



Gary Tingley, M.S.

USAC Level 1 Professional Cycling Coach

USAC Beginning Racer Program

[REGISTER HERE](#)

The USA Cycling Beginning Racer Program is designed to provide new racers with an enjoyable and educational experience as they learn to race, the objective of the program is to inspire and educate new riders, increase annual licensed membership, and improve cycling skills, leading to safer and more enjoyable racing experiences. BRP is designed to be optional, fun, and valuable, leading to a desirable program, which, in turn, will lead to more rider participation.



The BRP is modeled off of the highly successful Northern California Early Bird Racing Series. Established approximately 30 years ago, the Early Bird

Racing Series serves over 1,000 racers annually and is the culmination of many years of hard work from USA Cycling Coaches Larry Nolan, Laurel Green, Matt McNamara, John Cheetham, and Dan Smith.

How does BRP work?

BRP is initially focused on developing skills and experience for USAC Category 5 men annual licensed road racers. USA Cycling rules state that a Cat 5 cyclist may upgrade to Cat 4 by obtaining ten (10) points (or race days).



These points can be achieved by finishing 10 mass start races, or by completing five (5) USA Cycling approved Beginning Rider Program (BRP) clinics, or a combination of both. Mass start races count as one (1) point for each completed race and USA Cycling approved Beginning Rider Program clinics count as two (2) points for each clinic.

The BRP is broken down into five separate clinics, with each clinic holding a unique and progressive curriculum. Each clinic is comprised of three components; 1) on-bike instructional clinic; 2) mentored race; and 3) race debrief.

The five components of the curriculum are:

1. Basic Pack Skills – Protecting Your Front Wheel
2. Cornering – Choosing and Holding Your Line
3. Pack Awareness & Skills
4. Sprinting Basics
5. Bringing it All Together

Who is coaching the BRP clinics in the SCNCA district?

- Director and Coach – Gary Tingley, M.S, USAC Level 1 Coach, CPBT CSI CSIT
- Promoter and Coach – Robert Panzera, M.A, USAC Level 1 Coach, CCSD
- Promoter – Ryan Miller, P2P Race Series
- Mentor and Coach – Matt Hoffman
- Sponsored by – Rock N' Road Cyclery and Matt Ford



Where are the BRP clinics held, and when?

2014-2015 Schedule:

1. November 1, 2014 – Basic pack skills: protecting your front wheel – San Diego, CA

2. December 13, 2014 – Cornering: choosing and holding your line – San Diego, CA
3. January 10, 2015 – Pack awareness & skills – San Diego, CA
4. January 17, 2015 – Sprinting basics – San Diego, CA
5. February 21, 2015 – Bringing it all together – San Diego, CA

2015 Schedule:

1. April 9, 2015 – Basic pack skills: protecting your front wheel – OCGP, Irvine, CA
2. April 23, 2015 – Cornering: choosing and holding your line – OCGP, Irvine, CA
3. May 7, 2015 – Pack awareness & skills – OCGP, Irvine, CA
4. May 21, 2015 – Sprinting basics – OCGP, Irvine, CA
5. June 4, 2015 – Bringing it all together – OCGP, Irvine, CA

Do I need an Annual USA Cycling License?

You are not obligated to purchase an annual USA Cycling license to attend Beginning Racer Program clinics. Category 5 racers who do not have an annual license can purchase a One-Day License when registering for BRP. Riders that purchase a one-day license are entitled to the USA Cycling accident medical coverage for the event day the license was purchased for and limited to only the cycling activity of the event. All medical coverage is subject to the terms, conditions and exclusions of the policy(ies). Additional

details can be found on the [USA Cycling licensing web site](#).

To register for a Beginning Racer Program clinic with a One-Day License:

1. Create a free USAC account on the [USA Cycling web site](#) and log in
2. Navigate to the [BRP registration page](#)
3. Check the event date you would like to register for
4. Click next

You will be directed to a registration check out page and will be able to complete your registration.

How can I register, view future dates, and learn more about BRP?

You can register for these clinics on [USA Cycling's website](#) and read more at USA Cycling's page for the [Beginning Racer Program](#).