

Mid-Week Cyclo-Cross Clinics

presented by



ACA Permit No.: CO-1048

Promoted by RMCEF-WestSide Cycling



in association with the ACA Skills Clinic Program

Wednesday Evenings at 5 pm September 15, 22, 29 and October 6, 2010

Clinic Description: Come out & have fun while learning how to race cyclocross! From beginner to pro, everyone has something to gain from this clinic. Every technical aspect of the discipline of cyclocross, such as barriers, starting, and bike handling skills will be discussed at length by Peak to Peak Training Systems coach, Tucker Olander. Space is limited to only 10 participants!

Sept 15: Barriers & dismounts

Sept 29: Bike handling, various terrain

Sept 22: Race starts

Oct 6: Race simulation - putting it all together

Equipment needed: Cyclocross bike, helmet, bottle, spare tube & multi-tool. Also suggest rain or long sleeve jacket for cooler temps or inclement weather.

Registration Fee: \$20 per single session, or, \$70 for the entire series. Fee's include ACA and Lakewood Parks & Recreation Fee's. Space is limited to only 10 participants!

Note: Participants NOT holding an ACA membership license will be charged a \$10 one-day ACA license fee per session until a ACA membership license is purchased. This WILL NOT be included in your online registration fee, but will be collected at the clinic site.

Registration: Register online up to 24 hours the day before each clinic, available at www.PeaktoPeakTraining.com by right clicking the **Training Center Schedule** button found on the right side of the home page. Once you are on the schedule page, look for clinic you wish to register for, then right click its script. A full session description page will open. At the top of that page, you will see in bold orange letters, "Register for this Session" & "Register for this Series". Simply right click the registration option of your choice, filling out the registration form that opens, then clicking the "Register" button at the bottom.

Location: Bear Creek Lake Park, meeting at the Skunk Hollow parking area. We suggest parking in the public lot off Rooney Road & Morrison Road (west of C-470), then riding in to Skunk Hollow via the bike path on the south side of Morrison Road. If you do drive in, be prepared to pay the \$5 park entry fee for motorists. Skunk Hollow is located by taking a right turn at the first intersection past the entry gates, crossing the bridge and turning right again into the parking lot on your right.

Instructors: Tucker Olander will lead the CX Clinics this fall. Tucker has been racing & riding CX since he was 12 years old, attending multiple National Championships. He will be assisted by Peak to Peak Training Systems staff & RMCEF team members.

You may contact Tucker directly at 603-475-5129 or email to tucker@peaktopeaktraining.com

For weather cancellations on day of clinic, call 303-913-3954 for message or send email to jon@peaktopeaktraining.com