

# Calling all the Cross Ladies:

Unlock the **Mysteries of Cyclo-cross**  
in a fun, friendly, female environment!

## The 2013 BRAC Women's Cross CAMP

Proudly presented by...



Bicycle Racing  
Association of Colorado



**Tough Girl**  
Cycling Team

**Date:** Saturday, September 7th, 2013

**Time:** 2-5 p.m.

**Address:** 155 Crestridge Drive,  
Fort Collins, CO 80525  
(The old USGP Course)

**Registration: \$25, includes...**

- SWEET t-shirt!
- Fantastic prize drawing!
- Food, drinks and socializing to finish the day!

**This Event is Pre-Registration only at:**

- <http://mad.sc/13WCC>
- USAC License required.
- 1-Day USAC license fee is \$10.
- Registration closes on Sept. 5th at 11:59 p.m.

**\*This Event is capped at 50 participants**, so get em' while they're HOT!!!

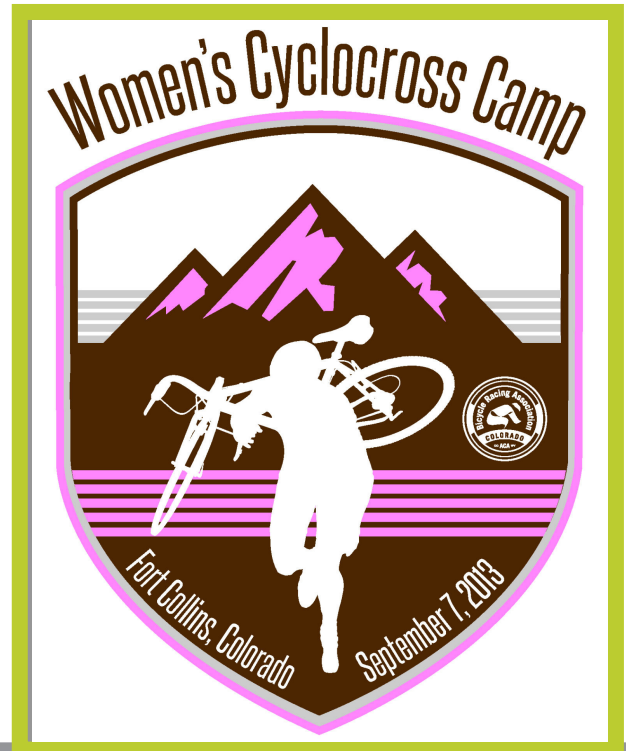
- The Camp is for both the novice racer AND those with experience.
- The Camp is at the same location as Kick-It Cross Festival/TT and Cross of the North. One awesome weekend of CROSS.
- Non-stop action, not a lot of talking.
- Mountain bikes welcome (no bar ends, please).
- Helmets required.

### Camp Coaches

- **Ann Trombley:** This former Olympian has been racing and riding Cyclo-cross since 1996. Ann currently coaches the Boulder Junior Cycling Team and has been doing camps for Mountain and Cross since 2004 for ACA/BRAC, USAC and on her own.
- **Margell Abel:** former CO State Cross Champion with over 20 years of racing experience. And she's a Mom. :)

### Camp Director

- **Katie Macarelli:** of 303 Cycling  
<http://303cycling.com/> & team member of TheCyclist-Lawyer.com.



### Camp Schedule:

- 1:00-2:00 pm - Check-in/packet pick-up.
- 2:00-2:30 pm - Introductions/group skills (mounts and dismounts).
- 3:00-5:00 pm - Rotating stations for small group skills including run-ups, barriers, race starts, cornering, and much, much MORE!
- 5:00 pm - Food and drink debrief, plus prize drawings. Really GOOD prize drawings!

**Thank you to all our sponsors!!!**



American Diabetes Association  
**Tour de Cure**



Questions? Please email Katie Macarelli at [katie.macarelli@gmail.com](mailto:katie.macarelli@gmail.com)

USAC Permit # 2013-3082