



WOMEN'S CYCLOCROSS CLINIC

WANT TO TRY CYCLOCROSS?

Here's your chance to attend
a **women's only** cyclocross clinic!



PRESENTED BY:

Southern California
Prestige Series of Cyclocross

SoCalCross.org



PRESTIGE SERIES

WHEN: Saturday, September 10, 2011
TIME: 8:00 AM – 10:00 AM
WHERE: Irvine Regional Park
 1 Irvine Park Road Orange, CA 92869
 Meet at Parking Lot 3
(parking fee/car \$5)
COST: \$10.00 per person

CLINIC SCHEDULE & DETAILS

- » **7:30 AM:** Check-in begins, light breakfast and fresh coffee
CX Expo – demo CX bikes from Specialized, Focus & Jamis
- » **8:00 AM:** Intro CX – Presentation: CX basics, equipment, courses, race categories, rules.
- » **8:30 AM:** Drills: Dismount-remount, barriers, run ups, race tactics, CX team relay hot laps
- » **10:00 AM:** Post clinic Q & A, training tips, drawing
- » **10:30 AM:** CX fun ride around the park – 1 hour approx.
Mixed terrain including some trails.

DEMO CX BIKES AVAILABLE

A limited supply of demo CX Bikes will be available.

RSVP required to reserve a bike: Dot@SoCalCross.org

(Hardtail mountain bikes are great too!)

Bring a helmet, MTB shoes or sneakers for beginners.

RSVP for this event by Thursday, September 8:

(appreciated but not required)

Meredith at mer.ford@yahoo.com or Carolyn at carolyncreeves@yahoo.com



SPECIALIZED