

SCHOOL OF CROSS · CLASS OF 2010

Presented by: Classic Cycling Essentials

WHAT: 1-day, 4 hour Cyclo-cross skills clinic, instructed by Mike Yozell, CX PhD. Skills covered: dismount, lift, carry, re-mount, barriers and cornering. Short lectures followed by step-by-step instruction and practical application. Mike is adept at breaking complex techniques down into basic elements—and through observation identifying problems with form and efficiency. You'll learn more about cross in four hours, than in a season of racing.

Bring your bike, helmet and shoes—delicious refreshments will be provided.

WHEN: 1-Day only, August 21, 2010, from 8am til noon.

WHERE: On Kline's Lane in Emmaus, PA. Turn off of Main Street and head up Kline's lane, turn left just before the second railroad crossing, into the recycling center and park.

FEE: Yes, there is a fee this year—\$10. We're keeping it to a minimum, just to cover insurance and expenses. Since this an official USAC 1-Day Clinic, you must have a USAC license to participate. If you don't have one, a one-day license can be purchased at the event, which is good for—you guessed it, one day. **Sign-up is "day-of" at the clinic.**

INFO: Any questions?
Contact Brad Ford at: brad@classiccyclingessentials.com

This is a permitted USCF Clinic promoted by Classic Cycling Essentials (CCE) club.
www.classiccyclingessentials.com



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