

Hosmer Chiropractic and Portland Bicycle Studio Present

# Cyclocross Skills Clinic Series

Thursdays, August 7, 14, 21, 5:30-7:30pm



## Roll Out: Portland Bicycle Studio

1435 NW Raleigh, 5:30 pm, Please arrive early to roll at 5:30.

## Clinic: Wallace Park

1445 NW 26<sup>th</sup> Ave, 5:45 pm

## Foam Rolling Session: Hosmer Chiropractic

1030 NW Marshall St, 7:15 pm, This session may go past 7:30 but feel free to leave if you need to.

## Registration

**Pre-Registration\*:** \$25 per clinic or \$60 for the series  
Register at [OBRA.org](http://OBRA.org)

\*Limit to 25 per clinic so make sure to pre-register!

**Onsite Registration:** If space is available, \$30 at PBS



## Skills covered, but not limited to:

- Barriers, Mounts, Dismounts
- Racing on various terrains
- Strengthening, mobility and how to avoid injury
  - Race Starts
  - Shouldering the bike
  - Equipment options



## Gear

- Cyclocross bikes are recommended, but MTB's without bar ends will work
  - Helmets are required
  - Come prepared with food and water for 2-3 hours of riding
- Wear weather-appropriate clothing. Dress in layers as there will be some non-ride time to discuss skills as well as stretching and strengthening.



Join Cyclocross experts Molly Cameron, Seth Hosmer, Chris Bagg and Josh Liberles for a series of skill-focused clinics to help you prepare for the fast-approaching race season. Everyone needs to brush up their skills before the season starts from beginners to pros and we offer something for all skill levels. We provide an outstanding ratio of coaches to participants to ensure you get one-on-one time with our coaches. We will work with you to identify areas of improvement that you can apply during a race. We'll also teach Cyclocross-focused dynamic-warm up and mobility sessions led by Karey Miles and post-race foam rolling and stretching techniques led by Phil DeVasto.

Questions? Contact: Karey Miles - [karey.miles@gmail.com](mailto:karey.miles@gmail.com)



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