

August 15, 22, 29, 2007, 5:30 PM to 7:00 PM FREE

CYCLO-CROSS

Cyclo-Cross:

Cyclo-cross (sometimes Cyclocross, CX, cyclo-X or 'cross) is a form of bicycle racing.

PRACTICE

All cyclists:
Mountain, Road or
Cross Bikes
welcome!!



Races take place typically in the autumn and winter (the international or "World Cup" season is September-January), and consists of many laps of a short (2.5–3.5 km or 1.5–2 mile) course featuring pavement, wooded trails, grass, steep hills and obstacles requiring the rider to quickly dismount, carry the bike while navigating the obstruction and remount in one graceful motion.

Where: Eugene, Crest Elementary 1155 Crest

From Downtown: Head South to 28th take a right, up the hill to Lorane, make a slight left. At the stop sign take a left up Friendly St., turn right onto Whitten, Right onto Storey. Storey becomes Crest. If you drive, park way off the road.

How: Learning to mount and dismount your bike at a running pace. Learn to lift your bike over barriers while running. Learn to carry your bike while running over steep hills and over obstacles. Each session will end with a low key race to practice what you learned.

You will be given as much help as you want or need. Just a group to practice with for the experienced crosser, or companions for new cyclist or cyclocrosser.

Why: If you have plans on racing cyclocross this year these sessions will prepare you. If you wish to improve your road or mountain bike skills these will help you.

Bring: Cycling shoes with mountain bike cleats and pedals, or platform pedals with or without toe clips and running shoes. Mountain bike, cross bike, or road bike with cyclocross tires. helmet.

For more information contact Norman Babcock 541 520-3717 (Eugene)

