



## **AGENDA – January 20, 2024**

### **CHECK-IN - 7:00am – 8:00am**

Clinic check-in at the Motor Park Chalet. Upon registration, you will be given a wristband with your assigned group number/color. Please meet in the ERX Chalet near the track by 9:00am.

### **WELCOME – 8:30am**

Introductions meet the coaches, review of day's schedule, address questions.

*\*Pro rider will layout gear and briefly explain what he will wear for riding. (Safety Gear, Clothing, etc)*

### **RIDER TALK - 8:45am – 9:00am**

Leadership ambassadors talk from some of our Pros on many important rider topics. How they prepare before a race and some rituals. How they present themselves on and off the track no matter what the result. How these actions affect them personally and professionally. If there is any time remaining, we will breakdown a track walk through.

### **MORNING BREAK OUT CLINICS – 9:00am (Go to your assigned section with you group)**

9:00am – 9:30am Session 1 (red – A; pink – B; orange – C; yellow – D)

9:30am – 10:00am Session 2 (red – B; pink – C; orange – D; yellow – A)

10:00am – 10:30am Session 3 (red – C; pink – D; orange – A; yellow – B)

10:30am – 11:00pm Session 4 (red – D; pink – A; orange – B; yellow – C)

### **LUNCH – 11:00 – 12:00pm (Will take place in the Chalet)**

Break for lunch inside the ERX Motor Park Chalet, have lunch with the pros, collect autographs, photos etc.

### **AFTERNOON BREAK OUT CLINICS – 12:00pm (Go to your assigned section with you group)**

12:00pm – 12:30pm Session 1 (red – A; pink – B; orange – C; yellow – D)

12:30pm – 1:00pm Session 2 (red – B; pink – C; orange – D; yellow – A)

1:00pm – 1:30pm Session 3 (red – C; pink – D; orange – A; yellow – B)

1:30pm – 2:00pm Session 4 (red – D; pink – A; orange – B; yellow – C)

### **GOOMING BREAK**

2:00pm – 2:30pm Meet inside the Motor Park Chalet; warm-up and receive more breakout sessions on multiple topics including Social media, Leadership Training, Sponsorship Talk, Media Guide, Dietitian/Training, and more.

### **OPEN TRACK**

*\*As you are waiting for your group out on the track, take the time to ask questions and chat with your favorite Pro riders.*

2:30pm – 3:00pm Open Track for Groups 120/200

3:00pm - 3:30pm Open Track for Groups JR/Adult



### **DAY'S AGENDA OVIERVIEW**

7:00am - Gates Open

7:00-8:00am – Check in and Get Ready to Ride

8:30am – Welcome Meeting at ERX Motor Park Chalet

9:00 –11:00 – Morning Clinic Sessions

11:00-12:00 – Lunch/Autographs/Photos

12:00-2:00 – Afternoon Clinic Sessions

2:00-2:30 – Grooming Break / Q&A

2:30 –3:30 – Open Track Session

### **DON'T FORGET...**

If you didn't pre-order a box lunch, there will be a limited number available on a first come first serve basis for \$20 each. You are also welcome to bring your own meal and join us for lunch.

Be prepared for the unexpected break down and be sure to bring along tools and spare parts as deemed necessary. Racers will also experience a high-level of track time and will likely need additional fuel throughout the day.

Make sure to bring the correct sled for the clinic that you have signed up for. We will not allow you to practice if your sled is not in the class you signed up for. ***E.g., If you signed up for the 120 clinic you cannot ride a transition sled. We will not allow you to participate until you have the correct sled.***

All coaches, track workers and organizers of the Learn 2 Ride Clinic are volunteers. Please thank them for their time, we couldn't do it without them.