



2017 Inspired Training Center Cyclocross Workshop Series

What is a Cyclocross workshop?

Back for 2017! We will be conducting 1-hour workshops prior to each [Back to Basics](#) race in August and 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. Sign up for any or all of these workshops.

Workshops start promptly at 4pm. Please come early to check in and complete paperwork.

Topics for each workshop:

- August 23 - Cornering 101 on grass and gravel, Course inspections with Mentoring
- August 30 - Dismounts, Carries & Remounts, Course inspections with Mentoring
- September 6 - Barriers and stairs, Course inspections with Mentoring
- September 13 - Starts and Practice Drills, Course inspections with Mentoring
- September 20 - Advanced cornering, Off camber turns, Course inspection with Mentoring
- September 27 - Putting it all together, Race Preparation and warm up protocol, Course inspection with Mentoring

Sign Me Up: [Register Here](#)

USAC license or 1-day membership required.

Fees:

Workshops are \$20 each or \$100 for the series.

USAC 1-day license is \$10

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

USAC Permit # 2017-2580