

# KCOI/Boulevard Racing Presents 2008 Cyclocross Clinic Series

Wednesdays: September 3,10,17,24 5:30 – 7:00 p.m.

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

We will also construct a short course that highlights the skill being taught. All riders will have plenty of time to ride laps and sharpen their skills.

All new racers who attend will get a free entry into the Boulevard Cup on October 18.

...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.)

## Women's Clinic

Wednesday, Sept 3  
5:30 – 7:00 p.m.

The fun of cyclocross taught by experienced women racers in a low-key environment. All entry & license fees paid for this event only, courtesy of our generous sponsors.

Riders will meet at Herman Laird Park and ride to the clinic location

**Licenses: USCF or NORBA 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.kcbike.com](http://www.kcbike.com) after 2:00 p.m. on the day of the event for an update.

USAC Permit 2006-1871. Helmets required any time you are on a moving bicycle. No prizes

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