



# Mid Island Velo Association

## JOIN OUR 2013 WOMEN'S TEAM

MIVA has formed a women's team for 2013 and is looking for novice bike racers interested in joining. The goal race for this program will be Race the Ridge, a two-day stage race taking place in Maple Ridge on April 27 and 28. The race is comprised of a 40km Road Race and a 12.5km Individual Time Trial and a 25 minute Criterium.

Due to the disparity of road races available to novice women, MIVA has agreed to provide some funding to assist with travel expenses and race entry fees. The exact amount has yet to be determined and will depend on the level of interest. Ideally, the team would have six to eight racers, but anyone with an interest in road racing and a desire to work together with the team is invited to join.

Although most training will be done individually or together on an informal basis, a tentative schedule has been drawn up and included here. The sessions identified on the schedule are intended to help the group acquire the skills necessary for racing and as a way for the team to get to know each other. Remember, the primary goal here is to have fun.

This program is open to all female MIVA members who are new to road racing. You will be required to hold either a Category 4 or a Citizen license through Cycling BC and agree to purchase a MIVA cycling jersey to wear during the race.

Anyone interested in participating is asked to commit by March 1.

Visit [www.bikeracing.ca](http://www.bikeracing.ca) or email [jannag@gmail.com](mailto:jannag@gmail.com) for more information.



# Mid Island Velo Association - Women's Team Schedule (Tentative)

Issued: 6-Feb-2013

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
February	17	18	19	20	21	22	23
	24	25	26	27	28	1	2
March	3 Info Session & Ride (9AM - NAC)	4	5	6	7	8	9
	10 Group Ride (AM) *	11	12	13	14	15	16
	17 Group Ride (AM) *	18	19	20	21	22	23
	24 Group Ride (AM) *	25	26	27	28	29 Good Friday	30 Group Ride (AM) *
April	31 Easter	1 Easter Monday	2	3	4	5	6
	7 Group Ride (AM) * or VCL (Victoria)** or Barry's Roubaix	8	9	10	11 15KM TT (6:30 PM)	12	13
	14 Group Ride (AM) * or VCL (Victoria)**	15 MIVA Ride (6PM)	16 Criterium (6:30PM)	17	18 15km TT (6:30PM)	19	20
	21 Group Ride (AM) *	22 MIVA Ride (6PM)	23 Criterium (6:30PM)	24	25	26 Travel Day	27 Road Race (AM) Time Trial (PM)
	28 Criterium (AM)						

\* Preferred time and location of weekend group rides (~2h) to be discussed with the team.

\*\* Victoria Cycling League - race schedule hasn't been published yet.

Other Cat 4 Races Worth Considering:

May 18-19, 2013 - Mutual of Enumclaw Stage Race: 10 KM TT, 30 min, Crit 30 mi RR (Located in SE Seattle)