

# 2014 SOPHROSYNE CYCLOCROSS WORKSHOPS



**Session #1:** July 15 - August 5                      Tuesdays                      5:30—7:30 pm

This progressive series of 4 sessions will introduce the fundamental skills inherent to this exciting mode of cycling. Whether you're brand new to cyclocross or just need a refresher, this is the class for you. Basic skills covered will include mounting and dismounting, carrying the bike, hurdling, and turns. Specific equipment needs will also be discussed.

**Session #2:** August 19 - September 9                      Tuesdays                      5:30—7:30 pm

This second set of classes will be for advanced beginner to intermediate level riders, who have either taken the first series or who already have some cyclocross experience. Fundamental skills will be reviewed before moving on to more advanced techniques for mastering terrain irregularities, demanding turns, hills, and race starts.

Cost: \$175 per workshop (4 sessions)

Class size will be limited to 10 to insure personal attention and instruction.

**Register today at [SophrosyneNM.com](http://SophrosyneNM.com).**