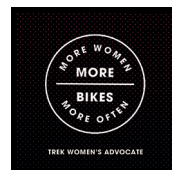
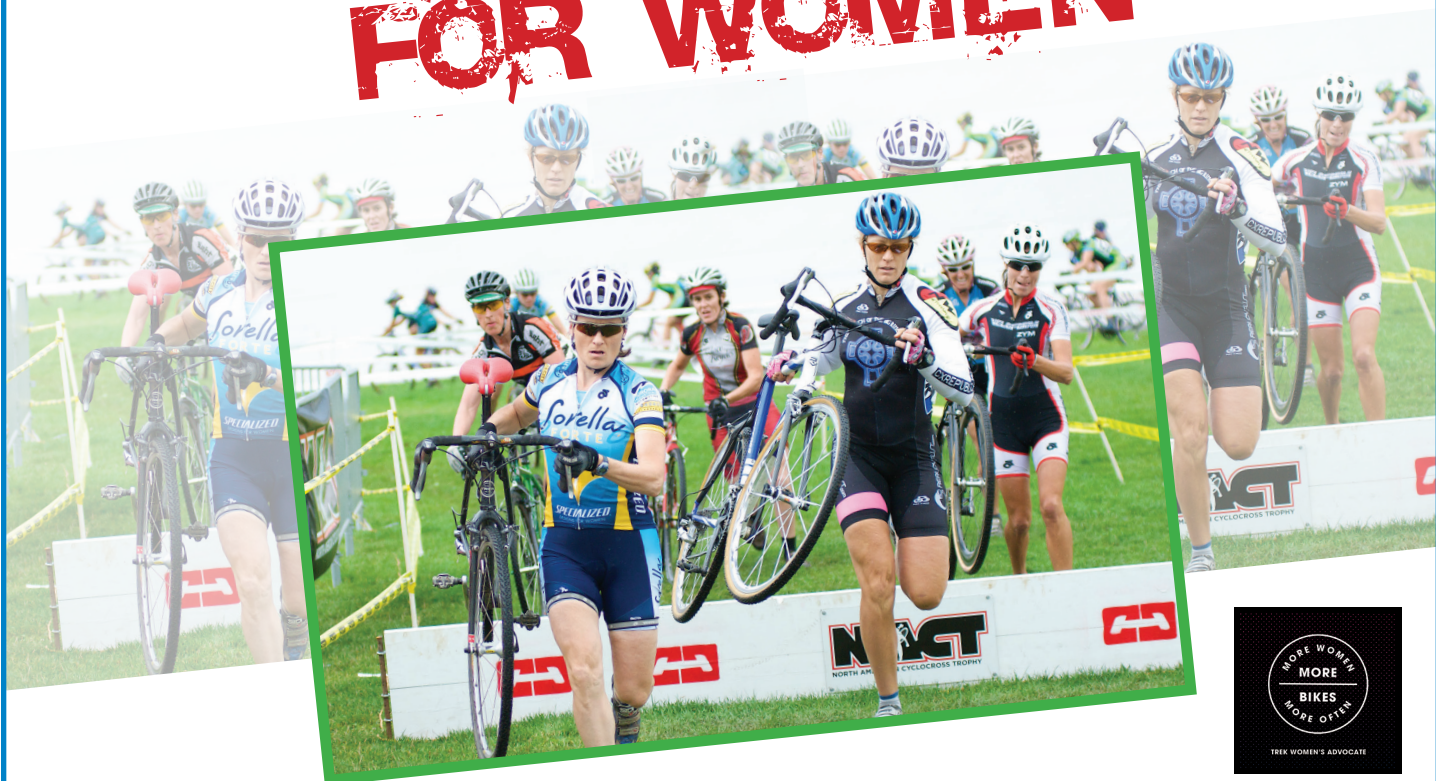




CYCLOCROSS CLINIC FOR WOMEN



Wed., August 15th
WOMEN'S CLINIC
6-8pm at the
Athletic Club of Bend
61615 Athletic Club Drive

Same location as The Thrilla Races
Each clinic will end with a practice course!

SKILLS WE WILL WORK ON:

Bike handling, cornering
Mounts/Dismounts
Carrying your bike
Riding in sand
Off camber hills
Barriers, Starts

Beginners welcome!. We will break into groups depending on your skill level.

Cost: \$25 for non-ACB members, \$20 for members (contact annelinton@gmail.com for discount code). Register online at www.obra.org OBRA license required, one day available for purchase. Bring a bike in good working order. Cyclocross bikes or mountain bikes.