

# cyclo-cross clinic

Fulcrum Coaching and JBV Coaching are proud to host our 2008 cyclocross clinic

date & time: Sunday September 14 from 9am – 5pm

location: Lake Fairfax Park in Reston Virginia. Held on the same course as the MAC series Capital Cross Classic

Cyclocross is a unique form of bicycle racing that not only requires you to be in great physical shape but also requires a unique skill set. Learning and knowing these skills will help you improve your racing and your cyclocross season!

## curriculum **This clinic will cover the following subjects:**

- \_Cyclocross 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

## details **Cost: \$100.00**

Includes lunch (provided by Chipotle) & entry into a raffle for a Redline Conquest Pro frame & fork courtesy of The Bike Doctor of Waldorf Maryland.

Current limit: 30      Registration and directions are available at [BikeReg.com](#)

The clinic is held rain or shine but will be canceled if there are thunderstorms.

## sponsors

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instructors Chris Mayhew is the associate coach for JBV Coaching and has been racing road, mtb and 'cross since 1994. Experienced in both the Ohio Valley and Mid Atlantic he's learned a lot of lessons the hard way so you don't have to. For more information about Chris visit [www.jbvcoaching.com](http://www.jbvcoaching.com).

Dan Tille is the owner and president of Fulcrum Coaching, has been racing cyclocross since 2002, and has coached at multiple cyclocross clinics in the Ohio Valley area. He currently coaches and races in the Mid Atlantic/DC area. For more information on Dan visit [www.fulcrumcoaching.com](http://www.fulcrumcoaching.com).

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