

Free Cyclocross Clinic 9.19.2015

Where: Netherwood Park (see map)

When: 9AM-noon

What: free, informal, cyclocross clinic covering:

- Mounts
- Dismounts
- Barriers
- Carries
- Starts
- Cornering(time permitting)

What to bring:

- Bike(remove water bottle cages)
- Helmet
- water
- Tool to raise or lower your seat

Directions: from I40 take Carlisle exit south; West on Indian School; North on Princeton; park on street

