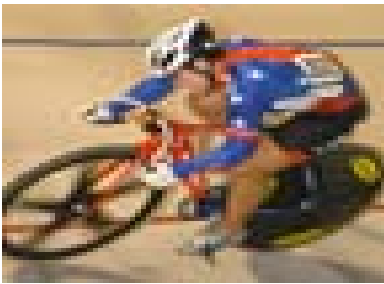


Ride your bike to feel young



Race it, to feel the surge



Do it with us to make it count.



USA CYCLING

<http://www.usacycling.org>
(719) 866-4581

*"A Strong Team
Demands an Even
Stronger Membership."*

Remember what it was like to ride a bike for the first time? It meant freedom, getting out of the neighborhood, and feeling young while speeding along in the wind and sun.

You can feel young again on a bicycle. A lot of people do! An estimated 5-7 million enthusiasts ride a bicycle for fun, exercise, or as a family adventure. And it's no surprise why people choose the bicycle as their way to feel young again and stay healthy.

Bicycles are easy on and good for our bodies. They allow us to exercise for hours and many people, afterwards, are actually ready for more! That feeling is why so many people choose to ride.

It may have been years since you rode, but you can feel young all over again with just one ride. When you start to ride often, you'll find what those 5-7 million other people have discovered.

You'll weigh less, have a healthier heart, be more energetic, and spend less on health problems.

***Ride your bike to
feel and stay young.***

Over 100,000 people each year enjoy *racing* their bicycle. Some like to do it on the road, some off-road, and many as part of a multi-sport activity like triathlon.

People who race their bikes feel even more than healthier bodies and stronger hearts. They enjoy a surge of energy from what our bodies produce when we exercise intensely. Things like adrenaline and endorphins that give racers a "natural high."

At USA Cycling, we ensure everyone has a fair chance while they compete. We offer special categories for youths, college-age, and in special age groups for people over 30 years old.

Everyone can compete in state, regional and national championships. Then their results are listed on our national rankings website and everyone can see and be proud of what they've done!

We have 1,500 trained officials available for our sanctioned events to be sure that races are fair and safe.

***Race it to feel the
surge.***

Some 60,000 people hold an annual license with USA Cycling, and for good reason.

We are the national governing body for all competitive cycling, including professionals and amateurs. We develop the rules that govern the sport and are used at events of every level including local, state and national competitions.

People who obtain a USAC racing license, and promoters who host an event sanctioned by USAC, can count on three important things:

- Fair and uniform competition
- Accident insurance
- Results counted in the National Ranking System

Those are important reasons that amateur racers and event promoters choose to get their licenses and host events with USA Cycling. We also offer special rebates to clubs via local associations, and to promoters who hold sanctioned events.

We're committed to helping you ride and race a bicycle!

You can race in many ways, such as:

- Road racing
- Criteriums
- Time Trials
- Cyclocross
- Track
- BMX
- Off-Road
- Collegiate
- Youth events

In 2004, USA Cycling held over 1,800 events. Some of these events help us see who can develop into someone that could represent the United States in the Olympics! We serve as the "pipeline" to identify and support athletes to compete internationally.

Unlike other nations, we don't receive government funding, so we rely on donations, membership fees and sponsors to support our elite athletes.

Our membership fees help support elite athletes with nearly \$3 million a year to prepare for and race internationally and pursue the dream of racing in the Olympics.

We strive to serve athletes of all abilities and have over 1,000 licensed coaches to help athletes train and get in condition for competition.

We hope you'll ride to feel and stay young, race to feel the surge, and do it with us to make it count. We're here to serve you!

Need a license to race?

<http://usacycling.org>

Want to promote?

www.usacycling.org/news/user/story.php?id=1053

Looking for a coach?

<http://209.177.135.180/coaches/search.php>

Need a club?

www.usacycling.org/clubs

Want to see how the people in your area stack up nationally?

www.usacycling.org/rankings

These are the reasons why we say, if you want to race a bicycle....

Do it with us to make it count!



USA CYCLING

USA Cycling is a national not-for-profit 501(c)3 family of organizations that promote and govern different disciplines of the sport, and that work as one to build the sport of bicycle racing, assist with athlete development, and sustain international competitive excellence.