



**KCBC RACING TEAM**

INTRODUCE:  
***THE 2006 KC TRAINING SERIES***

**PURPOSE:** DFT is a coaching and event management business registered as a limited liability company in Kansas. DFT and KCBC are both registered clubs with USA Cycling. To help athletes prepare for bicycle racing, we will host a non-competitive club ride with two ability levels on Tuesday evenings in Lenexa, Kansas to practice criteriums.

**LOCATION:** 99<sup>th</sup> Street Business Park (99<sup>th</sup> & Loiret) Lenexa, Kansas 66212.

**REGISTRATION /:  
CHECK – IN** Opens at 5:45 p.m. and closes at 6:10 for “A” and closes at 6:50 for “B.”  
**NOTE:** rider release and USCF **annual license** BOTH required. Athletes who join for one of the programs under “costs” sign one release, show the annual license once, and are covered for the summer! Just check in on a weekly basis.

**START TIMES:**

<b>6: 15 p.m.</b>	Category <b>A</b> (equivalent of USCF categories 1-4)
Duration:	45 minutes + 5 laps
<b>7:00 p.m.</b>	Category <b>B</b> (equivalent of USCF categories 4/5 men, category 3/4 women, juniors. Category 4 men can request either category, and will be placed after review by DFT / KCBC).
Duration:	25 minutes + 2 laps

**DATES:** April 4 – August 29, 2006. *No ride on July 4.*

**COSTS:** Club membership length (KC Metro area residents):

- 5 months (April – August) \$50
- 4 months (May – August) \$40
- 3 months (June – August) \$30
- 2 months (July – August) \$20

Or, try the club on a one-day membership for \$10.

*If you're out of town (Lawrence, Topeka, etc.) \$15 for a 3 visit pass!*

**SPECIAL NOTES:** check <http://www.definedfitnessstraining.com> for weather updates and possible postponement by 3:00 p.m. on each Tuesday. Helmets required before, during and after events. Riders considered unsafe may not be eligible for membership and participation, or may be declined continuing participation based on event behaviors. SAFETY, FUN and FITNESS are the keys for this training event! **Contact:** Christopher Hess, [fit4action@yahoo.com](mailto:fit4action@yahoo.com)