

# Collegiate Track Day

Here is your chance to learn to ride a velodrome! This fun filled day includes a Professional Coaching Staff, all your track cycling questions answered, and use of a Track Bicycle. The Lehigh Valley Velodrome in Trexlertown, PA, the premier velodrome in North America plays host to this event. This 3 hour class is to prepare Collegiate riders of all abilities for the track and Collegiate National Track Cycling Championships. If you have any questions direct them to: Jim Young Penn State Cycling Head Coach [jsy1@psu.edu](mailto:jsy1@psu.edu) or visit The Lehigh Valley Velodrome's website at [www.lvvelo.org](http://www.lvvelo.org).

**What:** Collegiate Track Session for all ability levels

**Coaches:** **Jake Burns** Track Collegiate National Champion, Lehigh Valley Velodrome Head Coach, **Sarah Uhl** 2001 Junior World Champion, **Jim Young** Penn State Cycling Team Head Coach

**Where:** Lehigh Valley Velodrome at routes 100 and 222 in Trexlertown, PA

**What to Bring:** Yourself a helmet and shoes (You may use your own track bicycle, but if you do not own one we will provide them at a \$5 charge)

**Date:** May 19

**Time:** 12 noon - 3pm

**Cost:** \$10 per person additional \$5 bike charge (if you use a Velodrome Bike)

**Questions?** Contact Jim Young [jsy1@psu.edu](mailto:jsy1@psu.edu), visit [www.lvvelo.org](http://www.lvvelo.org), or call Jake Burns at 610.967.8543

