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Hosts

Women's focus cyclocross clinic

Want to try cross? Here's your chance to attend a ladies only clinic.

Presented by The Southern California Prestige Series of Cyclocross (socialcross.org)



When: Sunday, September 13, 2009

Where: Crown Point (North End), Pacific Beach

Time: 8 AM to 12 PM

Cost: \$10.00 (with USA Cycling License)

\$15.00 (without USA Cycling License)

~ Schedule and details ~

- 8:00 am Check-in begins, light breakfast and coffee, CX Expo - check out the latest greatest CX gear!
- 8:30 am Intro CX - Presentation: CX basics, equipment, courses, race categories, USAC rules, CX race calendar.
- 9:00 am Guest Speaker: to include - Race experience, training tips, typical weekly schedule, Q & A
- 9:30 am Drills: dismount-remount, barriers, hill run ups, race tactics
- 10:30 am Practice circuit on course (30min)
- 11:00 am CX team relay (30 min)
- 11:30 pm Post race Q & A

Limited supply of demo CX Bikes will be available. To reserve bike RSVP to: Dot@SoCalCross.org

Bring a helmet, mountain bike shoes or sneakers for beginners.

Please R.S.V.P. ~ laurietremor@cox.net Hope to see you there ladies!