

ARCTIC CROSS

2010 Cyclocross Clinic Featuring Katie Compton

What is Cyclocross? How Can I Learn?

This is your chance to learn from the most accomplished American cyclocross racer.

Katie Compton is the 6 time USA Cycling Cyclocross National Champion.

Cyclocross is a form of bicycle racing which involves laps around a 1.5 to 2 mile circuit incorporating pavement, grass, mud and obstacles. Some of the course elements require dismounting and running with the bike. Cyclocross skills are applicable to road and mountain bikers and especially helpful for tri-athletes. Many 'crossers find that this sport is an ideal bridge activity between the summer sports and the ski season.

Katie Compton Clinic:

Thursday, August 12th, 6:00 - 7:45 pm, Classroom Discussion

Friday, August 13th, 6:30 - 8:00 pm, Skills & Drills

Saturday, August 14th, 10:00 - noon, Skills & Drills

Saturday, August 14th, 1:30 - 3:30, Skills & Drills

Sunday, August 15th, 11:00 & noon, Cyclocross Race

Registration:

Clinic and race: \$125 Race only: \$15 (open to all)

On-line Registration will open on July 15th at Arcticcross.org

Clinic is limited to 50 participants.

