

THE COACHES OF HOSMER CHIROPRACTIC HEALTH PRESENT:

CYCLOCROSS CLINIC SERIES

THURSDAYS : AUGUST 15, 22, 29

6:00 - 8:00PM

Join coaches Josh Liberles, Karey Miles and Dr. Seth Hosmer, DC for a series of clinics where you will learn to sharpen your Cyclocross skills and prepare for the season. All on-the-bike clinics will cover the ins and outs of cyclocross racing. Everyone needs to brush up their skills before the season starts, from beginners to pros. We'll offer something for all skill levels. We are excited to offer real-time video analysis using Dartfish technology of you performing the skills you are learning. You can work with our coaches to identify areas of improvement that you can apply during a race. This series also incorporates strengthening and stretching sessions led by: Dr. Philip DeVasto, DC and Karey Miles.

Where:

- Hosmer Chiropractic Health, 1030 NW Marshall

Price and Registration:

- **Pre-Registration:** \$35 per clinic or \$95 for the series, plus OBRA registration fees
- Limit to 15 people per clinic, so make sure to pre-register.
- **Onsite Registration:** If space is available, \$40

Skills covered include, but are not limited to:

- Barriers, Mounts, Dismounts
- Starts
- Racing on various terrains (sand, mud, gravel)
- Shouldering the bike
- Strengthening and how to avoid injury
- Equipment options

Gear:

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



Questions:

- Contact Josh Liberles
jliberles@gmail.com



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