

Whitefish Cyclocross Clinic

Saturday, October 1, 2011

HELD UNDER USA CYCLING PERMIT
RACE HELD RAIN OR SHINE

Great Northern Cycling Club

Whitefish, MT

USA Cycling Non-Competitive Training Event - Permit # 2011-pending

Schedule:

- 11:00 AM – Cyclocross Introduction / Fundamentals / Video (Whitefish Armory)
- 12:00 PM – Lunch / Discussion / Bike Demos
- 1:00 PM - Group Ride / Discussion / Practice around course
- 2:00 PM – Individual Time Trial, On Lap
- 3:00 PM – Mass Start Training Race (50 minutes)

Registration: 10:00 AM at the Whitefish Armory. Registration closes at 1:00 PM. Cost is \$12, please make checks payable to Russ Schneider.

Instruction: Will have experienced cross racers on hand to share tips and techniques, will also go through the fundamentals for new racers and included advanced techniques for those that have experience. Those wishing to do just the outdoor events after lunch must still register by 1:00 PM.

Course is a mix of terrain from bike path, run ups in the dirt, grass, barriers, side hill, sand, etc. around the recreation complex. Will try to have examples of most of the terrain that folks will see in a typical cyclocross race so that all features can be practiced and techniques shared. Course will not be closed but course guards will be on hand to alert pedestrian and vehicle traffic.

Directions: Drive north into Whitefish on Highway 93, turn right at the intersection of 2nd St at the Whitefish Middle School, head east on 2nd St and right on Armory Road, the Whitefish Armory is up the hill on the left. If you get to the railroad tracks you missed the turn, but should see the course. Please park at the Armory parking lot and leave the dog park parking area to non-participants in the clinic.

More info will be posted at: <http://fvbr.wordpress.com/>

Russ Schneider / russchneider@centurytel.net / 406-471-8015