



# 2014 Cyclocross 101 & Cyclocross workshops

## Cyclocross for Beginners Clinics

**Saturdays 9am to 1pm: August 16th, September 6th, October 4th**

### What is Cyclocross 101?

This is an introduction to the sport of Cyclocross. Choose the date that works best for you, or repeat a clinic for extra practice!

### Who Should Come?

This clinic is designed for first time Cyclocross racers to help you complete your first races safe and sound. This is a great clinic for all "C" racers at the Back to Basics Cyclocross Series and is open to men, women and juniors. Each clinic is *pre-registration only* (see below).

### Clinic Hosts & Coaches:

Clinics are brought to you by BACK to BASICS CYCLOCROSS SERIES, Inspired Training Center and Jinji Cycles. Your Clinic Coach is Jo Strandell, Head Coach at Inspired Training Center and USAC Certified Cyclocross Coach.

### When & Where:

Choose one or more clinic dates: Saturday August 16, September 6, or October 4. We will start promptly at 9am. Please arrive early for paperwork.

The clinics will be located at the Lookout Mountain Youth Services Center. **2901 Ford Street, Golden, Colorado.** Just south of the roundabout at Johnson Rd. and South Golden Rd.

To get to the race course: As you enter the main drive for the facility, you'll see a dirt road on the left immediately before the entrance gate. Turn left and follow the dirt road up to the race parking. There is NO PARKING on the asphalt. Please honor this so we can keep using this facility.

### Why Should I Attend?

This clinic will give you a non-competitive venue to learn more about Cyclocross and practice some of the sport specific skills involved with Cyclocross. If you have a friend just starting cyclocross, this clinic is a must.

### What will we cover?

Here are a few of the items covered at the clinic.

- History and overview of Cyclocross
- Bike & Body setup
- Cornering 101
- Dismounts
- Remounts
- Introduction to carries
- Barriers and stairs
- Clothing choices & weather discussion

### What is a Cyclocross workshop?

*New for 2014!* We will be conducting 1-hour workshops prior to each Back to Basics race in September. Each of these workshops will cover a specific cyclocross skill followed by a mentored pre-ride and course inspection of that day's course. You can sign up for 1 or all of these workshops. Workshops start promptly at 4pm. Please come early to complete paperwork.

Here are the topics for each workshop date:

- September 3rd- Cornering 101 on grass and gravel, Course inspections with Mentoring
- September 10th-Dismounts, Carries & Remounts, Course inspections with Mentoring
- September 17th-Barriers and stairs, Course inspections with Mentoring
- September 24th- Starts and Practice Drills, Course inspections with Mentoring

**USAC Category  
Upgrade Points  
available for  
clinics and  
workshops!**

**Sign Me Up: *Pre-registration only!*** Register with Pre-Race.com. <http://www.getevent.com/>

Fees: Clinic costs are \$45.00 per date or \$35.00 if you also register for the entire Back to Basics

Cyclocross series. Workshops are \$10 each or \$35 if you sign up for all 4 sessions. Pre-registration for clinics is also through [getevent.com](http://www.getevent.com). USAC license or 1-day membership required. More information at. [www.inspiredtrainingcenter.com](http://www.inspiredtrainingcenter.com).

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