

Welcome to the fourth season of the VAA's Youth Cycling Club, it promises to be a great one. We believe we have 8 unique events which will expose an array of cycling disciplines to participants and their parents alike. All in a fun, safe and supportive environment. We encourage parent involvement, sign up to be a ride leader, come out and ride with the group.

Please plan on arriving at the event at least 30 minutes prior to the ride time. This allows time to unload bikes check tire pressure and make any adjustments that may be necessary. We will have a repair stand, tools, pumps and patch kits at every ride.

Postponement notifications due to weather will be sent out via email. You will also be emailed a PDF with ride specifics and directions. Our schedule is as follows.

May 19 / 1:30 PM - **Bike Skills**, Stonebridge Elementary, Stillwater
June 2 / 1:30 AM - **Velodrome Track Ride**, National Sports Center, Blaine
June 17 / 12 PM - **Pro Racers Meet & Greet**, Nature Valley Grand Prix, Stillwater
July 14 / 1:30 PM - **Off Road Ride**, Battle Creek Park, Woodbury
August 11 / 1:30 PM- **Downhill Event**, Battle Creek Park, Woodbury
August 25 / 1:30 PM - **BMX**, Rehbeins BMX, Lino Lakes
Sept 15 / 1:30 PM- **Off Road Ride**, Carver Lake Park, Woodbury
October 6 TBA / TBA- **Cyclocross**

Thanks for joining us.

Mark Franz

Cycling Club Coordinator
651.757.7702

John Gozum

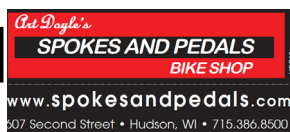
Cycling Club Commissioner
952.334.4953

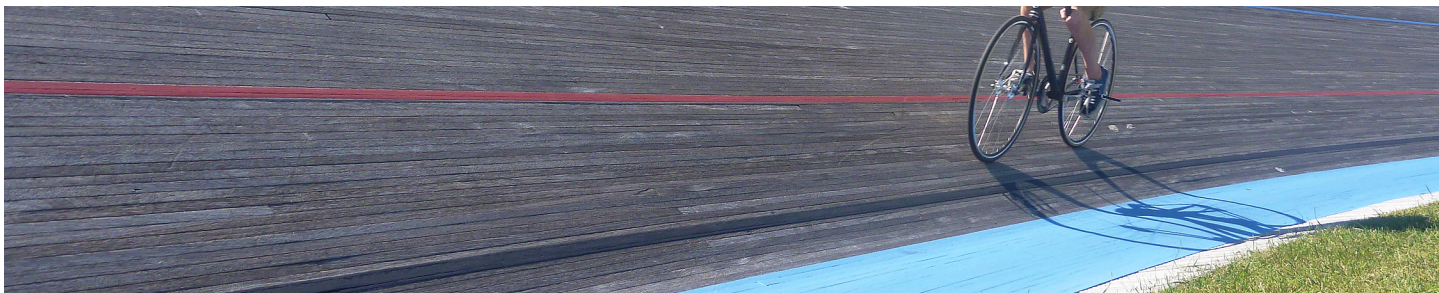
Erik Sudheimer

Cycling Club Commissioner
651.233.4339

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Velodrome Ride

National Sports Center, Blaine MN
Saturday June 2th 1:30AM - 3:30PM

About:

Built to host the 1990 Olympic Festival track racing events and National Championships, the NSC Velodrome is one of the most unique tracks in the world. It is the only outdoor wood-plank velodrome in the Western Hemisphere. The NSC Velodrome has hosted US Olympic Trials, US National Track Cycling Championships and several world-class competitions including the EDS Cup and MN Fixed Gear Classic.

- We will provide granola bars and Jelly Belly Energy Beans
- Bicycle and track instruction for the kids, adult volunteers are welcome try a bike out on the track

Individual Rider Requirements:

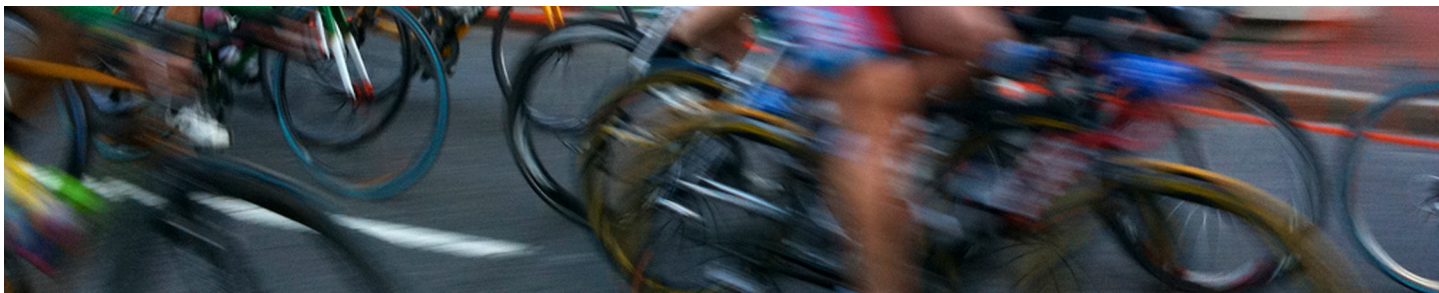
- We will use National Sports Center bicycles so leave yours at home
- Bicycle Helmet
- VAA Cycling T-Shirt
- Cycling Shoes and Pedals if you have them, otherwise you will use their pedals that have straps on
- Water Bottle(s) filled with water
- A parent or guardian to sign track waiver form

More information:

LINK • [National Sports Center Velodrome](#)

Directions:

LINK • [National Sports Center Velodrome on Google Maps](#)



Nature Valley Grand Prix - Pro Team Meet & Greet

Downtown, Stillwater MN

Sunday June 17th 12:00PM - 2:00PM

About:

This five day stage race, which is part of the Nature Valley Bicycle Festival, draws the top pro/elite racers from all over the country. Once again the Nature Valley Bicycle Festival returns to historic downtown Stillwater for their grand finale and signature event. The Stillwater course features a trek up Chilkoot Hill every lap. This lung-busting hill climb along with the heart stopping downhill turns that will stretch the riders' bike handling skills to their limits combine to give this criterium an international reputation as the hardest in North America.

We will gather in the expo area at 11:45 AM at the Jelly Belly tent and proceed to our meet and greet with Team Jelly Belly. The younger riders are encouraged to take part in the kids fun race before the pro men take the course.

Individual Rider Requirements (For those riding in the kids fun race):

- Bicycle
- Bicycle Helmet
- VAA Cycling T-Shirt

More information:

LINK • [Nature Valley Bicycle Festival](#)

Directions:

LINK • [Map of race course](#)



Battle Creek Off Road Ride

Battle Creek Park, Maplewood MN

Saturday July 14th 1:30PM - 3:30PM

About:

Ramsey County Parks and Recreation Department in partnership with the Minnesota Off-Road Cyclists (MORC) have developed a mountain bike trail system at Battle Creek Regional Park. This trail system includes 3.3 miles of multi-use trails and 4.5 miles of single track mountain bike trails.

- We will provide granola bars and Jelly Belly Energy Beans
- Parents are encouraged to ride along

Individual Rider Requirements:

- Bicycle
- Bicycle Helmet
- VAA Cycling T-Shirt
- Water Bottle(s) filled with water

More information:

LINK • [Ramsey County Mountain Bike Brochure](#)

Directions:

LINK • [Battle Creek Park on Google Maps](#)



Downhill Event

Battle Creek Park, Maplewood MN

Sunday August 11th 1:30PM - 3:30PM

About: The participants will have a chance to challenge themselves in a time trial mountain biking event held on a downhill course at the Battle Creek trail system.

We will provide:

- Granola Bars and Jelly Belly Energy Beans
- Parents are encouraged to attend and ride along

Individual Rider Requirements:

- Bicycle
- Bicycle Helmet
- VAA Cycling T-Shirt
- Water Bottle(s) filled with water

More information:

LINK • [Ramsey County Mountain Bike Brochure](#)

Directions:

LINK • [Battle Creek Park on Google Maps](#)



BMX

Rehbeins BMX, Lino Lakes MN

Sunday August 25th 1:30PM - 3:30PM

About:

BMX started in the early 1970s when children began racing their bicycles on dirt tracks, drawing inspiration from the motocross superstars of the time. Rehbeins is Minnesota's only indoor BMX track.

We will provide:

- Granola Bars and Jelly Belly Energy Beans
- Bicycle, helmet and track instruction for the kids, adult volunteers are welcome to try a bike out on the track

Individual Rider Requirements:

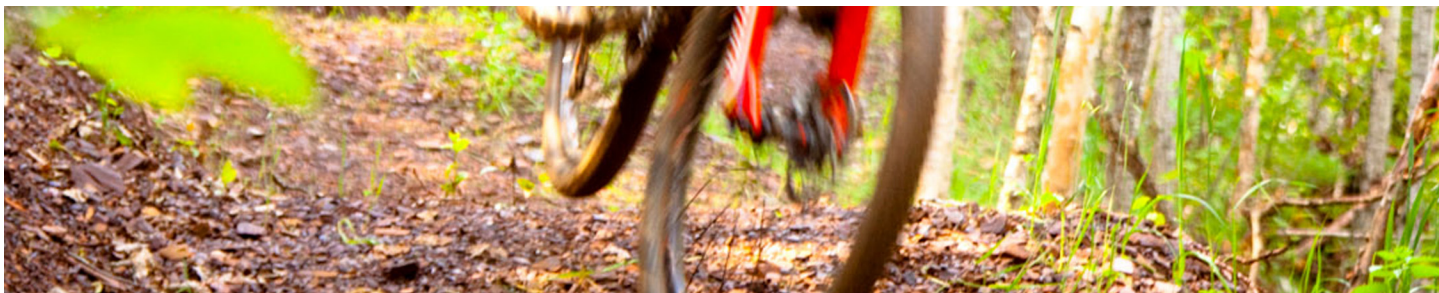
- We will use Rehbeins' bicycles and helmets so leave yours at home
- VAA Cycling T-Shirt
- Water Bottle(s) filled with water
- A parent or guardian to sign track waiver form

More information:

LINK • [Rehbeins BMX](#)

Directions:

LINK • [Map to Rehbeins](#)



Off Road Ride - Carver Lake Park

Carver Lake Park, Woodbury MN

Sunday September 15th 1:30PM - 3:30PM

About: Carver Lake Park is home to one of the newest mountain bike trail systems in the state.

We will provide:

- Granola Bars and Jelly Belly Energy Beans
- Parents are encouraged to attend and ride along

Individual Rider Requirements:

- Bicycle
- Bicycle Helmet
- VAA Cycling T-Shirt
- Water Bottle(s) filled with water

Directions:

LINK • [Carver Lake Park on Google Maps](#)



Cyclocross Workshop

TBA

Sunday October 6th 1:30PM - 3:30PM

About: Cyclocross is a form of bicycle racing that typically take place in the autumn and winter. The event consists of repeated laps of a short course featuring pavement, wooded trails, grass, steep hills and obstacles requiring the rider to quickly dismount, carry the bike while navigating the obstruction and remount.

We will provide:

- Granola Bars and Jelly Belly Energy Beans
- Instruction on cyclocross technique

Individual Rider Requirements:

- Bicycle
- Bicycle Helmet
- VAA Cycling T-Shirt
- Water Bottle(s) filled with water