race-workshop-online/> to register. Email kathy.dufour@cyclingcanada.ca if you have any questions.

Cost: \$175

Organizers: Cycling Canada

Description: Ready to Race! Introduction to Competition (R2R) is the context for coaches who will primarily work with new competitive cyclists at the community and club level. These athletes will likely be in the Learn to Train to Train to Train stages of LTAD, although the context could apply to any new racer of any age. These athletes have basic but developed cycling skills and the desire to begin competing within a structured training and competition program. They should have passed through an entry-level Community Initiation program (CCI) to help them develop the basic skills.

Please note that this course requires a minimum of 5 participants, and has a maximum of 20. Coaches will be accepted on a first come, first serve basis.