

Join us at the **BRAC WOMEN'S CX CLINIC**

Saturday, September 12, 2015

9am - 4:30pm

LOCATION -TBD

Coaches include Lynn Bush, Deirdre Garvey, Kim Nordquist-Feir, Kimberly Nuffer, Tracy Yates

Don't procrastinate
because it filled up the
first week last year!



Learn to dismount, remount, corner, climb stairs,
approach barriers, and more!



Registration: \$65

Registration includes: lunch, beverages, professional coaches
Scholarships available - contact [Deirdre](#)

Limited Space: 40 gals for the Full Day

Register online at USACYCLING.ORG

USAC Licenses required/1 day license \$10

Clinic = 1 upgrade point for a Category 4 to 3 upgrade

USAC Permit Pending

Camp Schedule

9:00	Check in
9:15	Welcome
9:30	Race Seminar
10:15	Skills Training
12:30	Lunch
1:30	Skills Training
3:30	Happy Hour Debrief
4:30	End of day

This clinic is a friendly environment for learning the basics of cyclocross racing from women who have experienced it and love it! Also great for gals that have tried racing and want to hone in on some of the skills.

MORE INFO:

Deirdre Moynihan:

303-931-6455/deemmoynihan@gmail.com

