

One-Day Cyclo-Cross clinic at Lake Fairfax Park September, 17th 2006, Lake Fairfax Park, Reston, VA 9:00 am - 4:00 pm

Cyclocross is a unique sport and it requires a blend of skills and fitness unlike other disciplines of cycling. The right skills can make the difference when it comes down to making a gap in a race, gaining position, and just having a lot more fun. That's why we will be offering a one-day clinic hosted by coach John Verheul of JBV Coaching, team coach of the TIAA-CREF/Clif bar cyclo-cross team.

Curriculum:

This clinic will cover the following subjects:

- Overall review of unique 'cross concepts and approach
- Mounting
- Dismounting
- Carrying/shouldering
- Off-Cambers
- How to evaluate a race course
- Clipping in quickly
- Making bike changes
- Bunny-hopping: when, why, and how
- Equipment and tire selection
- Specific questions from riders



In addition to learning a lot about cross, each rider will receive lunch, snacks and socks. This clinic is open to all levels of riders. Verheul's style of personalized coaching and having smaller groups allows each rider to get specific skills addressed throughout the day. Registration and directions on BikeReg.com. We'll ride in the rain, but thunderstorms cancel.

Cost: \$100.00

Kicking serious butt this season!: Priceless
Current limit: 30 riders.

John Verheul, a USAC Level 1 licensed coach, has published training articles in VeloNews and other publications. He currently coaches members of the Jelly Belly Pro Cycling Team, the TIAA-CREF Pro Cycling Team, the Team 5280/soles.com development team and he is the team coach for the TIAA-CREF/Clif Bar cyclo-cross team. For more information on Verheul visit www.jbvcoaching.com

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