FREE STATE RACING
Amateur Cycling Team Lawrence, KS

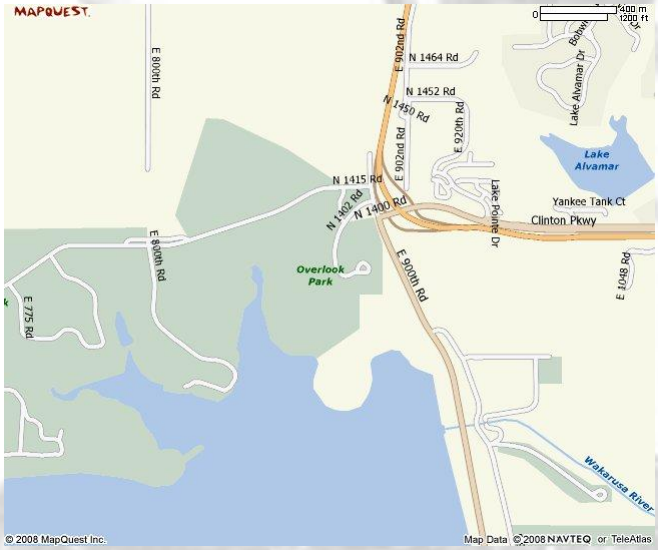
Thursday Night Cyclo-cross Clinic

Dates September 10, 17, 24; Oct. 1.
Time 6:00 P.M. - Dark
Location Overlook Park, Clinton Lake | Map |
Fee Free
Description Develop cylco-cross specific skills and abilities through off-bike instruction and race simulation.
Weather Policy If it's raining hard clinic is postponed until the following Tuesday.

The Thursday Night Cyclo-cross Clinic carries on this year every Thursday night in September with instructor Adam Mills at the Clinton Lake Overlook.

Adam Mills is a 'Cross Category 1 rider (Mercy Elite Cycling), Senior Consultant with Source Endurance and a USCF Level 1 Coach. Adam's syllabus for the clinics includes discussions and practice of the following topics:

- Metabolic Demands of cyclo-cross
- General Principles
- Skills
- Race Day Preparation
- Race Tactics

Overlook Park offers wide open spaces to lay out various 'cross courses.

For more information contact Curtis Martell cmartell@sunflower.com or Adam Mills adam.r.mills@gmail.com or visit the Free State Racing Team website at http://freestateracing.com.