



Why do you race?

- To participate
 - Encourage other riders
 - Contribute to overall race speed/collective effort
 - Get the highest placing possible (forgoing chance to win)
 - Ride as safely as possible
 - Look cool in photos off the front
 - Establish reputation as collaborative rider
 - Experience variety of race tactics/situations without regard to riding efficiently

To try and win

Basic: How can I most efficiently maintain/improve position?

- Race near but not at the front
- Give yourself options (avoid the middle)
- Preempt the swarm
 - Head on a swivel/capitalize on others efforts
 - Look for opportunities to move up with every slow down
 - Brakes are a last resort, use momentum to move up (think of fuel efficiency)
 - Utilize speed differential
- Ride close
 - Minimize gap
 - Immediately close gaps
 - Defend space
- Corner confidently/cleanly
- Possible to not participate in "washing machine" by staying back
- Pedal through kickers
- Utilize gutters
- Know wind direction, stay protected

Make sure you can race from the back, most can't.

Advanced: Race Craft

- Know the attributes of the course
- Keep your head up/know what is happening
- Identify own strengths/weaknesses
 - What race scenario gives me the best chance to win?
 - Every tactical choice should be to advance race winning odds
 - Who is the best sprinter in this group?
 - Do I need to drop anyone from this group in order to win?
 - Use your voice to advance your own interests
- Race for the *position* to win first, then worry about the finish line
- Deconstruct races, discuss/review tactics, learn from each experience
- Is your fitness limiting your ability to make good race decisions? Reevaluate training and/or narrow your tactical options