

Special Training Sessions

Free to all VeloPass holders, except motor-pacing.



Sprint Training - Monday evenings

A session for sprinters to meet and train

Do you want to be a sprinter or just be fast like one? This weekly coached session covers all there is to learn about sprint specific training from race tactics to track stands. This session will be organized by sprint coaches Sarah Fader and Rich Voss. Class will always include at least one skill component and a workout component. Riders must be track certified and have purchased a VeloPass, Month Pass or Day Pass for that particular day of riding.

Gate Starts

Utilize a start gate prior to championships

This session will be organized by sprint coaches Sarah Fader and Rich Voss and is set aside for standing starts utilizing the start gate. The idea is for riders who are planning to go to a "Championship" event to get some reps using the start gate prior. The session is OPEN to others that may just want to try out a start gate. Riders must be willing to work together during the session and we ask that only standing start practice takes place during this time. Riders must be track certified and have purchased the VeloPass, Month Pass or a Day Pass for that particular day of riding.

\$10 fee for riders who do not hold a VeloPass.



Beyond Certification - Tuesdays & Fridays

Classes for certified riders looking for more instruction

These classes will be organized by BVV coaches throughout the season. The classes will build on the basics taught in certification classes. Riders will continue to work on skills and techniques that will make them better cyclists. Riders must be track certified and have purchased the VeloPass, Month Pass or a Day Pass for that particular day of riding. **\$10 fee for riders who do not hold a VeloPass.**

Fast Laps - Tuesday evenings

Sessions for riders looking for group training

These sessions will be organized by like-minded riders looking for a group training experience. Take-a-lap, long chases and "Fast laps" are the focus of this session. Riders must be track certified and have purchased the VeloPass, Month Pass or a Day Pass for that particular day of riding.



Night Light Training - Tuesday Nights 7-9pm

Open Training session under the lights!

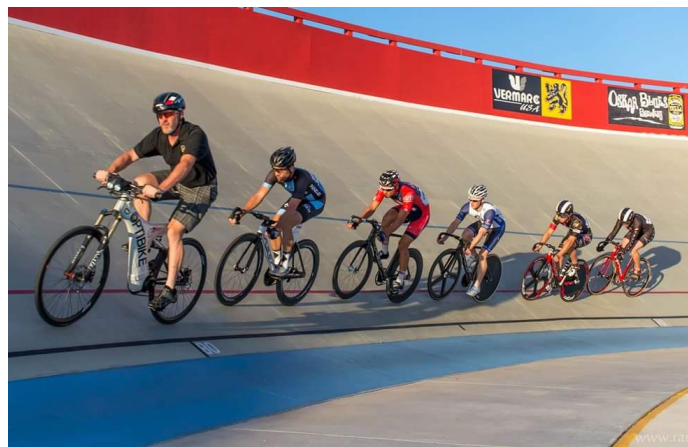
This is an Open Training session that will allow riders whose schedule makes it hard for them to get to the track during the day time sessions. As with all Open sessions, riders must be willing to work together and follow the basic rules of Communication, Awareness and Predictability. Riders must be track certified and have purchased the VeloPass, Month Pass or a Day Pass for that particular day of riding. **\$10 fee for riders who do not hold a VeloPass.**

Motor-pacing - Wednesdays

Intro & Advanced

Motor-pacing is a skill and technique used by riders to improve their speed, paceline skills and bike handling. The BVV offers to sessions weekly to assist riders. The intro level motor pace session designed to give newer riders the skills and confidence necessary to continue improving their overall track cycling abilities. The advanced motor pace session is for riders who have extensive experience behind the motorbike. Riders must be track certified and have purchased the VeloPass, Month Pass or a Day Pass for that particular day of riding.

\$10 fee for all riders, will be collected by session coach/motor driver Tim Kyer.



Women's Night - Fridays

A night for women only

This structured training session is coached by Jennifer Sharp. The session is intended to provide a comfortable and encouraging environment in which female-identifying riders of all levels can get a great workout, grow their knowledge of the sport, and improve their skills. Riders must be track certified and have purchased a VeloPass, Month Pass or a Day Pass for that particular day of riding.