



2017 Cyclocross Skills Clinic

9am-1pm Sunday September 24, 2017

1705 Outter Marker Rd., Castle Rock, CO 80108

USAC permit #2017-2819

[Register Here](#)

Who Should Come?

This clinic is designed for beginner to intermediate Cyclocross racers. It will give you the skills you need in a non-competitive environment to help you complete your races safely and with skills.

Clinic Hosts & Coaches:

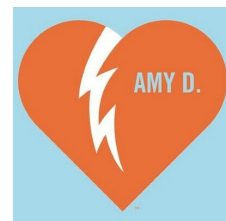
Your clinic coaches are Elite Single Speed racer, Drew Christopher; former Colorado State CX Champion, Michael Christopher; and Masters competitor Sue Lloyd. All Inspired Training Center coaches are USA Cycling certified.

When & Where:

New venue! This new course will be the location for the 2017 Amy D. Foundation race and the BARP series training races. Sky View Farm is located at:

1705 Outter Marker Rd., Castle Rock, CO 80108

9am-1pm



What will we cover?

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

- History and overview of Cyclocross: events, rules, expectations, equipment
- Bike & Body setup
- Dismounts and Remounts
- Barriers and stairs
- Cornering on grass and gravel
- Carries
- Clothing choices, race prep, and weather
- Starts

Clinic cost is \$75.00 and Includes coaching, snacks and lots of fun

Sign Me Up: [Register Here](#)

More information at: 720-292-1922 or studio@inspiredtrainingcenter.com



SKY VIEW FARM LLC



