

KCOI/Boulevard Racing Presents



2010 Cyclocross Clinic Series



Men's and Women's Clinics September 8,22- 5:30 – 7:00 p.m.

Women's Only Clinic – Sept 15 – 5:30 – 7:00 p.m.

Same Great Location as Last Year! – Herman Laird Park.

Johnson Drive & Cody, Shawnee, Kansas

Take this opportunity to experience the fastest growing cycle sport in the U.S. Ask anyone who's tried it, it's the most fun you can have carrying a bike!

The clinics are led by experienced 'cross racers and offer something for everyone from the novice who is learning how to get off a bike at speed to the fanatic who uses cyclocrossworld.com for an internet home page.

Course Format: Each week will focus on a 'cross skill; dismounting at speed, carrying the bike, running with the bike, remounting. There will be drills available to teach the skill to new riders and time available for experienced riders to pick up new tricks and practice.

The focus of the clinics is on developing new skills and sharpening old ones for the upcoming season.

**....and the best part, thanks to the generosity of our sponsors, there is no entry fee for the clinics!!!!
(USAC Annual or one-day license required.)**

2010 Women's CyclocrossClinic

Wednesday, Sept 15

The fun of cyclocross taught by experienced women racers in a low-key environment.

All entry & USAC license fees paid for this date only, courtesy of our generous sponsors.

This year the women get their own night, Wed. Sept 15. Gents, we'll find an alternate location for you to play!

Licenses: USAC license required for all riders. One-day license available for \$5.00. **Cost:** Free entry.

Events are NOT held rain or shine. In consideration of our hosts, the Shawnee Parks & Recreation Department, we will not train in conditions that will damage the park. Significant rainfall on the day of the event will result in cancellation. If in doubt, check www.localcycling.com after 2:00 p.m. on the day of the event for an update. **Held under USA Cycling**

Permit 2010-2071. CPSC Approved Helmets required any time you are on a moving bicycle. No prizes

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kcbike.com