

JON HAMBLÉN AND NATHANIEL WARD CYCLOCROSS CLINIC AUGUST 15 AND 29, 2015

Instruction on the following... plus some other stuff:

- Tire pressure
- Dismount and remount
- Carrying/shouldering your bike
- Barriers & run-ups
- Cornering
- Off camber riding
- Bike handling, and how to use your body to weight your wheels
- Race start, elbows out!
- Race day prep and Training
- Plus, a little pumping on the track!
- We will be joined by multi time National Championship medalist Katherine Shields and Current Collegiate National Cyclocross Champion Emily Shields

9AM - 1PM

Held at Tanglewood BMX - 4061 Clemmons Rd, Clemmons NC 27012 — Follow the main road into the park. Passed the pool, just after the train engine, turn right, go down the road about 1 mile to the bottom of the hill and turn left onto the gravel road (there is a sign for the BMX track).

**PREREGISTER ON PRE-REG.COM, ONSITE REG AVAILABLE AS WELL
\$30, +\$5 DAY OF/LATE FEE**

**CONTACT JON - JFH@VELOCIOUS-SPORT.COM
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