

Bike Doctor Intro to Cross Clinic

September 6th, 2015, from 10am to 2pm

Rosaryville State Park, MD

Bike Doctor is pleased to announce a beginner's clinic that will provide an introduction to the skills necessary for racing cyclocross. Come out and learn the basics with an experienced group of instructors prior to giving racing a try this fall.

This clinic is appropriate for those with zero experience up to 1 year and will cover skills such as dismounting & remounting, shouldering, managing barriers, cornering, and equipment. A cyclocross bike is not required, however, a bike with knobby tires and off-road appropriate clipless pedals will provide the best learning experience. We will also have free mechanical support on hand.

The cost to attend is \$10 and attendees are encouraged to register using paypal to bikedoctorcxclinic@gmail.com. Please include the names of those attending. Juniors are FREE (just email us)! Day-of registration will be \$15.

INSTRUCTORS

Nicholas Taylor is a Cat 1 CX racer who races for Bike Doctor in the Mid-Atlantic region. In recent years he has finished on the podium in the MABRAcross "Super 8" elite series multiple times, in addition to a number of wins and podiums.

Steve Fife is a Cat 2 Masters CX racer in the Mid-Atlantic region with 10 years of CX racing experience. Steve placed 3rd overall in the 2011 MABRA "Super 8" 3/4 Masters series, and landed on the podium on several occasions.

DIRECTIONS

Please route to 10 West Marlton Ave, Upper Marlboro, MD 20772 and not the park. Take the first right after the parking lot and follow the road back to the pavilion. Please note that there is a \$3 vehicle parking fee for non-members at the park entrance.

