

SOURCE ENDURANCE

KCCX

Cyclocross Clinic

Sat., Sept. 11 at [Herman Laird Park in Shawnee, KS](#). 10am- 4pm.

Cyclocross requires a unique blend of skills and fitness unlike other cycling disciplines. The right skills can make the difference at crucial moments in a race. These skills are not expressly limited to on-the-bike abilities. Proper preparation ranging from the pre-race meal to tire pressure can also dictate your results. Source Endurance and KCCX/ Verge pb Challenge Tires is hosting a one day, all day cyclocross clinic that will provide comprehensive instruction to help you learn the art and technique of cyclocross and hone your skills.

Clinic details:

- Morning and afternoon sessions with lunch and refreshments provided.
- Small classes instructed by:
 - Bill Marshall - KCCX/ Verge pb Challenge Tires Director Sportif; National Director of Marketing and Sponsorship: Challenge Tires
 - Adam Mills - Source Endurance Senior Coach; CX Nationals 2008: 9th place, Masters 30-34
 - Tom Price - CX Nationals 2009: 4th place, Masters 45-49; USGP: 2nd Overall Masters 40+
 - Joe Schmalz - Euro Cross Camp 2009, USGP: Multiple podium placings.
 - Shadd Smith - CX Nationals 2009: 10th place, Masters 35-39
- Demonstration and additional support provided by KCCX/ Verge pb Challenge Tires and [Spin it Up](#).
- Cost \$25 per adult, \$10 per Junior.

Curriculum:

Registration: 9am-930am

Morning Session-

- Mounting and dismounting the bike
- Carving lines through all types of turns
- Training techniques specific to CX
- Course pre-ride/ race strategy

Lunch Provided. Demo team bikes and Spin it Up.

Afternoon Session-

- Tire Selection and setup for all course conditions
- Pre race protocol and clothing selection
- Setting up your bike like the pros
- Starting! Live fire exercise.
- Concluding with a "pre-season" race and Q &A

This is a rain or shine event. IT'S CROSS!



TEST RIDE PROGRAM DETAILS

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